



**A thematic group analysis of three indigenous *Bitis spp.* remedies**

**By**

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## DECLARATION BY STUDENT

This is to certify that the work is entirely my own and not of any other person, unless explicitly acknowledged (including citation of published and unpublished sources).

The work has not previously been submitted in any form to the Durban University of Technology or to any other institution for assessment or for any other purpose.

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## **DEDICATION**

**This group analysis study is dedicated to the profession of Homoeopathy.**

## **ACKNOWLEDGMENTS**

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## ABSTRACT

### Introduction

This group analysis study was aimed at the intention to extend the materia medica knowledge of the under-utilized homoeopathic remedies namely the three indigenous *Bitis spp.* remedies which was inclusive of *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*. Group analysis methodology was applied to the *Bitis spp.* remedies to give a clearer understanding of the remedies within the international context as well as the South African context.

### Methodology

The three indigenous snake remedies which are *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos* were analysed in terms of a review, extraction of information, organisation of data into tables, recording of materia medica, extraction and comparison of common themes, extraction and comparison of common sensations, comparison of all acquired data with the broader snake family themes and determination of indigenous group themes.

Data extraction resulted using tables for categorisation and a subsequent comparative analysis was conducted on the *Bitis spp.* remedies. A group of three similar remedies to the *Bitis spp.* was derived and a subsequent miasmatic classification was derived based on the extracted data. Common sensations were also extracted and thereafter reactions to those sensations with the compensations were deduced.

### Results

The emerged sensations derived from the symptoms were constriction, stiffness and tension that were seen on many levels of the remedies.

The symptoms from the mental sphere were converted to themes of spaced-out feelings that seemed to be consistent throughout the *Bitis spp.* remedies.

Indigenous themes that emerged reflected situations and feelings peculiar to the South African context. Some of these themes are freedom, fear/ panic, money problems, drugs and alcohol and crimes. Sensations derived were mainly anger and depression amongst others.

The researcher proposes that the predominant miasmatic influence seen from the symptomatology was the Sycotic miasm.

## **Conclusion**

This study has improved the information of lesser known homoeopathic remedies and has given an understanding of under-utilized remedies. Group analysis is an interesting and useful tool to expand the remedies of a group, to a more effective basis of knowledge and will help practitioners improve their skills as homoeopaths for the better.

## CONTENTS

<b>DECLARATION BY STUDENT .....</b>	<b>i</b>
<b>DEDICATION .....</b>	<b>ii</b>
<b>ACKNOWLEDGMENTS .....</b>	<b>iii</b>
<b>ABSTRACT .....</b>	<b>iv</b>
<b>LIST OF FIGURES.....</b>	<b>x</b>
<b>LIST OF TABLES .....</b>	<b>x</b>
<b>Chapter 1: Introduction.....</b>	<b>1</b>
1.1 Aim of the group analysis study .....	2
1.2 Rationale for the group analysis of the <i>Bitis spp.</i> Remedies .....	3
<b>Chapter 2: Literature review .....</b>	<b>5</b>
2.1 Homoeopathy.....	5
2.2 What is Homoeopathy? .....	5
2.3 Homoeopathic principles .....	6
2.3.1 The law of Similars.....	6
2.3.2 The minimum dose.....	7
2.3.3 The individual remedy .....	7
2.4 Miasms.....	8
2.4.1 Psora.....	8
2.4.2 Sycosis.....	9
2.4.3 Syphilis.....	9
2.5 What is group analysis? .....	10
2.6 Key contributors to group analysis: .....	11
2.6.1 Rajan Sankaran .....	12
2.6.2 Jan Scholten .....	14
2.6.3 Massimo Mangialavori .....	15
2.7 The Homoeopathic electronic database.....	16

2.8 Group Analysis studies conducted at the Durban University of Technology ...	17
2.9 The Snakes .....	18
2.9.1 Taxonomic classification .....	18
2.9.2 Anatomic description .....	18
2.9.3 Food preferences .....	20
2.9.4 Behavioural Patterns of snakes .....	20
2.10 The Group analysis of snakes conducted by current day Homoeopaths. ....	22
2.10.1 Rajan Sankaran .....	22
2.10.2 Farouk Master .....	23
2.10.3 Massimo Mangialavori .....	24
2.11 The <i>Bitis</i> Species .....	25
2.11.1 <i>Bitis arietans arietans</i> .....	25
2.11.2 <i>Bitis gabonica gabonica</i> .....	27
2.11.3 <i>Bitis Atropos</i> .....	29
<b>Chapter 3: Methodology .....</b>	<b>31</b>
3.1 Sourcing of information .....	31
3.2 Data extraction .....	31
3.3 Materia medica symptomatology .....	31
3.4 Rubric extraction .....	32
3.5 Remedy comparison .....	32
3.6 Determination of indigenous themes .....	32
3.7 Comparative Analysis to broader snake family .....	33
3.8 Doctrine of signatures .....	33
3.9 The sensations .....	34
3.10 Miasmatic classification .....	34
<b>Chapter 4: Results .....</b>	<b>35</b>
4.1 Introduction .....	35



4.2	Similarities occurring amongst the three indigenous <i>Bitis spp.</i> remedies....	35
4.2.1	Mind.....	35
4.2.2	Physical .....	71
4.3	Rubric extraction pertaining to the <i>Bitis spp.</i> remedies .....	245
4.3.1	<i>Bitis arietans arietans</i> .....	245
4.3.2	<i>Bitis gabonica gabonica</i> .....	247
4.3.3	<i>Bitis atropos</i> .....	249
4.4	Comparison of the characteristic remedies .....	251
4.4.1	<i>Bitis arietans arietans</i> .....	252
4.4.2	<i>Bitis gabonica gabonica</i> .....	252
4.4.3	<i>Bitis atropos</i> .....	253
4.5	Comparison of indigenous themes amongst the <i>Bitis spp.</i> remedies .....	254
4.6	Comparison of themes in relation to current Homoeopathic literature.....	260
4.6.1	Comparison of themes with the themes postulated by Mangialavori ..	260
4.6.2	Comparison of themes with the themes postulated by Thakar .....	268
4.6.3	Comparison of themes with the themes postulated by Sankaran .....	271
4.6.4	Comparison of themes with the themes postulated by Master .....	279
4.7	Comparison of Doctrine of Signatures with the <i>Bitis spp.</i> remedies .....	293
4.8	Comparison of the common sensations .....	297
4.8.1	Mind.....	297
4.8.2	Physicals .....	304
4.9	Miasmatic classification.....	311
<b>Chapter 5: Discussion</b>	.....	<b>314</b>
5.1	Introduction .....	314
5.2	Materia medica.....	314
5.2.1	Mind.....	314
5.2.2	Physicals .....	325

5.3	Selected remedies pertaining to the rubric extraction .....	357
5.4	Comparison of the characteristic remedies .....	357
5.5	Comparison of the Indigenous themes amongst the <i>Bitis spp.</i> remedies..	359
5.6	Comparison of themes in relation to current Homoeopathic literature.....	362
5.6.1	Comparison of themes with the themes postulated by Mangialavori ..	363
5.6.2	Comparison of themes with the themes postulated by Thakkar .....	363
5.6.3	Comparison of themes with the themes postulated by Sankaran .....	364
5.6.4	Comparison of themes with the themes postulated by Master .....	364
5.7	Comparison of the Doctrine of Signatures with the <i>Bitis spp.</i> remedies ....	365
5.8	Comparison of the common sensations .....	367
5.8.1	Mind.....	367
5.8.2	Physicals .....	379
5.9	Miasmatic classification.....	386
<b>Chapter 6: Recommendations and conclusion .....</b>		<b>387</b>
6.1	Introduction .....	387
6.2	The group analysis.....	387
6.3	The <i>Bitis</i> species .....	388
6.4	Limitations of the study .....	388
6.5	Further research.....	389
6.6	Recommendations .....	389
<b>Reference List .....</b>		<b>390</b>
	Internet references .....	394

## LIST OF FIGURES

Figure 2.1: <i>Bitis arietans arietans</i> .....	25
Figure 2.2: <i>Bitis gabonica gabonica</i> .....	27
Figure 2.3: <i>Bitis atropos</i> .....	29

## LIST OF TABLES

Table 4.1: Mind themes from provings of <i>Bitis spp.</i> remedies .....	36
Table 4.2: Head symptoms from provings of <i>Bitis spp.</i> remedies.....	71
Table 4.3: Eye symptoms from provings of <i>Bitis spp.</i> remedies .....	84
Table 4.4: Vision symptoms from provings of <i>Bitis spp.</i> remedies .....	96
Table 4.5: Ear symptoms from provings of <i>Bitis spp.</i> remedies.....	97
Table 4.6: Hearing symptoms from provings of <i>Bitis spp.</i> remedies.....	103
Table 4.7: Nose symptoms from provings of <i>Bitis spp.</i> remedies.....	104
Table 4.8: Mouth symptoms from provings of <i>Bitis spp.</i> remedies .....	118
Table 4.9: Teeth symptoms from provings of <i>Bitis spp.</i> .....	123
Table 4.10: Face symptoms from provings of <i>Bitis spp.</i> remedies .....	125
Table 4.11: Throat symptoms from the provings of <i>Bitis spp.</i> remedies .....	133
Table 4.12: External Throat symptoms from provings of <i>Bitis spp.</i> remedies.....	144
Table 4.13: Stomach symptoms from the provings of <i>Bitis spp.</i> remedies .....	146
Table 4.14: Abdomen symptoms from provings of <i>Bitis spp.</i> remedies .....	158
Table 4.15: Rectum symptoms from provings of <i>Bitis spp.</i> remedies.....	167
Table 4.16: Stool symptoms from provings of <i>Bitis spp.</i> remedies .....	173
Table 4.17: Bladder symptoms from provings of <i>Bitis spp.</i> remedies.....	176
Table 4.18: Urine symptoms from provings of <i>Bitis spp.</i> remedies.....	178
Table 4.19: Male genitalia/ sex symptoms from provings of <i>Bitis spp.</i> remedies....	180
Table 4.20: Female genitalia/ sex symptoms from provings of <i>Bitis spp.</i> remedies	182
Table 4.21: Respiration symptoms from provings of <i>Bitis spp.</i> remedies .....	190
Table 4.22: Chest symptoms from provings of <i>Bitis spp.</i> remedies.....	199
Table 4.23: Back symptoms from provings of <i>Bitis spp.</i> remedies .....	205
Table 2.24: Neck symptoms from provings of <i>Bitis spp.</i> remedies. ....	211
Table 4.25: Extremities symptoms from provings of <i>Bitis spp.</i> remedies.....	215
Table 4.26: Sleep symptoms from provings of <i>Bitis spp.</i> remedies .....	229
Table 4.27: Generals symptoms from provings of <i>Bitis spp.</i> remedies.....	234

Table 4.28: Vertigo symptoms from provings of <i>Bitis spp.</i> remedies.....	241
Table 4.29: Rubrics extracted as per <i>Bitis arietans arietans</i> .....	245
Table 4.30: Rubrics extracted as per <i>Bitis gabonica gabonica</i> .....	247
Table 4.31: Rubrics extracted as per <i>Bitis atropos</i> .....	249
Table 4.32: Indigenous themes extracted from provings of <i>Bitis spp.</i> remedies.....	254
Table 4.33: Comparison of emerged themes with themes by Mangialavori .....	260
Table 4.34: Comparison of emerged themes with themes by Thakar .....	268
Table 4.35: Comparison of emerged themes with themes by Sankaran .....	271
Table 4.36: Comparison of emerged themes with themes by Master .....	280
Table 4.37: Doctrine of signatures as per extracted data from <i>Bitis spp.</i> remedies	293
Table 4.38: Sensation pertaining to the mind themes .....	297
Table 4.39: Sensation pertaining to the physical themes .....	304
Table 4.40: Correlation of miasmatic characteristics .....	311

## Chapter 1: Introduction

In homoeopathy there is utilisation of various sources in order to make a remedy which can be used in the treatment of the sick (Hull 2016). Homoeopathy is based on the principle that *like cures like*, a simple yet broad statement (Hull 2016). In homoeopathy this principle paves the foundation of the field. The understanding is that in order for an individual to be healed from their ailments a remedy has to be given to the individual with similar properties of that disease in order for the healing process to take place (Weston 2010). The derivation of this remedy is through a process of elimination of symptoms which is obtained by the homoeopath through case taking. After these symptoms are obtained the homoeopath will have to convert these symptoms into rubrics which are key words that the homoeopath will use to ascertain the most appropriate remedy (Hull 2016). In homoeopathy there are two main forms of finding a remedy; the materia medica and the repertory. These tools are very important in remedy selection.

There are thousands of remedies that are currently available in the homoeopathic armamentarium which often makes it difficult to study them (Patil 2009). The use of the doctrine of signatures, miasmatic theory and the repertory were some of the concepts often applied to select appropriate remedies (Gaier, 1991). So in order to deal with this vast composite of remedies, homoeopaths like Scholten (2004), Sankaran (2005) and Mangialavori (2010) have come up with the concept of Group analysis. Group analysis is still fairly new to homoeopathy (Leisegang 2007), however it allows for order to take place. Even though group analysis was perfected by Rajan Sankaran and Jan Scholten, this concept of group analysis is not a new one as Clarke, Morrison and Hahnemann (miasm development) have touched on it (Scholten 1995). Group analysis categorises remedies into groups e.g. snake remedies in the species *Bitis* will be grouped together, this gives a clear picture of the entire species making remedy selection easier.

Many group analyses studies have been conducted throughout the years at the Durban University of Technology with much success e.g. Selected psychoactive plant

remedies (Chhiba 2016), *Solanaceae* remedies (Long 2011-12), Kingdom *Fungi* (Leisegang 2007) and several others.

A group analysis of the *Bitis spp.* has been been conducted by Schonfield (2013), however this group analysis study will give a broader understanding that was not ascertained in the previous group analysis study. Thus this was a thematic literature review of the *Bitis spp.* remedies which encompassed and utilised group analysis methodology of the three indigenous *Bitis spp.* remedies that were proved at the Durban University of Technology which includes:

- *Bitis arietans arietans* (Wright 1999)
- *Bitis gabonica gabonica* (Thomson 2004)
- *Bitis atropos* (Brijnath and Schonfield 2013).

### **1.1 Aim of the group analysis study**

The aim of this thematic literature review is to extract the common mental themes, sensations and patterns and thereafter compare these features to obtain a complete understanding of the indigenous *Bitis spp.* remedies (*Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*). With the completion of this first round group analysis the *Bitis spp.* group themes will then be compared to the works of Rajan Sankaran, Massimo Manjilavori, Sadhana Thakar and Farouk Master.

## Objectives:

1. To review, extract and compare the materia medica of the three *Bitis spp.* remedies namely *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*.
2. To extract common characteristic sensations and themes amongst the indigenous *Bitis spp.* remedies.
3. To compare the remedies of reportorial similarity to the three indigenous *Bitis spp.* remedies.
4. To compare the thematic analysis of the three *Bitis spp.* remedies with existing group analysis data.

### 1.2 Rationale for the group analysis of the *Bitis spp.* Remedies

Thomson (2004) states that: "Comparative studies of the remedy with other snake remedies and those remedies which bare a close resemblance to it should be undertaken to give the practitioner in the field the best possible idea as to what differentiates each substance in the healing context and as to where the remedy sits in the Homoeopathic armamentarium". Therefore, with regard to this statement the group analysis of the *Bitis spp.* remedies will play a vital role in the understanding of the group picture.

The *Bitis spp.* remedies are not represented and studied well in the current materia medica and little information is given on these remedies as compared to remedies within the polychrest.

This study will allow for the use of these remedies within clinical practice and enhance the little information we know about these remedies to a more desired basis of knowledge.

Sankaran has developed the methodological study of group analysis, which allows for a deeper understanding of homoeopathic remedies based on the taxonomic classification of biological organisms with great success (Sankaran 2002).

Although Sankaran has explored the understanding of the *Bitis spp.* remedies individually namely: *Bitis arietans arietans*, *Bitis caudalis*, *Bitis gabonica rhinoceros* and *Bitis nasicornis* (Sankaran 2010) there was little literature found on a group analysis of the *Bitis spp.* remedies. DUT has conducted the provings of the *Bitis spp.* remedies and a group analysis of these provings will not only be vital in growing the homoeopathic materia medica but will also show to the homoeopathic world South Africa's contribution to the betterment of homeopathy.



## **Chapter 2: Literature review**

### **2.1 Homoeopathy**

Homoeopathy was founded by a German doctor, Dr Samuel Hahnemann, he lived from 1755 – 1843 (Ross 2014). Before Hahnemann could develop this new way of healing he became an orthodox medical doctor, his reputation as a medical doctor allowed him to rise to fame, but he seemed to have doubts with the medical practices of that time (venesection, cupping, leeching) and these harsh practices set him on his journey for the discovery of Homoeopathy (Ross 2014).

Hahnemann was not only a medical doctor, but also a scientist and linguist. He was fluent in many languages which allowed him to translate many medical texts (Fraser 1998). From his new work in translation Hahnemann stumbled upon a paper about the effects of poisoning of Cinchona Bark which is the source of the medicine Quinine an important drug in the treatment of Malarial fever (Fraser 1998). Due to the similarities between malaria and the drug quinine Hahnemann decided to experiment with the drug on himself by ingestion of the Cinchona bark which gave rise to his first proving (Fraser 1998).

### **2.2 What is Homoeopathy?**

Homoeopathy is a holistic method of healing. The definition of holistic is the way of healing in which the mental, physical and social spheres of an individual is taken into consideration, rather than just diagnosis (Oxford 2015). Homoeopathy functions through the principle that *like cures like*, what this means is that when a crude substance of a large dose is given to an individual a set of symptoms are produced, but if that same substance is given in a smaller or minute dose those symptoms can actually be cured, this minute substance can ultimately stimulate the body's healing

response (Rosenzweig 2011). These minute substances are referred to as remedies, these remedies are given to a patient based on a type of criteria that is set by homoeopathic principles. During a consult with a homoeopath the patient discloses their symptoms to the homoeopathic practitioner and this can take up to an hour (Kasiparsad 2012). Once this vital information is given the homoeopath will then have to separate these symptoms into three categories namely mental, physical (particulars) and generals, these categories will organise the symptoms so that the homoeopath can then use a repertory to draw out rubrics. Rubrics are a list of symptoms that will assist the homoeopath in finding a closely aligned remedy to the patient's symptoms or in homoeopathic language a simillimum. As easy as this process may seem, the possibility of finding an exact simillimum is still challenging especially to a new fresh out of university homoeopath who may be misled due to the enormous amount of remedies available per rubric.

## **2.3 Homoeopathic principles**

There are three main homoeopathic principles that form the foundation of homoeopathy:

### **2.3.1 The law of Similars**

When Hahnemann came across the Peruvian bark (Cinchona) he disapproved the notion that the bitter properties of the bark were actually the reason for its effectiveness against malaria due to many other substances being bitter, but does not produce the same results, so by ingesting the bark himself he started to develop symptoms that were similar to malaria (Jonas 2019). He thereafter hypothesized that if a healthy person can produce symptoms from a particular substance, then the opposite would be true in a sick person who already has the symptoms, this person will be healed if they took the substance that matched their ailment (Jonas 2019). Thus, the law of

similars *like cures like*, was derived, which is the most basic and fundamental principle of homoeopathy and this also gives rise to the name homoeopathy, *homoeo* (*similar*) and *pathos* (*disease*) (Jonas 2019). Over the years Hahnemann continued to perform these experiments with many other people and called these experiments provings, in which he would give various substances in various doses to individuals and these individuals would start to produce a set of symptoms which were recorded e.g. *Aconitum napellus* would be given in various doses to see what types of symptoms would be produced, this information would be indicative of what diseases could be treated whether diseases of the body or mind (Jonas 2019)

### **2.3.2 The minimum dose**

Due to the toxicity of certain substances employed in provings Hahnemann soon realised that the remedies needed to be diluted in order for it to be safe for the provers as well as the patients (Jonas 2019). But to Hahnemann's surprise not only were the remedies much safer, but now they also seemed to be working on a much deeper level the more the substance was diluted (Jonas 2019). Remedies are made through a serial dilution process called potentisation where the higher the dilution the more potent the remedy becomes. A final step of shaking the remedy vial vigorously called succussion enables the remedy to lock in the properties of the substance. Remedies can be diluted to considerably high levels which renders the remedy void of the original substance, which tells us that homoeopathic remedies work beyond the chemical level, but rather it works on an energetic level (Jonas 2019).

### **2.3.3 The individual remedy**

According to classical homoeopathy based on Hahnemann's many years of detailed work and the law of similars, an individual should receive one homoeopathic remedy at a time (Jonas 2019). When a combination of remedies are given together the clarity

of how the remedy will work is very unclear and unknown (Jonas 2019). It is clear that by giving mixtures of remedies the concept of the law of similars becomes nullified.

## **2.4 Miasms**

The phrase miasm is of Greek derivation that means “pollution” or “taint”, Hahnemann, although not the first to use this system of classification of disease as Hippocrates used the concept initially, used Miasmatic theory to explain the origins of chronic disease (De Schepper 2006:355). Hahnemann studied diseases according to their causative factor e.g. diseases that were caused by *mechanical external factors* often resolved once the stimulus of that disease was removed, other treatment methods of that would be dietary and lifestyle changes, the latter separation was *true chronic diseases* which seemed to remain even after external stimuli was removed (De Schepper 2006:355). In Hahnemann’s attempts to treat these chronic diseases there was never true success as even the properly selected homoeopathic remedy would seem non-effective. Thereafter, he began to study patterns in his patient’s medical and family history’s which led him to the basis of the understanding of chronic diseases (De Schepper 2006:355-366).

In his attempts to cure the chronic diseases Hahnemann formulated the three chronic miasms namely Psora, Syphilis and Sycosis. The Psoric miasm is understood to be the origin of diseases, also known as the itch miasm, while the other 2 miasms Sycosis and Syphilis are the venereal miasms (De Schepper 2006:366).

### **2.4.1 Psora**

The oldest and most communicable of the three miasms due to it being spread by the simple touch of infected people, this miasm could be suppressed easily, however this

would lead to much deeper states of diseases or miasms like Sycosis and Syphilis (De Schepper 2006:363).

### **2.4.2 Sycosis**

This is the miasm of excessive growth. The miasm is derived from the discharge of Gonorrhoeal infection and in Hahnemann's time this disease was widespread, however the miasm is not based on the acute infection, but rather on the presentation of the condylomata which is the warts that form around the genitalia, whether the discharge of gonorrhoea is present or not (De Schepper 2006:377-378). Suppression of this miasm leads to even deeper disease.

### **2.4.3 Syphilis**

The syphilitic miasm is a destructive miasm that invades deeper structures of the body and destroys tissue after much suppressive treatment (De schepper 2006:400).

Later two further miasms were identified namely the Tubercular and Cancerinic miasm. The Tubercular miasm also known as the reactive or responsive miasm and Pseudo-psora is a combination of the Psoric and Syphilitic miasms while the Cancerinic miasm is understood to be the mixed miasm, which can be a combination of all four miasms (De Schepper 2006).

## 2.5 What is group analysis?

Much time has passed since the discovery of Homoeopathy and with this immense time expanse there have been many provings performed on several plant, mineral and animal sources which has now led to a homoeopathic arsenal of over 3500 remedies (Patil 2009). With this vast pool of information remedy prescription can be a daunting task despite the help of repertories and computer software like *Radar Opus 10*. For this reason the group analysis methodology was developed. In the past practitioners have studied remedies in isolation due to the limited remedies available at the time. Although group analysis was perfected by Rajan Sankaran and Jan Scholten, this concept of group analysis is not a new one as Clarke, Morrison and Hahnemann (miasm development) have touched on it (Scholten 1995). According to Patil (2009:6) group analysis is based on thematic prescribing, the technique involves identifying characteristic themes within a group and subsequent comparative analysis which can be used to link a patient's particular symptoms to the remedy.

Patil (2009:4) writes: "definition of group is a number of similar drugs or remedies taken or considered together related in or different ways, drugs having similar characteristic structures, family are considered together in a certain group. While comparing and describing the remedies, the emphasis will be on the mental picture".

In the book, *Group Study in Homoeopathic Materia Medica* by Patil (2009:10) an array of advantages of group analysis can be identified: There is room for improvement in the group study methodology, however it provides new depths toward studying materia medica. The study of remedies according to their groups allows for a deeper understanding into the materia medica, there will also be greater insight into the remedy picture. This definitely provides more efficiency in remedy selection as well as saves time. Core features of each individual remedy can be seen in the entirety of the group, so once a case is taken from the consultation, finding the most appropriate group will be easy, thereafter finding of the simillimum will be much more simplified (Patil 2009).

Even with all the advantages one must ponder about the limitations and disadvantages of group analysis. Group analysis allows for a quick find of a remedy e.g. If a doctor sees a certain patient and that patient's symptoms match a particular group then by

means of further investigation of rubrics a specific remedy within that group will be found and that remedy will be prescribed, this may seem all too straightforward however this is a very intricate procedure which requires certain skills like a proper understanding of remedies and “analytical skills” (Patil 2009). Studying a group as a whole can leave out important qualities or characteristics so thus having an impartial outlook on both individual remedies (through provings) as well as groups are both of utmost importance (Patil 2009). When exploring the concept of group analysis a process of “generalization” is required, what this process entails is disregarding distinct traits that are not consistent with the remedy, by this we see that when studying a remedy individually the entire remedy picture is seen, but this of course cannot be done when studying the whole group, this obstruction leaves out very crucial information of the remedy (Patil 2009). Vithoulkas who is one of the great homoeopaths of today expressed great uneasiness or worry towards group analysis as he believes that homoeopaths indulging in this modern practice are “experimenters”, he also goes on to say that the Hahnemannian way of remedy analysis is being ridiculed and overthrown and that it may bring confusion to the neophytes (Kasiparsad 2012).

## **2.6 Key contributors to group analysis:**

According to Patil (2009:5), there is a vast array of historical contributions by the well known homoeopaths ranging from; Dr E.A. Farrington who wrote on group study in ‘*clinical materia medica*’, Dr Clarke who wrote on remedy relationships in ‘*Clinical Repertory*’, another Otto lesser attempted to group together remedies of an inorganic nature that originated from the periodic table in ‘*Textbook of Homeopathic materia medica*’.

In modern times, the homoeopaths of today have continued the research from those of the past and have extended and confounded those theories and practices of old and thus group analysis has become a success

### **2.6.1 Rajan Sankaran**

Rajan Sankaran who is one of the founders of the group analysis method believes that originally in homoeopathy while he was a student, students and practitioners were at a confused state due to the lack of order, and that there had to be other means of prescribing that would enhance the practice of homoeopathy, “there was a need for a map to chart our way in this ocean of drugs and disease” (Sankaran 2009). Sankaran also classifies remedies into their kingdoms of origin namely the plant, mineral, animal kingdoms as he believes that these kingdoms of remedies had distinctive differences in their characteristics, he highlights important aspects of group analysis with regard to how sources in close relation to another source in the biological world can share common sensations (Sankaran 2010b).

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#### **2.6.1.1 Kingdom Analysis according to Rajan Sankaran**

In Sankaran’s kingdom analysis there is a perception that the source of the remedy is a very important factor in the understanding of the symptoms of the remedy. Sankaran (1994:256) states that “it, is however, becoming very clear to me (and to many others) that the symptomatology of any drug is intimately related to its source. For example, in Lachesis we find the symptoms are left sided, the person cannot bear pressure/ constriction around the neck, and has a darting movement of the tongue. It cannot be a mere coincidence that the Lachesis snake has all its organs on the left side of its body, is most vulnerable around the neck region and has, like all snakes, the darting movement of the tongue”. Thus we see that origin carries key traits in the remedy picture. There are four kingdoms according to Sankaran’s kingdom analysis.



### **2.6.1.2 Plant kingdom**

It is of the understanding that plants are still and cannot move, due to their static position they are exposed and reliant on external factors like sunlight, air, rain and many other influences, therefore plants have to be both sensitive and adaptable to these changes in order to survive (Sankaran 1994:256-257). From this description the equivalent is observed in the person requiring a plant remedy; these individuals are extremely or slightly sensitive, they are also easily affected by their surroundings as well as external changes and factors, but still they are adaptable (Sankaran 1994:256-257). These individuals can be soft and driven by emotions.

### **2.6.1.3 Animal kingdom**

When we look at the animal kingdom the main feature is 'competition', which draws our attention to survival, although seen in certain plant or fungal life this feature is the strongest in the animal kingdom (Sankaran 1994:257). Another feature is the innate desire to attract attention to themselves by their deeds and performances, even by their attire and presentation of themselves (Sankaran 1994:257). The 'split' is often encountered in the animal kingdom where they can be kind, considerate, benevolent and playful and at the same time rude, aggressive and arrogant; this feature is easily identifiable in many of the animal remedies especially *Lac caninum* a remedy derived from the milk of a dog, while they can be kind and playful they can easily be aggressive and retaliate easily (Sankaran 1994:258).

### **2.6.1.4 Mineral kingdom**

The theme of this kingdom is structure and organisation, whether it is behaviour or thought processes, everything is systematized (Sankaran 1994:258). When in a consultation with somebody needing a remedy from the mineral kingdom it can be

almost effortless to identify the features of the mineral kingdom (Sankaran 1994). According to Sankaran (1994:258) when these patients give their symptoms everything is given in a precise and organised manner, even chronologically correct, there is precision of the description of the symptoms.

#### **2.6.1.5 The nosodes**

Sankaran (1994:259) states: “the indication for a nosode lies in the process and not in any particular sphere or area of life”.

#### **2.6.2 Jan Scholten**

Jan Scholten who is the co-founder of group analysis together with Rajan Sankaran originally gave the term ‘Group Analysis’. He believes that group analysis will allow for the understanding of lesser understood remedies (Scholten 1993). In his books *homoeopathy and the minerals* (1993) and *homoeopathy and the elements* (2004) he gives an abundant worth of knowledge into remedies that were merely just presenting with symptoms on the physical realm like the schussler biochemic tissue salts and with the help of group analysis unravelled a treasure chest full of mental and general symptoms as well. From his work with the study of groups great innovations in the world of homoeopathy has arose.

##### **2.6.2.1 Group analysis according to Jan Scholten**

Jan scholten has done extensive work in the field of group analysis, especially on the periodic table of elements. He initially started his studies on group salts e.g. Natrum muriaticum, Natrum phosphoricum and Natrum carbonicum, from this he came to the

understanding that Natrum being the common element could be a part of the Natrum group and thus common themes and features could be extrapolated and then be used to ascertain information on lesser understood Sodium combinations (Scholten 1993).

Scholten has now taken his studies further by applying group analysis to larger groups within the periodic table e.g. the horizontal (series) and vertical rows (stage) (Scholten 2004). When applying this methodology there is a set of themes that arises from the whole series and stage, thereafter there is a union of themes from the stage and series to create an exclusive theme for specific elements (Scholten 2004). Scholten (2004:68) gives a good example of how this works, in his writings he says that if we take a series with its already developed theme and thereafter take a stage with its already developed theme, it actually forms a cross-reference guide, e.g. Potassium (K) found in series 4, but also found in stage 1, will be clearly understood because, the series 4 and stage 1 themes are already known.

As great as this seems, many of these elemental remedies have not been proven by the way set by Hahnemann, and thus there is still some uncertainty as to how the remedies actually work other than the use of it through clinical experience.

### **2.6.3 Massimo Mangialavori**

Massimo Mangialavori unlike most homoeopaths disagrees with the concept of provings and he believes that current materia medicas and rubrics may not be accurate sources of information and therefore he relies on the concept of the thematic prescribing which he believes is a better way of organising information (Chhiba 2013). His remarkable clinical application of themes from his concept of homoeopathic families validates the efficacy of group study (Weston 2010). The fundamental development of Mangialavori's ideas is based on similar characteristics of remedies whether they are from the same family (*Bitis spp*), different families (*Pulsatilla pratensis* to *Nux vomica*) or even unrelated families (*Lachesis mutis* to *Atropa belladonna*), his belief is that as long as a common theme is shared they can be grouped into a particular family (Weston 2010).

### **2.6.3.1 Group analysis according to Massimo Mangialavori**

When we consider homoeopathic families, the understanding is that even though the remedies can seem taxonomically different e.g. belonging to different species or genus and sometimes even kingdoms, they are placed within a group due to their similarities of homoeopathic mode of action in terms of mental and physical symptomatology (Sobraske 2010).

This makes remedy selection much simpler, because when faced with a challenging case and the essential symptoms of the family has been identified, the essence of the case will be matched with the essence of the family and after further deliberation and careful study a most appropriate remedy within that homoeopathic drug family will be chosen (Sobraske 2010).

## **2.7 The Homoeopathic electronic database.**

With the current advancements in technology, group analysis studies are a much easier task this is with regard to the sourcing of information. With the click of a few buttons, the homoeopathic literature can be accessible in order to ascertain important information on group analyses evaluation studies. These, remarkable computer software includes *Encyclopaedia Homoeopathica 10* and *Radar Opus 10* (Archibel 2005).

*Encyclopaedia Homoeopathica 10* provides the practitioner with new capabilities of searching for information with ease, it contains homoeopathic literature of many of the best and great teachers in the homoeopathic fraternity, whole books of materia medicas and philosophical journals are at the fingertips of the practitioner and it allows you to repertorize in the materia medica (Archibel 2005).

*Radar Opus 10* is quiet similar to *Encyclopaedia Homoeopathica 10*, but with more advanced capabilities (Archibel 2005)

## 2.8 Group Analysis studies conducted at the Durban University of Technology

Leisegang (2007) conducted a study based on Rajan Sankaran's methodology and she applied this to the kingdom *Fungi*, the researcher concluded that this study allows one to gain a deeper understanding of a remedy and will help homoeopathy move closer to mainstream medicine (Leisegang 2007:92).

Vogel (2007) performed a study based on Rajan Sankaran's methodology which was applied to the class *Insecta* which according to the researcher was a success, the researcher not only believes that it gives a deeper understanding into lesser understood remedies, but that it makes the study of remedies easier (Vogel 2007:127).

Weston (2010) applied the methodologies based on Sankaran's approaches of group analysis to the class *Arachnida* with good results however he warns that the extraction and analysis process can be somewhat misleading if not for the complete understanding of the biological background of the proposed substances particularly for the animal kingdom (Weston 2010:154). An alternate shared view of Weston (2010) is that if the procedure is followed properly then characteristic features of the group can multiply the homoeopathic literature (Weston 2010:152).

Harku (2011) applied the group analysis method laid out by Sankaran on the class *Aves*, which the researcher proposed to be effective despite the limited data presented in the current literature obtainable (Harku 2011:96). She also concluded that applying the group analysis to the animal kingdom may be more difficult as there are numerous sensations presented (Harku 2011:96).

Kasiparsad (2012) carried out a group analysis of the *Salicaceae* family according to the group analysis methods prescribed by Rajan Sankaran, and has concluded that their perception of the group *Salicaceae* has improved (Kasiparsad2012:77).

Chhiba (2013) applied Sankaran's methodology to the Synthetic recreational drug isolate group, with much success in highlighting the common characteristics in the group as well as the understanding of the resemblances between the remedies (Chhiba 2013:167).

Hull (2016) conducted a group analysis evaluation on the Psychoactive plant remedies with much success as she "enjoyed" the study, but due to the limitations of the study, which were the limited remedies available for study in the group a true picture is unobtainable (Hull 2016:165). She feels that in order for a "true picture of a group" to be developed, there needs to be an inclusive study of all remedies belonging to that group (Hull 2016:165).

## **2.9 The Snakes**

### **2.9.1 Taxonomic classification**

***Alethinophidia*** as cited by Sankaran (2010b) – The infraorder that includes all snakes, except the "blind snakes and the thread snakes".

***Scolecophidia (Blind snakes)*** as cited by Sankaran (2010b) – The infraorder that includes all the "blind snakes".

### **2.9.2 Anatomic description**

According to biological data snakes are linear vertebrates with a skull and extended spinal column, they are easily identifiable due to having no limbs or extremities with a long body (Sankaran 2010b:526).

According to Sankaran (2010b:526) habitation of a snake is dependent on the structure and appearance of its body, those snakes that are climbers and certain land snakes are often thin and elongated in their structural design with a sturdy and durable vertebra; another type of snake known as “burrowers” and “terrestrial” are ‘sit and wait’ predators” that appear more stunted with shorter tails and last but of course not the least of the snakes are the sea snakes which has a more flattened silhouette with ‘paddle shaped’ tails.

Snakes’ skeletal structure consists of approximately 400 vertebra depending on species which provides the snake with much needed flexibility due its limbless position, there is a “wing-like process” that is positioned on the vertebra to counteract any contortion that can occur during movement, however it does allow for a coil effect known as “serpentine” movement (Sankaran 2010b:527).

A snake’s body is in actual fact dry, even though it has a moist appearance, there are however a pair of glands that provides moisture at the anus that produces pheromones in order to attract a mate (Sankaran 2010b:527).

A remarkable feature of a snake’s anatomy is its scales designed to protect the snake in its various movements as well prevent water loss from its interior, the scales are beautifully constructed around the skin hiding the skin completely which allows it to avert any damage that can occur, the skin of the snake can shed many times annually as they continue to grow (Sankaran 2010b:528).

Moving up toward the head, there is an array of teeth that are specifically designed for trapping, holding and swallowing prey, the three types of teeth found in the mouth of a snake are “constrictor”, “groove fanged” and “hollow fanged”, their jaw is highly flexible in order to eat prey even twice their size (Sankaran 2010b:528).

Venom, a lethal toxin that can be found in venomous snakes that can paralyse and kill almost instantly, include “hemotoxic, neurotoxic, cytotoxic” and “myotoxic” venom which are produced by glands in the head of the serpent that releases it into fangs situated within the mouth of the snake (Sankaran 2010b:529).

### **2.9.3 Food preferences**

According to Sankaran (2010b:532) snakes are of the carnivorous food chain, their diet can range from large animals like antelope to the smallest like ants.

Snakes are incredible survivors, due to their slow metabolism some snakes just need to feed twice in a year (Sankaran 2010b).

A snake's digestive process begins in the mouth, as the prey enters into the mouth powerful enzymes breaks down the prey, additional digestion takes place if the surrounding temperature is favourable, favourable being warmer climates, for if the temperature decreases the digestive processes can stop all together which can result in vomiting of the semi-digested material (Sankaran 2010b).

### **2.9.4 Behavioural Patterns of snakes**

Snakes are cold-blooded animals, they need the warmth of the sun in order to be active, while cold weather makes them very lethargic (Sankaran 2010b)

#### **2.9.4.1 Movement**

According to Sankaran (2010b:534-535) snakes have four movements that are fundamental to their nature; "serpentine motion/lateral undulation (the characteristic slithering movement), linear/rectilinear progression (the wave-like pattern, moving up and down), concertina movement (bunching up of the body forming horizontal loops) and side winding (sideways looping motion)".



#### **2.9.4.2 Attack**

Sankaran (2010b:540-543) suggests that there various methods of attack that the snake employs in its predatory hunt namely:

- Sit and wait: lying still and waiting for the prey/victim to come to it and then quickly grabbing hold of prey, a brilliant tactic used by snakes.
- Active hunters: this type of hunting involves “chasing” down prey.
- Constriction: this type of hunting often employed by larger snakes involves sheer force and strength, which eventually causes asphyxiation and eventual demise.
- Envenomation and poisoning: this involves paralysing and killing of prey with any of the venom as discussed earlier used to devour larger prey.

#### **2.9.4.3 Defence**

Sankaran (2010b:536-539) suggests that snakes utilize a variety of tactics for defence such as:

- Hide/concealment: these snakes hide themselves in the surrounding scenery quiet successfully.
- Crypsis/camouflage: due to markings on their body snakes can easily blend into surrounding areas.
- Flight: snakes can often scurry when their hiding places are threatened.
- Intimidation: “puffing/enlarging bodies, acting disgusting (release awful smelling noxious agents), mimicry (mimicking of dangerous snakes by harmless snakes), warning colours.”

## **2.10 The Group analysis of snakes conducted by current day Homoeopaths.**

### **2.10.1 Rajan Sankaran**

Sankaran (2010b) has done extensive work through group analysis of the *Viperidae* family of snakes, all of this information can be found in his book *Survival the reptile*. Sankaran (2010b:544) speaks about the expression of snakes in general on two sensation levels:

Sensation level A (Animal Kingdom): “Survival- the need or instinct to survive; a process and a life story; struggle with self or situation, a conflict; me vs you, competition; hierarchy; comparison; sexuality”.

Sensation level B (Subkingdom - Reptile): “feeling defenceless, at a disadvantage, weak, powerless; wanting to hide, escape, and attacked when provoked or cornered; thermal sensitivity; lack of parental care; camouflage, attack from a hidden position, ambush attack; hibernation; mimicking, warning colours, and adopting threatening body gestures; dry, scaly skin; shedding, moulting”.

Other themes also present in *Survival the reptile* (Sankaran 2010b) include:

- The mere fact that snakes lack “limbs” can be seen in individuals as the fear of losing limbs or extremities.
- The concept of being in a defenceless state is seen in patients as, being “weak, powerless, inferior, and in competition with someone more powerful and superior” from this we are able to deduce why they can feel “jealous” and be competitive which is due to their shortcomings.
- Their “fear of being injured, attacked”, or in “danger” indicates to us why they can be so “guarded”.
- They are very manipulative “plotting” and “planning” their action.

Another interesting discovery from *Survival the reptile* (Sankaran 2010b:552) was “places in society, where one can see snake-like survival strategy: mafia, underworld,

terrorism; war, guerrilla, warfare; espionage, undercover; crime, blackmail, detection; politics, corporate world; glamour, Hollywood; magic, illusion” and the list goes on.

### **2.10.2 Farouk Master**

Master (2008) writes about group symptoms of snakes in his book *Snakes to simillimum*, Master writes about the various snake symptoms as a group and draws his information from “provings, clinical materia medica and toxicological symptoms from snake bites” in his work he describes various themes, historical data and features of snakes and gives a “rubric interpretation” of these symptoms, some of the themes and “rubric interpretations” are as follows:

- “snakes are nocturnal reptiles”

“Rubric interpretation – Activity, mental, night; Cheerful, evening; Excitement, night; Hurry, night.

- “Secluded lives”

“Rubric interpretation – Company, aversion to, desire for solitude: indulge her fancy, to; Company, aversion to; Fear, people of; Fear, poisoned, of being.

- “Snakes are able to move quickly”

“Rubric interpretation – Crawling on the floor; Delusion, body, lighter than air; Delusion, floating in air.

Master (2008) has also ascertained many other snake themes:

- “Competitiveness and Power” – These people are often high achievers and they want to be on the top.

- “Attack and Defence” – There is a need to strike first especially against “enemies”.
- “Passionate and Workaholic” – “Hard working” in order to obtain “goals”.
- “Egoticism” – They have feelings of grandeur or importance, “feeling superior” and having “power”.

### **2.10.3 Massimo Mangialavori**

Mangialavori (2003) writes about general snake themes e.g. seduction, forsaken, duality, congestion, persecution, knowledge, one-sided symptoms, haemorrhages, discolouration, betrayal and eroticisation of feelings.

Mangialavori (2003:65-66) also discusses the differences between “general snake themes” and “fundamental snake themes”, in order to understand the following example will be used, “de-compensation during the menopause is a very important and well-known snake symptom. However, at least 50% of the population never experience the menopause, a homoeopathic practitioner waits until this time to prescribe the remedy so it can’t be a fundamental theme” thus we understand that it is a “general snake theme”, fundamental themes on the other hand are those symptoms that are “seen” (Mangialavori 2003).

Another important aspect of Mangialavori’s studies is the “Hierarchy of themes” (Mangialavori 2003):

1. Seduction
2. Duality
3. Forsaken
4. Betrayal
5. Discolouration
6. Congestion/ constriction

## 2.11 The *Bitis* Species

### 2.11.1 *Bitis arietans arietans*



(*Bitis arietans* 2018)

**Figure 2.1:** *Bitis arietans arietans*

Taxonomic classification as cited by Sankaran (2010b:1082):

**Order:** *Squamata*

**Suborder:** *Serpentes/Ophidia* (Snakes)

**Family:** *Viperidae*

**Subfamily:** *Viperinae*

**Genus:** *Bitis*

**Species:** *Bitis arietans*

**Common name:** puff adder

A common snake found in South Africa (Wright 1999), that is both infamous and fierce (Sankaran 2010b:1080). The name of the puff adder is derived from its signature “puffing” that occurs after which a “hiss” is produced, emanating from the inflation of its body and subsequent release of air, this is a frightening forewarning that attack is eminent (Sankaran 2010b).

The puff adder is one the largest and heaviest of the vipers growing in maximum lengths of 2 meters (Sankaran 2010b).

Despite appearing to be fat and lethargic the adder displays a lightning fast attack speed if provoked or in a hunt, they are land snakes, but is capable of climbing or swimming if need be (Sankaran 2010b).

According to Wright (1999:10) the venom of a puff adder is for the most part haemotoxic, which once in the system of the prey produces major haemolysis and haemorrhage of mucosal tissue, this rapid degeneration can lead to intense swelling and a resultant death in just 24 hours of attack.

The puff adder is not considered a hunter, but more of a “wait and watch” snake, waiting for its prey to trod upon its domain after which, its large fangs plunges into the victim, from its “tightly coiled posture” often resulting in death even without the potent venom (Sankaran 2010b).

Homoeopathically the remedy is used for issues with drug and alcohol abuse, the patients tend to be lethargic with chilliness and fatigue (Sankaran 2010b). Some distinct features of the remedy includes “bad tempered”, “very keen eyesight, specialized in detecting movements” (Sankaran 2010:1085). From the proving at DUT (Wright 1999) symptoms included a feeling of “spaciness/ spaced-out, intoxicated, removed from reality, thinking back, concentration difficult, dullness, disconnected from self”.



### 2.11.2 *Bitis gabonica gabonica*



(Ping 2015)

**Figure 2.2:** *Bitis gabonica gabonica*

Taxonomic classification as cited by Thomson (2004):

**Group:** *Solenoglypha*

**Family:** *Viperidae*

**Genus:** *Bitis*

**Species:** *gabonica gabonica*

**Common:** Gaboon viper, Butterfly adder

The Gaboon adder has two variants of the same species or as Thomson (2004:8) puts it, “two races” of the *Bitis gabonica*. This difference emanates from a structural or anatomical difference in the phenotypology of the gaboon adder. The one type known

as *Bitis gabonica gabonica*, which is the remedy that is going to be used for the purposes of this group analysis study is found in East and Southern Africa, while the other type known as *Bitis gabonica rhinoceros* has a distinctive pair of horns on its snout and is located in the western parts of Africa (Thomson 2004). It is however important to note that the venom of both these types of snakes are biochemically identical in comparison (Thomson 2004).

This snake species is the largest snake of the genus *Bitis*, with incredibly large fangs as well as an ejector of the highest venom release as compared to any other venomous snake known to man (Sankaran 2010b).

The Gaboon adder is a master at camouflage, as it's well designed scales allows for it to be hidden well (Sankaran 2010b).

Due to the large amount of venom secreted during a bite, not forgetting the depth of the bite due to the enormous fangs, there is a tremendous amount of damage done to underlying tissue resulting in almost instant swelling and pain, with massive haemorrhaging and eventual death (Thomson 2004).

The Gaboon adder has a rather passive disposition, but will react if aggravated which we understand can be fatal, this snake is terrestrial and like the puff adder “waits and watches” for its prey rather than actively hunting due to its lethargic nature, they mostly hunt at night and are quiet camouflaged during the day (Sankaran 2010b).

Looking at the Gaboon adder in terms of materia medica from the proving conducted by Thomson (2004), these individuals would tend to feel in “isolation” or they can have a “desire to be alone”; they feel “separated from self”; there is also “depression”; they feel irritable; the symptoms are obviously numerous and will be discussed further in the active group analysis phase.



### 2.11.3 *Bitis Atropos*



(*Bitis atropos* 2018)

**Figure 2.3:** *Bitis atropos*

Taxonomic classification as cited by Brijnath and Schonfield (2013):

**Phylum:** *Chordata*

**Subphylum:** *Vertebrata*

**Class:** *Reptilia*

**Order:** *Squamata*

**Suborder:** *Serpentes*

**Family:** *Viperidae*

**Genus:** *Bitis*

**Species:** *Bitis atropos*

**Common names:** Berg adder, Cape mountain adder, Mountain adder

The *Bitis Atropos* snake as compared to the other the two *Bitis* snakes previously *Bitis gabonica gabonica* and *Bitis arietans arietans* is of a much smaller size, 30-40cm in fact (Brijnath and Schonfield 2013). In order to identify it accurately we can look at the symmetric patterns on its body which are “paired triangular markings” (Brijnath and Schonfield 2013).

This adder is endemic to South Africa and it has a preference for mountainous places like the Drakensburg mountain range, with a preference for colder climates (Brijnath and Schonfield 2013).

Berg adders appear to be quiet easily aggravated, those at risk are of course mountaineers due to them climbing around their habitats, when provoked a loud hissing sound can be heard emanating from the snake as an attempt to scare away intruders and they subsequently scurry. (Brijnath and Schonfield 2013).

The diet of the Berg adder is mostly smaller prey, due to its miniature size (Brijnath and Schonfield 2013).

According to Brijnath and Schonfield (2013:21) the biochemical toxicology of the venom suggests that the venom is much more neurotoxic, and is not potent enough to cause death in a human with a single bite, and that no fatalities have been recorded.

## **Chapter 3: Methodology**

### **3.1 Sourcing of information**

The provings of the three indigenous *Bitis spp.* remedies which are *Bitis gabonica* (Thomson 2004), *Bitis arietans arietans* (Wright 1999) and *Bitis Atropos* (Brijnath and Schonfield 2013) was utilized for the purposes of this thematic literature review. This entailed obtaining the required provings from the library at the Durban University of technology and the Institutional repository.

### **3.2 Data extraction**

The required data from the three indigenous *Bitis spp.* remedy provings was extracted using tables and rubrics to set out the data in a systematic manner for comparison. Tables were used to organise the extracted information from the three indigenous *Bitis spp.* remedies into thematic sub-divisions. Tabulating the information from the provings was an important step in order to systematize the data.

### **3.3 Materia medica symptomatology**

The first extraction was of materia medica symptomatology from the provings. These included symptoms of the Mind, Fears, Delusions, Vertigo, Head, Eye, Vision, Ear, Hearing, Nose, Face, Mouth, Teeth, Throat, External throat, Stomach, Abdomen, Rectum, Stool, Bladder, Urine, Male Genitalia/sex, Female Genitalia/sex, Respiration, Chest, Back and Neck, Extremities, Sleep, Dreams, Generals. Once these symptoms were recorded a comparative analysis was then conducted on all the symptomatology throughout the three provings which included the sub-divisions per section. The group

analysis allowed a diverse range of symptoms to arise which were compared amongst the three provings and were then recorded in a systematic manner to allow for clear similarities to be ascertained. The mind themes were recorded initially and thereafter the physicals were recorded.

### **3.4 Rubric extraction**

Ten characteristic rubrics of the remedies was extracted and was thereafter repertorised. The selection was conducted by taking four rubrics from *Bitis aritetans arietans*, three from *Bitis gabonica gabonica* and three from *Bitis atropos*. Mind, physical and general symptoms were used in order for the repertorisation to be conducted.

### **3.5 Remedy comparison**

The top three emerging similar remedies was then compared. The similarities of the remedies selected from repertorisation were compared with the data and symptomatology from the three provings. This allowed for clear definition of the remedies showing similarity from all aspects of the materia medica namely mind, physicals and general.

### **3.6 Determination of indigenous themes**

Emerging indigenous themes of remedies was then determined. This was done to ensure local clinical utilisation and adaptation to the needs of South Africa as a whole. The process begun by collecting symptomatology or themes from the provings and

then tabulating the information. The criteria for selection of the indigenous themes were mainly based on deductions of the circumstance of the South African economy and communities at large. This ensured that indigenous themes would be produced. This continued by comparing similarities in the data and thereafter deducing themes based of that thematic description.

### **3.7 Comparative Analysis to broader snake family**

The themes and materia medica that was determined, was then compared to group analyses studies of the broader snake family of remedies that was ascertained from literature within the public domain. The authors or homoeopaths used were Rajan Sankaran, Farouk Master, Sadhana Thakar and Massimo Mangialavori. These author's themes of the entire snake family was used to compare the data by tabulating all required information. The criteria for this was a basic comparative analysis of allocating symptoms from the remedies to the symptoms of the authors that were acquired from the public domain.

### **3.8 Doctrine of signatures**

This part of the research involved a criteria based on the doctrine of signatures. Therefore a series of physical characteristics of the *Bitis spp.* were used for the comparison to data from the provings. After the characteristics were compared there was a visible trend obtainable and noticeable from the tabulated data it was recorded in.

### **3.9 The sensations**

The sensations that emerged after analysing the data was comparatively evaluated for each proving. The sensations that were obtained allowed for a deduction of reactions which were the active and passive reaction and the resultant compensation for the specific reaction.

### **3.10 Miasmatic classification**

The indigenous *Bitis spp.* remedies was then compared to existing miasmatic classification. This was done by comparing data of a specific miasm to the data of the the *Bitis spp.* as a whole. This categorised a single miasm for the *Bitis spp.* remedy picture.

## Chapter 4: Results

### 4.1 Introduction

The findings/ results from this group analysis study will be laid out as such, which was also mentioned in chapter 3 – Methodology:

- Extracted data from the three provings of the *Bitis spp.* are listed in the tables below. This data will be analysed and compared with each other to find a similarity index. The tables will have a font of 10 for space reservation.
- The materia medica of each remedy will be compared in terms of mind, fears, delusions, etc. this will portray the similarities in an orderly fashion.
- Thereafter a short description of the findings will be recorded under certain tables.

### 4.2 Similarities occurring amongst the three indigenous *Bitis spp.* remedies

#### 4.2.1 Mind

When looking at mental/ mind themes a general theme obtained from the researcher's deduction was applied to the common/ similar themes from the three *Bitis spp.* remedies. This was done to categorise similarities in a more ordered fashion, because not every theme from the provings were ordered as such e.g. The second theme of Nostalgia obtained by the researcher's deductions covers themes of **Thinking back** from *Bitis arietans arietans*, as well as **Perceptions** however, the theme **Perceptions** from the same proving only had one prover who presented with Nostalgia, while the other provers had other related symptoms. The table below shows mind themes that was extracted from the provings of the three *Bitis spp.* remedies which was then compared to each other to show possible similarities that occurred.

**Table 4.1: Mind themes from provings of *Bitis spp.* remedies**

	<b><u>BITIS ARIETANS ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>MIND</u></b>	<ul style="list-style-type: none"> <li>• <b>SPACINESS/ SPACED-OUT</b> <ul style="list-style-type: none"> <li>- Spaciness</li> <li>- Spaced-out</li> <li>- Staring into space</li> <li>- Sensation of large space in head</li> <li>- Awareness shifting</li> <li>- Perception distorted</li> <li>- Spacedness</li> <li>- Battle to focus</li> <li>- Veil between mind and reality</li> <li>- Feeling "spacedness"</li> <li>- Feeling of space</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b> <ul style="list-style-type: none"> <li>- Insecure and Alone</li> <li>- Things people say hurt</li> <li>- Deliberate disconnection from conversing</li> <li>- Averse to talking</li> <li>- Wants own space</li> <li>- Isolated</li> <li>- Anger</li> <li>- Confused</li> <li>- Overwhelmed</li> <li>- Self-pity</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>ABSENT MINDED AND FORGETFUL</b> <ul style="list-style-type: none"> <li>- Confused</li> <li>- Forgetful in the day, chaotic</li> <li>- Absent minded</li> <li>- Lost in thoughts</li> <li>- Forgetting details</li> <li>- Confusion whilst conversing with people</li> <li>- Losing train of thought</li> <li>- Misunderstanding words and meanings</li> <li>- Speech; confusion of words</li> <li>- Errors of speech</li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>- Dislocation in head</li> <li>- Shift in perception</li> <li>- Buzzing tone heard from things</li> <li>- Displaced feeling in head</li> <li>- Spacey; conversation, the conscience and balance</li> <li>- Empty ball pushing out of head</li> <li>- Emptiness pushing out</li> <li>- Removed from reality</li> <li>- Drunk feeling</li> <li>- Difficulty concentrating</li> <li>- Conversation unreal</li> <li>- Dreamy feeling</li> <li>- Tired feeling</li> <li>- Floatiness</li> <li>- Mixing words and ideas</li> </ul>	<ul style="list-style-type: none"> <li>- Wants more support</li> <li>- Tired</li> <li>- Despondent</li> <li>- Distant from loved ones</li> <li>- Wanting to speak to people, but they don't care</li> <li>- Disconnected in general</li> <li>- Depressed</li> <li>- Lonely</li> <li>- Not confident</li> <li>- Hiding from self and world</li> <li>- Sighing</li> <li>- Not sociable</li> <li>- Aversion to company</li> </ul> <p>• <b>PANIC/ FEELING THREATENED</b></p> <ul style="list-style-type: none"> <li>- Panic attacks at night</li> </ul>	<ul style="list-style-type: none"> <li>- Forgetting to do tasks</li> <li>- "Mental amnesia"</li> <li>- Dazed</li> <li>- "Mind elsewhere"</li> <li>- Dullness of mind</li> <li>- Loss of focus &lt;morning (inhibited function)</li> <li>- As if "suspended in something"</li> <li>- "Mind thinks through porridge"</li> <li>- Brain is incapable of understanding words</li> <li>- Cannot understand what people say</li> <li>- Incapable of reading</li> </ul> <p>• <b>ALONE – AVERSION TO COMPANY</b></p> <ul style="list-style-type: none"> <li>- A desire for solitude and inner silence</li> <li>- Desire to be away</li> </ul>
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	<ul style="list-style-type: none"> <li>- Sensation of lightness in body and finger tingling</li> <li>- Disconnect</li> <li>- Lightheaded</li> <li>- Eyes moving slower than head</li> </ul> <p>• <b>INTOXICATED</b></p> <ul style="list-style-type: none"> <li>- Trippy feeling</li> <li>- Boundaries expanding</li> <li>- Seeing through physicality of world</li> <li>- Removed from reality</li> <li>- Intoxicated like state</li> <li>- Spacey</li> <li>- Unsteady</li> <li>- Unsettled</li> <li>- Drunk-like</li> <li>- Not with reality</li> <li>- As if smoking cannabis</li> </ul>	<ul style="list-style-type: none"> <li>- Waking disoriented and terrified</li> <li>- Feel alone</li> <li>- Fear of violent death</li> <li>- Everything against self</li> <li>- Cannot communicate with anybody</li> <li>- Feels as if in need of help, but nobody could hear</li> <li>- Jaw clenching</li> <li>- Fear of commitment</li> <li>- Fear of being caged</li> </ul> <p>• <b>SEPARATED FROM SELF/ SCATTERED</b></p> <ul style="list-style-type: none"> <li>- Distant from self (Physical self)</li> <li>- Cotton wool feeling in head</li> </ul>	<ul style="list-style-type: none"> <li>- People are seeming to be; "foreign", "annoying" and "obstreperous"</li> <li>- "Wants to go home" &lt;company</li> <li>- &gt;Being alone</li> <li>- Irritable in afternoon</li> <li>- Mood better in evening</li> <li>- Sadness in general</li> <li>- Separate</li> </ul> <p>• <b>ANGER</b></p> <ul style="list-style-type: none"> <li>- "Snappish"</li> <li>- Aggressive</li> <li>- wants to scream</li> <li>- wants to strangle people</li> <li>- anger at no help given</li> <li>- Frustrated</li> <li>- Rage</li> </ul>
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	<ul style="list-style-type: none"> <li>- Not concerned with surroundings</li> <li>- Intoxicated feeling</li> <li>• <b>REMOVED FROM REALITY</b></li> <li>- Removed from reality</li> <li>- Not worried about tests, it seems unreal</li> <li>- Lack of centredness</li> <li>- Not aware of reality</li> <li>- Strange feeling of distantness</li> <li>• <b>THINKING BACK</b></li> <li>- Sentimental</li> <li>- Feeling emotional</li> <li>- Feeling melancholy</li> <li>- Sad</li> <li>- Far away</li> </ul>	<ul style="list-style-type: none"> <li>- Felt as if behind face when talking to people</li> <li>- Not in self</li> <li>- Alone</li> <li>- Cannot connect with people</li> <li>- As if not here</li> <li>- Feel out</li> <li>- Scattered</li> <li>- Little patience</li> <li>- Out of it</li> <li>- Dizzy</li> <li>- Spaced out</li> <li>• <b>DEPRESSION/ SADNESS/ CRYING</b></li> <li>- Depressed, &lt;brooding &gt;being active</li> <li>- Frustrated</li> <li>- Heavy</li> <li>- Sadness &lt;Nightfall</li> <li>- Upset</li> </ul>	<ul style="list-style-type: none"> <li>- Annoyed</li> <li>- Wanting to attack others</li> <li>- "Road rage"</li> <li>- "Bad mood"</li> <li>- "Begrudging"</li> <li>- Ratty</li> <li>- "Anger bubbling over"</li> <li>• <b>ANTAGONISM WITH ONESELF</b></li> <li>- Not doing things that they want to do: thirsty but not drinking water, cold but not covering self</li> <li>- Not listening to body</li> <li>- Sleepy, but not sleeping, rather walking around</li> <li>- Fighting with self</li> <li>- Outward: Free, connected to nature, uninhibited, mischievous, like a</li> </ul>
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	<ul style="list-style-type: none"> <li>- Looking back to past e.g. Choices made</li> <li>- Difficult concentration</li> <li>- Mind wandering</li> <li>- Thought of past conversation</li> </ul> <p>• <b>CONCENTRATION DIFFICULT</b></p> <ul style="list-style-type: none"> <li>- Lack of concentration</li> <li>- Mistakes not noticed</li> <li>- Mixing up people's faces in mind</li> <li>- Distracted easily</li> <li>- Unable to concentrate completely</li> <li>- Sleepiness</li> <li>- Brain fog</li> <li>- Head feels thick</li> <li>- Foggy mind</li> <li>- Pressure headache</li> </ul>	<ul style="list-style-type: none"> <li>- Sensitive</li> <li>- Down</li> <li>- Tired</li> <li>- Lonely</li> <li>- Unexplainable changes in mood</li> <li>- Unhappy</li> <li>- Low self-esteem</li> <li>- Snappy</li> <li>- Desire to sigh</li> <li>- Negative</li> <li>- Melancholy</li> <li>- Unmotivated</li> <li>- Disorientated</li> <li>- Unmotivated</li> <li>- Wants to cry</li> <li>- Tearful &lt;company or being consoled and &gt;exertion of the mind</li> <li>- Crying in public</li> <li>- Unexplainable crying</li> </ul>	<p>child and action without consequence. Inward: Distrustful, suspicious, careful and guarded</p> <ul style="list-style-type: none"> <li>- Do not want to do anything, however feels that they have to do something</li> <li>- "like an old woman with a teenage girl stuck inside"</li> </ul> <p>• <b>ANXIOUS</b></p> <ul style="list-style-type: none"> <li>- Anxiety</li> <li>- Rushed</li> <li>- Stressed</li> <li>- Worry</li> </ul> <p>• <b>ATTENTION</b></p> <ul style="list-style-type: none"> <li>- Wants to "Shine"</li> <li>- "Take the spotlight"</li> <li>- Wants others to know of their presence</li> <li>- Standing up for self</li> </ul>
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	<ul style="list-style-type: none"> <li>- Not focussed</li> <li>- Mind goes blank</li> <li>- Conversation difficult</li> <li>- Hear without hearing</li> <li>- Slow thinking</li> <li>- Stared into space</li> <li>- Weakened memory</li> <li>- Cotton wool in head</li> <li>- Clouded thinking</li> </ul> <p>• <b>DULLNESS</b></p> <ul style="list-style-type: none"> <li>- Feeling dull</li> <li>- Sleepiness</li> <li>- Dullness</li> <li>- Head filled with cotton wool</li> <li>- Slow thinking</li> </ul> <p>• <b>DISCONNECTED FROM SELF</b></p> <ul style="list-style-type: none"> <li>- Out of sorts with self</li> </ul>	<ul style="list-style-type: none"> <li>- Everything emotionally hurts</li> <li>- Unexplainable hurting</li> <li>- Unexplainable weeping</li> <li>- No confidence</li> </ul> <p>• <b>WELL- BEING</b></p> <ul style="list-style-type: none"> <li>- Feels well</li> <li>- Feels good</li> <li>- Feels “airy-fairy”</li> <li>- Relaxed</li> <li>- Sense of well-being</li> <li>- Happy</li> <li>- Increased energy</li> <li>- High</li> <li>- Mood is good</li> <li>- Confident</li> <li>- Excited</li> <li>- Calm</li> <li>- “Peachy”</li> </ul>	<ul style="list-style-type: none"> <li>- Speak out against things not comfortable with</li> <li>- “Say no”</li> <li>- Wants others to see them for their true self</li> <li>- Knows that they matter</li> <li>- Not afraid of being the “centre of attention”</li> <li>- Competition for attention</li> <li>- “Seeking praises”</li> <li>- Wants to gain favour or be known for something</li> </ul> <p>• <b>CHEERFUL</b></p> <ul style="list-style-type: none"> <li>- Things are bringing smile to face: “people, kindness, kids, strangers, walking in the street”</li> <li>- Sensation of flying</li> <li>- Sense of freedom</li> </ul>
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	<ul style="list-style-type: none"> <li>- Not comfortable</li> <li>- Disconnected</li> <li>- Uneasy</li> <li>- As if taken drug</li> <li>- Detached from world</li> <li>- Tripping</li> <li>- Strange sensory experience</li> <li>- Feeling joy, then moves to anxiety and discomfort/ uneasiness</li> <li>- Not-all-there</li> <li>- Spaced-out</li> <li>- "Stoned"</li> <li>• <b>ENERGETIC/ OVERSTIMULATED</b></li> <li>- Unusually energetic, at night</li> <li>- Manic</li> <li>- High energy</li> <li>- Physical energy</li> <li>- Night energy</li> </ul>	<ul style="list-style-type: none"> <li>- Nostalgic of happy childhood memory</li> <li>- Peace</li> <li>- Positive</li> <li>- Motivated</li> <li>• <b>IRRITABLE</b></li> <li>- Foul mood</li> <li>- Grumpy</li> <li>- Irritable even at the slightest</li> <li>- Patience for children</li> <li>- Agitation</li> <li>- Loss of temper</li> <li>- Moody</li> <li>- Snappy</li> <li>- Ratty</li> <li>- Insecurity</li> <li>- Feel unappreciated</li> <li>- Empty inside</li> <li>- Drained</li> </ul>	<ul style="list-style-type: none"> <li>- Jovial</li> <li>- Singing as imagining themselves fly</li> <li>- Dancing</li> <li>- Playful</li> <li>- Joyful</li> <li>- Felt like a child</li> <li>- Inner joy with dancing</li> <li>- Happy</li> <li>- Light hearted</li> <li>- Care free</li> <li>- Good/cheerful mood</li> <li>- Positive</li> <li>- Calm</li> <li>- Collected</li> <li>- "Chirpy"</li> <li>- Talkative</li> <li>- Relaxed</li> <li>- Excited</li> </ul>
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	<ul style="list-style-type: none"> <li>- Excitable</li> <li>- Sharp</li> <li>- Hyperactive</li> <li>- Zest on life</li> <li>- On top</li> <li>- Spaced-out, did not like feeling as if on a drug</li> <li>- Overstimulated</li> <li>- Anxious</li> <li>• <b>COMPANY</b> <ul style="list-style-type: none"> <li>- Craving company</li> <li>- Little tolerance of people</li> <li>- Conversation is difficult</li> <li>- Wandering mind in conversation</li> <li>- Depressed</li> <li>- Mopey</li> <li>- Desire; people's attention and company</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Unsettled</li> <li>- Vulnerable</li> <li>- Tired</li> <li>• <b>SENSITIVE</b> <ul style="list-style-type: none"> <li>- Worthless</li> <li>- &lt; Reprimand</li> <li>- Take offence easily</li> <li>- Abrasive</li> <li>- &lt; Criticism and rejection</li> <li>- Feel bad</li> <li>- Feel unloved</li> <li>- Lack of support</li> <li>- Vulnerable</li> <li>- Sensitive; noise, people</li> <li>- Drained</li> <li>- Unsettled</li> <li>- Irritable</li> <li>- Overwhelmed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Alive</li> <li>• <b>CONNECTING</b> <ul style="list-style-type: none"> <li>- Difficulty in connecting emotionally</li> <li>- Do not want to get too close</li> <li>- Do not want others to open up to them. "Barrier (ears and heart)"; as if their emotions will cause an effect on own emotions and bring down. To compensate for this is to not listen, shut down and ignore other's needs</li> <li>- Wants to protect, but don't want to connect emotionally</li> <li>- Avoid contact with other people</li> <li>- Cannot make new friends</li> <li>- Conflict: connecting to nature and being free without</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>PLACEBO</b> <ul style="list-style-type: none"> <li>- Convinced on placebo</li> </ul> </li> <li>• <b>CLUMSY</b> <ul style="list-style-type: none"> <li>- Uncoordinated movement</li> <li>- Dropping things</li> <li>- Slow, movement</li> <li>- Have to mentally control actions</li> </ul> </li> <li>• <b>DEPRESSION</b> <ul style="list-style-type: none"> <li>- Explosive</li> <li>- Sudden</li> <li>- Morbid</li> <li>- Apathetic</li> <li>- Despairing</li> <li>- Unable to cope</li> <li>- Feels grey and heavy</li> <li>- Feeling people are struggling and are heavy</li> <li>- Drained</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>MISTAKES/ POOR CONCENTRATION/ FORGETFUL</b> <ul style="list-style-type: none"> <li>- Writing affected; mistakes in spelling and grammar</li> <li>- Confusing dates</li> <li>- Forgetful of things</li> <li>- Difficulty concentrating</li> <li>- Difficulty in remembering things</li> <li>- "Lack of concentration in class"</li> <li>- Distracted</li> </ul> </li> <li>• <b>CONFIDENCE/ LACK OF CONFIDENCE</b> <ul style="list-style-type: none"> <li>- Being frank with people (boyfriend)</li> <li>- Not letting people be rude</li> <li>- Not insecure</li> <li>- Reduced jealousy</li> <li>- Good feeling</li> </ul> </li> </ul>	<p>consequence vs. distrustful, guarded, suspicious and careful on the inside</p> <ul style="list-style-type: none"> <li>- Wanted to disconnect or detach from this world (reality) due to anxiety and find an outlet</li> <li>- Connect with the world</li> <li>• <b>DESIRE FOR COMPANY</b> <ul style="list-style-type: none"> <li>- Don't want to talk to people, but wants their company due to the comfort it brings</li> <li>- Better for being in the company of animals than people</li> <li>- Worse alone</li> <li>- Better company</li> </ul> </li> <li>• <b>CRITICAL</b> <ul style="list-style-type: none"> <li>- Unscrupulous</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Consuming and encompassing depression</li> <li>- Feels life is pointless</li> <li>- Hard and joyless existence</li> <li>- Wants to cry</li> <li>- Contrast of wanting to be comforted and not wanting to speak to anybody</li> <li>- Awoke depressed</li> <li>- Irritable</li> <li>- Sad</li> <li>- Effort to be cheery</li> <li>- Feeling down</li> <li>• <b>ANXIETY</b> <ul style="list-style-type: none"> <li>- Shaky</li> <li>- Poor concentration</li> <li>- Anxious</li> <li>- Spacey</li> <li>- Sweaty hands</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Standing up to people</li> <li>- Not taken advantage of</li> <li>- No intimidation</li> <li>- Relaxed</li> <li>- Confident</li> <li>- Connected</li> <li>- Centred emotions</li> <li>- Strong</li> <li>- Feels sorry for self</li> <li>- Unattractive</li> <li>- Anxiety</li> <li>- Useless</li> <li>- Ignorant</li> <li>- Insecurity</li> <li>- Seeks attentions as well as appreciation</li> <li>- Seeks affection</li> <li>• <b>MENTAL ACTIVITY: HYPER/ HYPO-ACTIVE/ ENERGY</b></li> </ul>	<ul style="list-style-type: none"> <li>- “Prying” into others business</li> <li>- Feels the need to undermine others in order for own satisfaction</li> <li>• <b>INDIGNATION</b> <ul style="list-style-type: none"> <li>- Palpitations</li> <li>- Anxious</li> <li>- Stressed</li> <li>- Heart pumping</li> <li>- Cheated</li> <li>- Mistreated</li> <li>- Taken advantage of</li> <li>- Standing up for self, but politely with a trembling voice, even nearly brought to tears</li> <li>- Fighting for justice</li> <li>- Wants to defend self</li> <li>- Not afraid</li> <li>- Independence</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Anxiety while driving; about people's aggression, other drivers, other drivers would attack and thinking of pacifying words to say, anxiety attack about driving, dread of driving, nervous and paranoid, visualizing horrific accident</li> </ul> <ul style="list-style-type: none"> <li>• <b>OUTDOORS</b> <ul style="list-style-type: none"> <li>- Feels trippy</li> <li>- Happy</li> <li>- Desire to be in nature</li> <li>- Crave nature</li> <li>- Wants to be outdoors</li> <li>- Wants to be in mountains</li> <li>- Wants to garden</li> </ul> </li> <li>• <b>LAZINESS</b> <ul style="list-style-type: none"> <li>- Lethargic after exercise</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Racing thoughts</li> <li>- Either optimistic/ anxious and unhopeful</li> <li>- Jumping mind</li> <li>- Energetic mind</li> <li>- Same thoughts over and over</li> <li>- Overthinks and cannot sleep</li> <li>- Breathless</li> <li>- "Mental/emotional overload"</li> <li>- Hyperactive/ energetic</li> <li>- Shallow breathing</li> <li>- Tense</li> <li>- Unable to relax</li> <li>- Unable to focus</li> <li>- Incapable</li> <li>- Stupid</li> <li>- Slow</li> <li>- Overwhelmed</li> </ul>	<ul style="list-style-type: none"> <li>- Wants own opinions to be heard</li> <li>- Not caring what others think</li> <li>- Questioned</li> <li>- Tense; muscles, cannot relax, &lt;night, on guard, uncomfortable in bed</li> </ul> <ul style="list-style-type: none"> <li>• <b>DIFFICULTY</b> <ul style="list-style-type: none"> <li>- Concentration: Difficulty when focusing on tasks; confused; losing train of thought; misunderstanding of words in conversation; difficulty in concentrating; focus is &lt; in morning; as if suspended, brain does not understand words only images and cannot think; do not understand what people say, cannot read, cannot understand words; mind is busy</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Lazy</li> <li>- Unmotivated</li> <li>- Being untidy</li> <li>- Not tidying up</li> <li>- Indolence</li> <li>- Desire to sleep</li> <li>- Irritable</li> <li>- Did not feel like doing anything</li> <li>- Did not want to put in effort</li> <li>- Wants to sleep</li> </ul> <ul style="list-style-type: none"> <li>• <b>CLEANING AND TIDYING</b></li> <li>- Dusting</li> <li>- Cleaning</li> <li>- Polishing</li> <li>- Living chaotically</li> <li>- No energy to do tidying</li> <li>- Feels the need to have order</li> </ul>	<ul style="list-style-type: none"> <li>- Tired</li> <li>- Flat (neutral)</li> <li>- Slow</li> <li>- Unable to study</li> </ul> <ul style="list-style-type: none"> <li>• <b>CONFUSION/ CALM</b></li> <li>- Feelings for others are confused</li> <li>- When awoke, awareness of surroundings was not known</li> <li>- Good</li> <li>- Relaxed</li> <li>- Clear head</li> <li>- Nostalgic (memories, images, relationships)</li> <li>- Calm</li> <li>- Order</li> <li>- Restored</li> </ul> <ul style="list-style-type: none"> <li>• <b>BLOATING/ EXPANSION</b></li> </ul>	<ul style="list-style-type: none"> <li>- Difficulty with words: Good words thought of, but could not say it (incoherent, different, opposite of thoughts); confused in conversation; losing train of thought</li> <li>- Difficulty speaking: Speech confusing; missing syllables; errors in speaking</li> </ul> <ul style="list-style-type: none"> <li>• <b>FOCUS</b></li> <li>- Increased focus</li> <li>- Better concentration</li> <li>- Organised</li> <li>- Planned</li> <li>- Productive</li> <li>- Lack of focus &lt;morning</li> <li>- "Think through porridge"</li> <li>- Brain cannot understand</li> </ul>
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	<ul style="list-style-type: none"> <li>- Needs order to think and work well</li> <li>- Manual tasks easier, because thinking is not necessary</li> </ul> <ul style="list-style-type: none"> <li>• <b>SENSITIVE TO THE OPINION OF OTHERS</b> <ul style="list-style-type: none"> <li>- Less sensitive to other's opinions and feelings</li> <li>- Not sensitive to insults</li> <li>- Content of being by self</li> <li>- Enjoy company and contact</li> </ul> </li> <li>• <b>POLARITY</b> <ul style="list-style-type: none"> <li>- Feels on top of the world and contrast of feeling neglected and insignificant which, is a polarity</li> </ul> </li> <li>• <b>SOCIALLY DETACHED/ LEFT OUT</b> <ul style="list-style-type: none"> <li>- Detached</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Body imagined to be getting bigger</li> </ul> <ul style="list-style-type: none"> <li>• <b>PLACEBO</b> <ul style="list-style-type: none"> <li>- Convinced on placebo</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Cannot understand what people say or even words</li> </ul> <ul style="list-style-type: none"> <li>• <b>FREEDOM</b> <ul style="list-style-type: none"> <li>- Feels like life is being wasted and they want to see and experience more of the world</li> <li>- Relates the freedom it has, however it is very strategic and has a goal</li> <li>- Free of inhibition</li> <li>- Feels trapped</li> <li>- Need an outlet</li> <li>- Sense of flying</li> </ul> </li> <li>• <b>HOME SICK</b> <ul style="list-style-type: none"> <li>- Wants to go home</li> </ul> </li> <li>• <b>INADEQUATE AND DISSATISFIED</b> <ul style="list-style-type: none"> <li>- Lack trust in self and fidelity</li> <li>- Feels inadequate</li> <li>- Embarrassed</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Cannot make social contact</li> <li>- Not concerned with superficiality</li> <li>- Stuck in self socially</li> <li>- Cannot make contact and conversation with others</li> <li>- Introverted</li> <li>- Claustrophobia</li> <li>- Restlessness</li> <li>- Need space, not wanting to be with significant other without any reason</li> <li>- Withdrawn</li> <li>- Far away</li> <li>- Detached</li> <li>- Cynical</li> <li>- Irritated by others opinions</li> <li>- Isolated</li> <li>- Estranged</li> </ul>		<ul style="list-style-type: none"> <li>- Seek attention</li> <li>- Trying to be worthy by working harder</li> <li>- Wants to give to be remembered for things did</li> <li>- Disgust with body</li> <li>- Was not happy with appearance, but now is</li> <li>- Time moving faster than body</li> <li>- Self-conscious; smells, appearance and weight</li> <li>- Look at beautiful woman and feels hopeless</li> <li>- Felt unattractive</li> <li>- Feels like a failure</li> <li>- Overwhelmed</li> <li>- Cannot live to responsibility</li> <li>• <b>INDIFFERENT</b></li> </ul>
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	<ul style="list-style-type: none"> <li>- Disconnected from others, then connected</li> <li>- Left-out</li> <li>- Overwhelmed in a group</li> <li>- Cannot connect in a group</li> <li>- Prefer own company</li> <li>- Neglected</li> <li>- Outsider feeling</li> <li>- Cannot talk to people</li> </ul> <ul style="list-style-type: none"> <li>• <b>SENSE PERCEPTION</b> <ul style="list-style-type: none"> <li>- Merging image</li> <li>- Viewed world through right eye</li> <li>- Common noises are now strange</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>DIFFICULTY IN SPEAKING</b> <ul style="list-style-type: none"> <li>- Poor memory</li> <li>- Make mistakes while speaking</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Do not care for anything</li> <li>- Indifferent</li> <li>- Doing things not supposed to do</li> <li>- Do not care about selfish people</li> </ul> <ul style="list-style-type: none"> <li>• <b>IRRITABILITY</b> <ul style="list-style-type: none"> <li>- General irritability: Tired and irritable; wants to be alone; short tempered; annoyed; snappy; crabby; grumpy; frustrated</li> <li>- With people; Irritable with others; annoyed; wants to attack; with friends; nobody can do anything right; unappreciated; high strung; people getting on nerves, violent, feels unappreciated</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>LAZINESS</b> <ul style="list-style-type: none"> <li>- Do not want to do anything</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Call people wrong names</li> <li>- Incorrect words when speaking</li> <li>- Cannot remember simple words</li> <li>- Feels foolish</li> <li>- Cannot express self adequately</li> <li>- Mixing words</li> <li>- Mouth disconnected from brain</li> <li>- Mixing grammar</li> <li>- Thoughts clear, but words are inaccurate</li> <li>- Stuttering</li> <li>- Slurring</li> <li>• <b>DIFFICULTY IN READING.</b> <ul style="list-style-type: none"> <li>- Cannot concentrate on reading</li> <li>- Difficulty reading</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Groggy</li> <li>- Lethargic</li> <li>• <b>LOQUACITY</b> <ul style="list-style-type: none"> <li>- Happy</li> <li>- Talkative</li> <li>- Wants to talk to people</li> </ul> </li> <li>• <b>MONEY</b> <ul style="list-style-type: none"> <li>- Indifferent/ not embarrassed about lack of money</li> <li>- Indignant</li> <li>- Need to prove self, "abrupt business woman"</li> <li>- Independence</li> <li>- Astute with business</li> <li>- Good at making money</li> <li>- Cautious with spending of money.</li> </ul> </li> <li>• <b>PLACEBO</b></li> </ul>
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	<ul style="list-style-type: none"> <li>- Eye skipped out lines</li> </ul> <ul style="list-style-type: none"> <li>• <b>DIFFICULTY IN WRITING</b></li> </ul> <ul style="list-style-type: none"> <li>- Uncoordinated</li> <li>- Shaky</li> <li>- Mistakes while writing</li> <li>- Wrong letters in words</li> <li>- Spelling words incorrectly</li> <li>- Incorrect words in sentences</li> </ul> <ul style="list-style-type: none"> <li>• <b>NO MOTIVATION/ DIFFICULTY WORKING OR STUDYING</b></li> </ul> <ul style="list-style-type: none"> <li>- Unmotivated to work or study</li> <li>- Did not feel like exercising</li> <li>- Fatigue when doing work</li> <li>- Overwhelmed by work</li> <li>- Pessimistic about future</li> </ul>		<ul style="list-style-type: none"> <li>- Convinced on placebo</li> </ul> <ul style="list-style-type: none"> <li>• <b>QUIET</b></li> </ul> <ul style="list-style-type: none"> <li>- Overtaken by silence</li> <li>- Introverted</li> <li>- Solitude</li> <li>- Silent observer</li> <li>- Still</li> <li>- Quiet and introspective</li> <li>- Not feeling like talking</li> <li>- Relaxed</li> </ul> <ul style="list-style-type: none"> <li>• <b>RECIPROCATATION</b></li> </ul> <ul style="list-style-type: none"> <li>- Sensitive to people not being appreciated</li> <li>- People not listening to problems</li> </ul> <ul style="list-style-type: none"> <li>• <b>SADNESS</b></li> </ul> <ul style="list-style-type: none"> <li>- Deep</li> <li>- Nostalgic</li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>HAPPINESS</b> <ul style="list-style-type: none"> <li>- Happy</li> <li>- Friendly</li> <li>- Happier than usual</li> <li>- Feels great</li> <li>- Thinks on placebo</li> <li>- Clear, constructive and focussed</li> <li>- More tolerant on co-workers</li> <li>- Smiling a lot</li> </ul> </li> <li>• <b>HOMESICK</b> <ul style="list-style-type: none"> <li>- Strong desire to go home</li> </ul> </li> <li>• <b>TALKATIVE</b> <ul style="list-style-type: none"> <li>- More talkative</li> <li>- Scattered thoughts</li> <li>- Mind jumps all over</li> </ul> </li> <li>• <b>CONVERSATION</b> <ul style="list-style-type: none"> <li>- Speaking quickly</li> <li>- Conversation separated; as if</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Grief</li> <li>- Lack of pleasure</li> <li>- Despair</li> <li>- Lonely</li> <li>- Sad</li> <li>- Not feeling loved</li> <li>- Feeling down</li> <li>- Pain of existence</li> <li>• <b>STIMULATION</b> <ul style="list-style-type: none"> <li>- Wants outer stimulation for the mind</li> <li>- Mind taking over</li> <li>- Tired</li> <li>- Mentally active, cannot relax</li> <li>- Restless</li> <li>- Feels the need to exercise</li> </ul> </li> <li>• <b>VANITY AND APPEARANCE</b> <ul style="list-style-type: none"> <li>- Wants to look beautiful</li> </ul> </li> </ul>
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	<p>was not talking about the same thing</p> <ul style="list-style-type: none"> <li>- Questions answered improperly</li> <li>- Mind distant from conversation</li> <li>- Hearing words, but not taking in information</li> </ul> <p>• <b>IRRITABLE</b></p> <ul style="list-style-type: none"> <li>- Irritability in afternoon</li> <li>- Did not feel like doing anything or going anywhere</li> <li>- Tiredness</li> <li>- Angry</li> <li>- Edgy</li> <li>- Moody</li> <li>- Easily irritated</li> <li>- Suppressed frustration</li> <li>- Irrational</li> </ul>		<ul style="list-style-type: none"> <li>- Making self pretty</li> <li>- Make-up</li> <li>- Hair style</li> <li>- Clothing</li> <li>- Not putting effort into look, let somebody else do it, but take all the fame for it</li> <li>- Vain</li> <li>- Wants others to do the work</li> <li>- Feeling good about appearance</li> <li>- Focus is on aesthetics</li> <li>- Feels attractive and beautiful</li> </ul> <p>• <b>MISCELLANEOUS MIND SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>- Wanted to be treated like a child</li> <li>- Becoming more patient and less demanding. Trusting others with responsibility</li> </ul>
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	<ul style="list-style-type: none"> <li>- Irrational irritability &gt; when alone with partner and &lt; with group of people</li> <li>- Snappy</li> <li>- Nothing seems to bother</li> <li>- Easily aggravated</li> <li>- Offended by petty things</li> <li>- Stressed</li> <li>- Dwelling on problems</li> <li>- Tired</li> <li>- Restless</li> <li>• <b>IMPATIENT</b> <ul style="list-style-type: none"> <li>- Short-tempered</li> <li>- Impatient with work</li> <li>- Had to make effort to do things</li> <li>- Impatient waiting for things</li> <li>- Impatient towards people and what they have to say</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Nervous feeling in throat and heart</li> <li>- Jealousy and ego</li> </ul>
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	<ul style="list-style-type: none"> <li>- Cuts people off</li> <li>• <b>EXHAUSTION AND SLOWING DOWN</b></li> <li>- Tired</li> <li>- Lethargic</li> <li>- Difficulty motivating self</li> <li>- Mental fatigue &gt; evening and &gt; run</li> <li>- Feeling as if later in the day when early due to fatigue</li> <li>- Apathetic</li> <li>- Disinterested</li> <li>- Did not care about things like insults or arguments</li> <li>- Tired on waking</li> <li>- Sit and vegetate, but talking to people causes tiredness</li> <li>- Stagnated</li> <li>- Exhausted at night</li> <li>- Calm when resting</li> </ul>		
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	<ul style="list-style-type: none"> <li>• <b>ABSENTMINDED AND FORGETFUL</b> <ul style="list-style-type: none"> <li>- Forgetting personal items</li> <li>- Absentminded</li> <li>- Cannot remember what they want to do</li> </ul> </li> <li>• <b>MEMORY POOR – NAMES</b> <ul style="list-style-type: none"> <li>- Incorrect names and words used</li> <li>- Incorrect names of people used</li> <li>- A struggle to express self</li> <li>- As if memory is asleep</li> <li>- Cannot remember people's names</li> </ul> </li> <li>• <b>PERIODICITY</b> <ul style="list-style-type: none"> <li>- Weekly</li> <li>- Exacerbation of symptoms, then improvement</li> </ul> </li> </ul>		
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	<ul style="list-style-type: none"> <li>• <b>PERCEPTION</b> <ul style="list-style-type: none"> <li>- Hallucinating before falling off to sleep</li> <li>- Series of dream images but cannot recall them</li> <li>- Image of reptile coiled at base of skull</li> <li>- Strange light sensations; in different parts of body, light escapes through pinholes, causes a buzzy or tingly feeling at the point light escapes</li> <li>- Eating orange causes nostalgia; brought back memory of childhood with feeling of insecurity and fear &gt;wanting to touch people</li> <li>- Bloated, thought self as fat</li> </ul> </li> </ul>		
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<b><u>DREAMS</u></b>	<ul style="list-style-type: none"> <li>• <b>GAMBLING</b> <ul style="list-style-type: none"> <li>- Dreamt of a casino and gambling and winning money</li> </ul> </li> <li>• <b>GETTING THINGS WHICH ARE NOT REALLY YOURS</b> <ul style="list-style-type: none"> <li>- Dreamt of winning the lottery in an incorrect of felonious way</li> <li>- Shoplifting a chocolate from a store</li> </ul> </li> <li>• <b>SHOOTING, PURSUIT, IMPENDING DANGER</b> <ul style="list-style-type: none"> <li>- Dreamt of guns and shooting</li> <li>- Dreamt of getting shot</li> </ul> </li> <li>• <b>DETACHED AND HELPLESS</b> <ul style="list-style-type: none"> <li>- Dreamt of friend in an elevator accident, but felt helpless</li> <li>- Not being able to escape</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>ISOLOATION</b> <ul style="list-style-type: none"> <li>- On an island</li> <li>- Embarrassed when laughed at</li> <li>- Shut out</li> <li>- Lonely</li> <li>- Rejected</li> <li>- Performance anxiety</li> </ul> </li> <li>• <b>CHAOTIC/ FRAGMENTED</b> <ul style="list-style-type: none"> <li>- Dreamt of a lot of people at home with festivities</li> <li>- Flashes of scenes</li> <li>- Busy</li> </ul> </li> <li>• <b>PARENTS/ RELATIVES</b> <ul style="list-style-type: none"> <li>- Dreamt of being on an island with family</li> <li>- Dreamt of being on a plot of land with horses and being afraid of parents</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>ATTENTION</b> <ul style="list-style-type: none"> <li>- Dreamt of being on stage dancing for others and being the centre of attention</li> </ul> </li> <li>• <b>BENEVOLENCE</b> <ul style="list-style-type: none"> <li>- Dream of being giving and wanting to help others and giving them a home</li> </ul> </li> <li>• <b>BEAUTY</b> <ul style="list-style-type: none"> <li>- Dreamt of a fancy penthouse. Better version of DUT. Dreamt of handsome man. Beautiful places. Dreamt of lot of plants.</li> <li>- Beautiful baby</li> </ul> </li> <li>• <b>CONNECTION</b> <ul style="list-style-type: none"> <li>- Looking for comfort and refuge</li> <li>- Attempt to make friends, no connection to people</li> <li>- talking to people</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>WATER, WAVES AND SEA</b> <ul style="list-style-type: none"> <li>- Dreamt of waves and water in the tennis court with a boat that capsized</li> <li>- “Battling against enormous waves”</li> <li>- Dreamt of waves pulling people back into the ocean</li> <li>- Dreamt of playing water sports</li> </ul> </li> <li>• <b>MOTHERS, CHILDREN AND VIOLENCE</b> <ul style="list-style-type: none"> <li>- dreamt of an overbearing mother abusing her child</li> <li>- dreamt of daughter killing mother by strangling</li> </ul> </li> <li>• <b>SNAKES</b> <ul style="list-style-type: none"> <li>- Dreamt of snakes and a puff adder</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>PANIC/ THREAT/ EXCITEMENT</b> <ul style="list-style-type: none"> <li>- Chased by bear</li> <li>- Conflict</li> <li>- Someone entered room</li> <li>- Threatened</li> <li>- Knights and dragons which caused excitement</li> <li>- Freedom</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- laughing with strangers</li> <li>- walking with friends</li> <li>- with family</li> <li>- dreamt of being with somebody from class who was giving prover a tour</li> <li>• <b>CRITICIZED</b> <ul style="list-style-type: none"> <li>- Man appears to be abnormal, but prover felt sympathy for him</li> </ul> </li> <li>• <b>PURSUED</b> <ul style="list-style-type: none"> <li>- People looking for somebody in a van and uniform</li> <li>- Being chased down by somebody, very scary</li> <li>- Being chased by man with gun/ knife</li> <li>- Being chased by monsters</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>• <b>REALITY</b> <ul style="list-style-type: none"> <li>- Aggravated; drivers going pass house and making a noise</li> <li>- Contradictory; usually water is scary, but in a swimming pool and its fine. Dreamt of bad friend being a good person</li> <li>- Past event; dreamt of something that had already happened</li> </ul> </li> </ul>
<b><u>FEARS</u></b>	<ul style="list-style-type: none"> <li>• Of driving: <ul style="list-style-type: none"> <li>- Visualizing an accident</li> <li>- The other driver would get out of his car and start a fight</li> </ul> </li> <li>• Claustrophobia</li> <li>• Not being able to escape</li> <li>• Of being harmed</li> <li>• Snakes</li> </ul>	<ul style="list-style-type: none"> <li>• Of violent death</li> <li>• Strangers</li> <li>• Being alone</li> <li>• Commitment</li> <li>• Being caged</li> <li>• Intimidated by parents</li> <li>• Bears</li> <li>• Conflict</li> <li>• Being threatened</li> </ul>	<ul style="list-style-type: none"> <li>• <b>HEIGHTS AND FALLING</b> <ul style="list-style-type: none"> <li>- Down the stairs</li> <li>- &lt; Night</li> <li>- Of the balcony</li> <li>- Have to hold onto to somebody.</li> <li>- Have to watch steps</li> </ul> </li> <li>• <b>THIEVES OR ROBBERS</b> <ul style="list-style-type: none"> <li>- &lt; During day</li> </ul> </li> </ul>

			<ul style="list-style-type: none"> <li>- &gt; Night (family home)</li> <li>- Breaking into house</li> <li>- Family defenceless</li> <li>- Do not want to go out to leave family by self</li> <li>- Wants to protect family, by constant awareness</li> <li>- Locking doors</li> <li>- Delusion someone broke in so got nervous and covered head with the blanket</li> </ul>
<b><u>DELUSIONS</u></b>	<ul style="list-style-type: none"> <li>• <b>SENSE PERCEPTION</b> <ul style="list-style-type: none"> <li>- Merging images</li> <li>- Viewed world through right eye</li> <li>- Common noise are now strange</li> </ul> </li> <li>• <b>PERCEPTION</b> <ul style="list-style-type: none"> <li>- Hallucinating before falling off to sleep</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Not connected</li> <li>• Cotton wool in head</li> <li>• Separated from self</li> <li>• Spaced-out</li> <li>• Awoke disorientated and did not know where they were</li> <li>• Imagined body getting bigger</li> </ul>	<ul style="list-style-type: none"> <li>• When looking in the mirror (Thought): <ul style="list-style-type: none"> <li>- Bloody, red eye</li> <li>- Bluish purple skin</li> <li>- Bruise sensation</li> <li>- Black/ dark blue</li> <li>- Shiny</li> <li>- Sensitive</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Series of dream images but cannot recall them</li> <li>- Image of reptile coiled at base of skull</li> <li>- Strange light sensations; in different parts of body, light escapes through pinholes, causes a buzzy or tingly feeling at the point light escapes</li> <li>- Eating orange causes nostalgia; brought back memory of childhood with feeling of insecurity and fear &gt;wanting to touch people</li> <li>- Bloated, thought self as fat</li> <li>• <b>POLARITY</b> <ul style="list-style-type: none"> <li>- Feels on top of the world and contrast of feeling neglected and insignificant</li> </ul> </li> <li>• Large space in head</li> </ul>		<ul style="list-style-type: none"> <li>- Do not touch</li> <li>- Sore</li> <li>• Neck and left side of face: <ul style="list-style-type: none"> <li>- Paralysis</li> <li>- Strange</li> <li>- Loose</li> <li>- Hanging down</li> <li>- Heavy, like falling</li> <li>- &gt; Movement</li> <li>- &gt; Sleeping on left side and prayer (reassurance)</li> </ul> </li> <li>• Cannot stand visitors, as if they are a danger to the family</li> <li>• Dullness of the mind, as if mind not here</li> <li>• Time is moving faster than self, difficulty in keeping up</li> <li>• "Sweat smells like sweat, urine smells like urine, poo smells like poo, menses smells like menses". A feeling that others can</li> </ul>
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	<ul style="list-style-type: none"> <li>• Things buzzing</li> <li>• Conversations unreal</li> <li>• Floating</li> <li>• Can see through physicality of the world</li> <li>• Feels drunk-like</li> <li>• Removed from reality</li> <li>• Cotton inside head</li> <li>• As if taken drugs</li> <li>• Feels out of the world</li> <li>• As if on cannabis</li> </ul>		<p>smell the bodily excretions</p> <ul style="list-style-type: none"> <li>• Feels like when scratching the head they are a monkey</li> <li>• Feels like the remedy is going to harm them</li> <li>• <b>IMAGES</b></li> </ul> <p><b>1. Wounds, flesh and blood:</b></p> <ul style="list-style-type: none"> <li>- “Rawness; big opened wounds on my face, arm; blue, dark, blood-signs of bruising; being cut open- arm, cheek, and eye- left skin to hang down; My skin was not protecting or covering what was inside; paralysis or looseness/ weakness of parts; loss of muscles control”.</li> <li>- Snake bite; “flesh and skin ripped off, fissures-deep one. As if acidic content opened up my skin and exposed my flesh. No wonder, I couldn’t bare the</li> </ul>
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			<p>cold wind on my left face and left arm and shoulder to tips of fingers. It was too cold. Icy cold. Better for warmth, jacket, scarf, warm breathe, better for rubbing”.</p> <ul style="list-style-type: none"> <li>- Animal; “lizard with big, sharp nails that could rip your flesh open”</li> <li>- “Whilst talking to a group of people that I didn’t know I imagined my period would start and start gushing down my trousers. I was worrying the whole time we were speaking that it would happen and what would I do-run out of the room.”</li> </ul> <p><b>2. Fish:</b></p> <ul style="list-style-type: none"> <li>- The type of fish who swims up the stream against the current; It’s strong, doesn’t bother about the surroundings (people’s opinions) just mind about its</li> </ul>
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			own business; Colour: grey and black, shining under the sunlight. Beautiful and strong; Current: it's about people, the limitation their view that they try to enforce on you; The fish is free, swims whenever and wherever it wants, but it has a destination, a set goal, and it won't get distracted.
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## Description

After comparison of the mind (mind, fears, delusions and dreams) themes/ symptoms the following similarities were obtained either from all three or two of the remedies:

1. A general feeling of the awareness or consciousness was affected. *Bitis arietans arietans*, proved themes of **Spaciness/ spaced-out** (6), similar to this theme within the same proving were three other mind themes which shared common features namely **Intoxicated** (3), **Removed from reality** (2) and **Disconnected from self** (4) and **Conversation** (1). *Bitis gabonica gabonica* proved themes of **Seperated from self/ scattered** (4). *Bitis atropos* proved themes of **Absent minded and forgetful** (5).
2. A general feeling of nostalgia was deduced. *Bitis arietans arietans* proved themes of **Thinking back** (2) and **Perception** (1). *Bitis gabonica gabonica*

proved themes of **Confusion/ calm** (1). *Bitis Atropos* proved themes of **Sadness** (1).

3. A difficulty in concentration proved to be a general theme amongst the three remedies. *Bitis arietans arietans*, proved themes of **Concentration difficult** (3) and **Anxiety** (1). *Bitis gabonica gabonica* proved themes of **Mistakes/ poor concentration/ forgetful** (4). *Bitis Atropos* proved themes of **Difficulty** (6) and **Focus** (1).
4. A cotton wool feeling was experienced. *Bitis arietans arietans* proved themes of **Dullness** (1). *Bitis gabonica gabonica* proved themes of **Seperated from self/ scattered** (1).
5. Energy and overstimulation was experienced throughout the three remedies. *Bitis arietans arietans* proved themes of **Energetic/ overstimulated** (4). *Bitis gabonica gabonica* proved themes of **Well-being** (1) and **Mental activity hyper/ hypo-active energy** (5). *Bitis Atropos* proved themes of **Stimulation** (4).
6. A theme of desire for company was deduced. *Bitis arietans arietans* had a theme of **Company** (2). *Bitis Atropos* had a theme of **Desire for company** (2).
7. A theme of aversion to company was deduced. *Bitis gabonica gabonica* proved themes of **Isolation/ desire to be alone** (3). *Bitis Atropos* proved themes of **Alone-aversion to company** (5)
8. All three remedies had the theme of **Placebo**. *Bitis arietans arietans* (3), *Bitis gabonica gabonica* (1) and *Bitis Atropos* (3)
9. The theme of depression was evident amongst the three remedies. *Bitis arietans arietans* proved themes of **Depression** (6). *Bitis gabonica gabonica* proved themes of **Depression/ sadness/ crying** (9). *Bitis Atropos* proved themes of **Sadness** (5).

10. A feeling of anxiety was prevalent throughout the three remedies. *Bitis arietans arietans* proved a theme of **Anxiety** (3). *Bitis gabonica gabonica* proved a theme of **Panic/ feeling threatened** (3). *Bitis Atropos* proved a theme of **Anxious** (3).
11. A general feeling of laziness came up in the three provings. *Bitis arietans arietans* proved themes of **Laziness** (4), **No motivation/ difficulty working or studying** (3) and **Exhaustion and slowing down** (4). *Bitis gabonica gabonica* proved a theme of **Hyper/ hypo-active energy** (3). *Bitis Atropos* proved a theme of **Laziness** (2).
12. A sensitivity to the opinions of others proved to be rife amongst the three provings. *Bitis arietans arietans* proved a theme of **Sensitive to the opinion of others** (1). *Bitis gabonica gabonica* proved a theme of **Sensitive** (2). *Bitis Atropos* proved a theme of **Indignation** (2).
13. Being socially detached was evident. *Bitis arietans arietans* proved a theme of **Socially detached/ left-out** (5). *Bitis gabonica gabonica* proved a theme of **Isolation/ alone/ desire to be alone** (8). *Bitis Atropos* proved themes of **Alone-aversion to company** (5) and **Connecting** (4).
14. A difficulty in speaking, reading and writing was a general mental symptom.
- 14.1 Difficulty in speaking. *Bitis arietans arietans* proved a theme of **Difficulty in speaking** (6). *Bitis Atropos* proved themes of **Absent- minded and forgetful** (1) and **Difficulty** (3).
- 14.2 Difficulty in reading. *Bitis arietans arietans* proved a theme of **Difficulty in reading** (1). *Bitis Atropos* proved themes of **Absent- minded and forgetful** (1) and **Difficulty** (1).
- 14.3 Difficulty in writing. *Bitis arietans arietans* proved a theme of **Difficulty in writing** (2). *Bitis gabonica gabonica* proved a theme of **Mistakes/ poor concentration/ forgetful** (2).



15. A feeling of happiness was a general emotion. *Bitis arietans arietans* proved a theme of **Happiness** (1). *Bitis gabonica gabonica* proved a theme of **well-being** (8). *Bitis Atropos* proved a theme of **Cheerful** (5).
16. A theme of loquacity proved evident. *Bitis arietans arietans* proved a theme of **Talkative** (1) and **Conversation** (1). *Bitis atropos* proved a theme of **Loquacity** (2).
17. An irritability proved evident amongst the three remedies. *Bitis arietans arietans* proved a theme of **Irritable** (5). *Bitis gabonica gabonica* proved a theme of **Irritable** (5). *Bitis Atropos* proved a theme of **Irritability** (11).
18. Impatience and anger were general feelings. *Bitis arietans arietans* proved a theme of **Impatience** (2). *Bitis atropos* proved a theme of **Anger** (5).
19. Similar themes found in dreams were obtained as follows:
- 19.1 Overbearing parents. *Bitis arietans arietans* had themes of **Mothers/ children and violence**. *Bitis gabonica gabonica* had themes of **Parents/ relatives**.
- 19.2 A theme of violence was ascertained. *Bitis arietans arietans* had dream themes of **Shooting/ pursuit/ impending danger, detached and Helpless, water/ waves/ sea** and **mothers/ children and violence**. *Bitis gabonica gabonica* proved a theme of **Panic/ threatened/ excitement**. *Bitis atropos* proved a theme of **Purseud**.
20. Similar fears were obtained from the provings:
- 20.1 A theme of violence/ death was deduced from the three remedies. *Bitis arietans arietans* had provers who visualized an accident and being in a fight, while also being harmed from the mental theme **Anxiety** and **Anxiety while driving**. *Bitis gabonica gabonica* had a prover who thought they were going to die a violent death and that they were being threatened from the theme

**Panic/ feeling threatened.** *Bitis atropos* visualized themselves getting robbed from the theme **Fears-thieves/ robbers**.

20.2 A theme of claustrophobia was deduced. *Bitis arietans arietans* had a prover who felt claustrophobic from the theme **Socially detached/ left out**. *Bitis gabonica gabonica* had a prover who felt that they were caged from the theme **Panic/ feeling threatened**

21. Similar delusions were obtained from the provings:

21.1. A general feeling of the awareness or consciousness was affected. *Bitis arietans arietans*, proved themes of **Spaciness/ spaced-out** (6), similar to this theme within the same proving were three other mind themes which shared common features namely **Intoxicated** (3), **Removed from reality** (2), **Disconnected from self** (4) and **Conversation** (1). *Bitis gabonica gabonica* proved themes of **Seperated from self/ scattered** (4). *Bitis atropos* proved themes of **Absent minded and forgetful** (5).

## 4.2.2 Physical

When looking at the physicals a general symptomatic theme obtained from deduction was applied to the common/ similar symptoms from the three *Bitis spp.* remedies.

### 4.2.2.1 Head

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Head**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the only symptom that proved to be common was a symptom of **Headache**.

Table 4.2: Head symptoms from provings of *Bitis spp.* remedies.

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>HEAD</b></u>	<u><b>SYMPTOM/S</b></u>  <b>1. HEADACHES</b>  <ul style="list-style-type: none"> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Neck stiff and tense</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. HEADACHES</b>  <ul style="list-style-type: none"> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Nasal congestion</li> <li>Vision unclear</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. HEADACHES</b>  <ul style="list-style-type: none"> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Heaviness of eyes</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Neck and trapezius muscle tight</li> <li>- Throbbing behind eyes</li> <li>- Aching of neck</li> <li>- Aching of the upper cervical region</li> <li>- Heaviness of head and eyes</li> <li>- Neck unable to support weight of head</li> <li>- Heavy and exhausted upper neck and torso</li> <li>- Sinus congestion</li> <li>- Strong, but slow heartbeat</li> <li>- Jerking in sleep</li> <li>- Pulse 48 per min</li> <li>- Jaw tight (Bruxism)</li> <li>- Face heat</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Front of forehead</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Pain of left eye</li> <li>- Pain pulling the left eye inward</li> <li>- Pain behind left eye</li> <li>- Neck tired</li> <li>- Pain in trapezius</li> <li>- Neck muscles painful</li> <li>- Trigger points in trapezius muscle</li> <li>- Left back of neck painful</li> <li>- Heaviness of shoulder</li> <li>- Ear pain</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Frontal</li> <li>- Root of nose</li> <li>- Left (frontal)</li> <li>- Right (frontal)</li> <li>- Forehead</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Sensation of perspiration, but dry</li> <li>- Nausea</li> <li>- Loss of balance</li> <li>- Coughing (leads to headache)</li> <li>- Sore throat</li> <li>- Eyes affected with warmth especially the left eye</li> <li>- Eyes painful</li> <li>- Photophobia</li> <li>- Dull ache behind eyes, both left and right</li> <li>- Dizziness</li> <li>- Stiff neck</li> <li>- Sinus pain (bridge of nose)</li> <li>- Sinusitis headache</li> <li>- Retro-orbital pressure</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Forehead</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Left frontal</li> <li>- Middle of forehead</li> <li>- Upper cervical</li> <li>- Occipital</li> <li>- Between right and left temple</li> <li>- Temporal</li> <li>- Bi-temporal</li> <li>- Left temporal</li> <li>- Vertex</li> </ul> <ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Sitting in the sun</li> </ul> </li> <li>• <b>Modalities</b> <ul style="list-style-type: none"> <li>- &lt; Right</li> <li>- &gt; Tightly</li> <li>- &gt; Squeezing face.</li> <li>- &lt; Left</li> <li>- &lt; Middle of forehead</li> <li>- &lt; Shaking head</li> <li>- &gt; Stretching neck</li> <li>- &gt; Rest</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Left sided</li> <li>- Across brow</li> <li>- Between eyes</li> <li>- Above eyes</li> <li>- Left trapezius muscle</li> <li>- Temples</li> <li>- Left temple</li> <li>- Right temple</li> <li>- Left eye</li> <li>- Left ear to left eye</li> <li>- Back of neck on left</li> <li>- Toward left ear</li> <li>- Radiating to left cheek and teeth</li> <li>- Left orbit</li> <li>- Base of skull (occiput)</li> <li>- Radiating to jaw</li> <li>- Back of head</li> </ul>	<ul style="list-style-type: none"> <li>- Left sided</li> <li>- From left eye</li> <li>- Inside eye</li> <li>- Temples (both)</li> <li>- Vertex</li> <li>- Right</li> <li>- Central</li> <li>- Left temporal</li> <li>- Frontal</li> <li>- Left frontal</li> <li>- Back of head</li> <li>- Retro-orbital</li> <li>- In-between eyes</li> <li>- In front of eyes</li> <li>- Temporal</li> <li>- Occiput</li> </ul> <ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Sunlight</li> <li>- Coughing</li> </ul> </li> <li>• <b>Modality</b></li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Band like</li> <li>- Pressure on inside of skull</li> <li>- Sharp</li> <li>- Aching</li> <li>- Dull</li> <li>- Pulsating</li> <li>- Throbbing</li> <li>- Heaviness</li> <li>- Neck cannot support weight of head</li> <li>- Pressure</li> <li>- Congestion</li> <li>- Foggy</li> <li>- Heavy (concrete block)</li> <li>- Exhaustion (also neck and upper torso)</li> <li>- Stuffy</li> <li>- Heat</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Heat</li> <li>- &gt; Rest</li> <li>- &gt; Distraction</li> <li>- &lt; Thinking about it</li> <li>- &lt; Bending forward</li> <li>- &lt; Lying face down</li> <li>- &lt; Moving quickly</li> <li>- &lt; Bending head back</li> <li>- &lt; Bending</li> <li>- &lt; Lying on back</li> <li>- &gt; Lying on side (left)</li> <li>- &lt; Staying still</li> <li>- &lt; Heat</li> <li>- &lt; Closing eyes</li> <li>- &lt; Having anything around neck</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- &gt; Warmth</li> <li>- &lt; Cold air</li> <li>- &gt; Sunlight</li> <li>- &gt; Wearing glasses</li> <li>- &lt; Movement</li> <li>- &gt; Fresh air</li> <li>- &gt; Outside</li> <li>- &lt; Stooping</li> <li>- &gt; Pressure</li> <li>- &lt; Sunlight</li> <li>- &lt; Coughing</li> <li>- &lt; During day</li> <li>- &gt; Wind</li> <li>- &gt; Eating</li> <li>- &gt; Busy</li> <li>- &lt; Noise</li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Heaviness</li> <li>- Throbbing</li> <li>- Pulsating</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Hot head and face</li> <li>- Rushing of blood in head, could hear the sound</li> <li>- Throbbing in temples</li> </ul> <ul style="list-style-type: none"> <li>• <b>Intensity</b> <ul style="list-style-type: none"> <li>- Intense points at temples</li> <li>- Oscillates slowly</li> <li>- Increasing and decreasing in intensity</li> <li>- Mild</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Afternoon</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- &lt; Cold juice</li> <li>- &lt; Any cold food</li> <li>- &gt; Sleep</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sharp</li> <li>- Ache (constant/intermittent)</li> <li>- Dull</li> <li>- Pressing</li> <li>- Burning</li> <li>- Oppression</li> <li>- Heaviness</li> <li>- Wants to close eyes and lie down, but also do not</li> <li>- Pulling left eye inward</li> <li>- Thorn like</li> <li>- Throbbing</li> <li>- Migraine</li> <li>- Explosive</li> <li>- Tension</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Lightning strike</li> <li>- Pulling</li> <li>- Surges of heat</li> <li>- Sharp</li> <li>- Dull</li> <li>- Nagging</li> <li>- Ache</li> <li>- Bulging</li> <li>- As if full of warm water</li> <li>- Constricted</li> <li>- Bruised</li> <li>- Congested</li> <li>- Sinusitis pain</li> <li>- Tight</li> <li>- As if oxygen supply is decreased</li> <li>- Pain wakes prover up</li> <li>- Stuffy</li> <li>- Groggy</li> </ul>
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		<ul style="list-style-type: none"> <li>- Tightness</li> <li>- Pressure</li> <li>- Soreness</li> <li>- Fluey headache</li> <li>- Cold sensitive headache</li> <li>- Congestion</li> <li>- Stuffy</li> </ul>	<ul style="list-style-type: none"> <li>- Like fireworks</li> <li>- Explosive</li> </ul>
		<ul style="list-style-type: none"> <li>• <b>Intensity</b> <ul style="list-style-type: none"> <li>- constant/ intermittent</li> <li>- Mild</li> <li>- Strong</li> <li>- Waves</li> <li>- Cracking</li> <li>- Slight</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Intensity</b> <ul style="list-style-type: none"> <li>- Mild</li> <li>- Intense</li> <li>- Lightning strike</li> <li>- Intermittent</li> <li>- Explosive</li> </ul> </li> </ul>
		<ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Since 12.30</li> <li>- Clears by 13.00</li> <li>- Clears by 9.51</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 11PM</li> <li>- 7PM</li> <li>- 4PM</li> <li>- Possibly lasting 10 min</li> </ul> </li> </ul>



		<ul style="list-style-type: none"> <li>- Intermittent (every hour)</li> <li>- Until next morning</li> <li>- During day</li> <li>- 3AM</li> <li>- Afternoon</li> <li>- &lt; 17.00</li> </ul>	
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#### 4.2.2.1.1 Headache

After the group analysis of **Headache**, the following similar features/ symptomatology was determined from each remedy:

#### Concomitants

- Affections of the neck and associated structures:
  - *Bitis arietans arietans* – Neck stiff (10M and 07M), tension of the neck (07M), tightness of the trapezius muscle and neck (08M), jaw tight (26F), aching of the neck (31F), aching of the upper cervical region (07M), heaviness of the upper neck and torso (19F and 31F).
  - *Bitis gabonica gabonica* – Neck tiredness (15M), pain of the trapezius muscle that is left sided (12F), trigger points in the trapezius muscle (13M), muscles of the neck are painful (15M) and left sided pain at the back of the neck (18F).
  - *Bitis atropos* – Stiffness of the neck (33F).

- Affection of the vision and eyes:
  - *Bitis arietans arietans* – Throbbing behind the eyes (31F) and heaviness of the eyes (10M).
  - *Bitis gabonica gabonica* – Vision is unclear (15M), pain on left eye (15M), pain on left eye pulling the eye inward (15M) and pain behind left eye (19M).
  - *Bitis atropos* – Heaviness of the eyes (17F), eyes affected with warmth especially the left eye (02F), retro-orbital pressure (20F) eyes painful (02F), dull ache behind left and right eyes (32F and 04M) and photophobia (20F).
- Nasal affections and sinus congestion:
  - *Bitis arietans arietans* – Sinus congestion (31F).
  - *Bitis gabonica gabonica* – Nasal congestion (01F).
  - *Bitis atropos* – Sinus pain at the bridge of the nose (33F) and sinusitis headache (08M).

## **Location**

- The forehead:
  - *Bitis arietans arietans* – Front of forehead (07M) and middle of forehead (07M).
  - *Bitis gabonica gabonica* – left frontal (09F), right frontal (09F), frontal (01F, 10F), forehead (15M, 10F), left brow (18F), across brow (18F) and above eyes (15M).
  - *Bitis atropos* – forehead (17F and 02F), frontal (27F, 02F, 20F, 24F, 25F, 32F, 33F and 35M) and left frontal (19F).

- The occiput:
  - *Bitis arietans arietans* – Occipital (07M).
  - *Bitis gabonica gabonica* – Base of skull at the occiput (10F, 08M and 12F) and back of head (20F).
  - *Bitis atropos* – Back of head (35M) and occiput (33F).
  
- Temporal:
  - *Bitis arietans arietans* – Temporal (08M), bi-temporal (10M and 26F) and left temporal (21F)
  - *Bitis gabonica gabonica* – Temples (10F, 01F, 03F, 18F and 12F), left temple (01F) and right temple (05F)
  - *Bitis atropos* – Bi-temporal (23M), temporal (33F and 25F) and left temporal (25F, 15F and 33F).
  
- The vertex:
  - *Bitis arietans arietans* – Vertex (26F)
  - *Bitis atropos* – Vertex (25F and 18F)
  
- Eyes:
  - *Bitis gabonica gabonica* – Between eyes (18F and 05F), above eyes (10F and 15M), left eye (15M and 19M), left ear to left eye (15M) and left orbit (01F).
  - *Bitis atropos* – left eye (02F and 04M), inside eye (02F), retro-orbital (20F, 32F and 04M) in-between eyes (33F and 32F) and in front of eye (02F).
  
- Affinity for the left side:
  - *Bitis arietans arietans* – Between right and left temple (07M), left temporal (21F) and left forehead (07M)

- *Bitis gabonica gabonica* – Left frontal (09F), left eye (15M, 19M), left ear to left eye (15M), radiating to left cheek and teeth (01F), left orbit (01F), left temple (01F), left trapezius muscle (12F), back of neck on left (18F), back of head toward left ear (20F), left sided (18F, 15M) and left brow (18F)
- *Bitis atropos* – Left eye (02F), left temporal (15F, 33F and 02F), left frontal (32F and 19F) and left sided (02F, 35M and 04M)

### **Aetiology**

- Sun:
  - *Bitis arietans arietans* – Sun (21F)
  - *Bitis atropos* – The sun (35M)

### **Modality**

- Better for pressure:
  - *Bitis arietans arietans* – Better for tightly squeezing the face (07M)
  - *Bitis atropos* – Better for pressure (20F, 25F and 02F).
- Better for rest:
  - *Bitis arietans arietans* – Better for rest (21F).
  - *Bitis gabonica gabonica* – Better for rest (01F).
- Worse for movement:
  - *Bitis arietans arietans* – Worse for shaking the head (07M).
  - *Bitis gabonica gabonica* – Worse for moving quickly (18F and 01F)

- *Bitis atropos* – Worse for movement (27F and 33F)
- Worse for heat/ sunlight:
  - *Bitis gabonica gabonica* – Worse for heat (01F)
  - *Bitis atropos* – Worse for sunlight (35M)
- Worse for stooping:
  - *Bitis gabonica gabonica* – Worse for lying face down (15M) and worse for bending forward (01F and 18F)
  - *Bitis atropos* – Worse for stooping (20F)

## **Sensation**

- Tension:
  - *Bitis arietans arietans* – Band-like (07M)
  - *Bitis gabonica gabonica* – Tension (12F) and tightness (18F)
  - *Bitis atropos* – Tight (33F)
- Pressure/ congestion/ constriction:
  - *Bitis arietans arietans* – Pressure on the inside of the skull (07M), pressure (26F), congestion (04F, 26F and 31F), foggy (26F) and stuffy (31F).
  - *Bitis gabonica gabonica* – Pressing (01F), oppression (10F), fluey headache (08M), stuffy (10F) and congestion (01F).
  - *Bitis atropos* – Bulging, as if full of warm water (02F), constricted (33F), congested (02F), sinusitis pain (33F and 08M) and pressure (20F).

- Dull aching:
  - *Bitis arietans arietans* – Dull (08M, 10M and 26F) and aching (07M)
  - *Bitis gabonica gabonica* – Dull (01F) and ache that is constant or intermittent (18F and 10F)
  - *Bitis atropos* – Dull (27F, 33F, 25F, 32F, 15F, 19F, 18F and 04M) and ache (33F, 32F and 25F)
  
- Sharp:
  - *Bitis arietans arietans* – Sharp (07M)
  - *Bitis gabonica gabonica* – Sharp (01F and 18F) and thorn-like (15M)
  - *Bitis atropos* – Sharp (25F and 24F)
  
- Throbbing:
  - *Bitis arietans arietans* – Pulsating (26F), throbbing (31F), throbbing in the temples (26F) and rushing of blood in head could, hear the sound (07M).
  - *Bitis gabonica gabonica* – Throbbing (15M and 01F) and migraine (01F).
  - *Bitis atropos* – Throbbing (09F, 23M and 04M), pulsating (02F).
  
- Heat:
  - *Bitis arietans arietans* – Heat (07M) and hot head and face (10M).
  - *Bitis gabonica gabonica* – Burning (15M)
  - *Bitis atropos* – Surges of heat (23M) and warm water sensation (02F).
  
- Bruised/ soreness:
  - *Bitis gabonica gabonica* – Soreness (18F).
  - *Bitis atropos* – Bruised (33F).

- Heaviness:
  - *Bitis arietans arietans* – Heaviness (10M, 19F and 31F), neck cannot support the weight of the head (31F) and heavy concrete block (31F).
  - *Bitis gabonica gabonica* – Heaviness (10F and 20F)
  - *Bitis atropos* – Heaviness (17F and 33F)

### **Intensity**

- Intermittent:
  - *Bitis arietans arietans* – Oscillates slowly with increase or decrease in the intensity (07M)
  - *Bitis gabonica gabonica* – Intermittent (18F and 15M) and in waves (05F)
  - *Bitis atropos* – Intermittent (33F)
- Mild:
  - *Bitis arietans arietans* – Mild (07M)
  - *Bitis gabonica gabonica* – Mild (09F and 18F) and slight (04F, 06F, 18F)
  - *Bitis atropos* – Mild (33F, 20F and 32F)
- Severe:
  - *Bitis arietans arietans* – Intense points at the temples (07M)
  - *Bitis gabonica gabonica* – Constant (05F and 10F), strong (09F), cracking (15M), explosive (01F)
  - *Bitis atropos* – Intense (35M, 33F, 18F and 04M) and explosive (24F).

## Time

- Afternoon:
  - *Bitis arietans arietans* – Afternoon (07M)
  - *Bitis gabonica gabonica* – Afternoon (20F and 18F)
  - *Bitis atropos* – Afternoon (24F, 32F and 04M)

### 4.2.2.2 Eye

The following table represents data that was extracted from the *Bitis spp.* remedies that related to the materia medica symptoms of the **Eye**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Itching, Pain/ Tenderness, Heaviness, Strain, Burning, Dryness, Swelling and Redness**.

Table 4.3: Eye symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>EYE</b></u>	<u><b>SYMPTOM/S</b></u>	<u><b>SYMPTOM/S</b></u>	<u><b>SYMPTOM/S</b></u>
	1. <b>ITCHINESS</b>  • <b>Location</b>	1. <b>PAIN</b>  • <b>Location</b>	1. <b>COLOUR CHANGE</b>



	<ul style="list-style-type: none"> <li>- Eyelids</li> <li>- Eyes</li> </ul> <ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Conjunctivitis</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Left eye</li> <li>- &gt; Rubbing</li> <li>- &gt; Cold water</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Watery and itchy</li> <li>- Scratchy</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Evening</li> </ul> </li> </ul> <p><b>2. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right eye</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Deep ache</li> </ul> </li> </ul> <p><b>3. HEAVINESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul>	<ul style="list-style-type: none"> <li>- Left eyeball</li> <li>- Right eyelid</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Light pressure</li> <li>- &lt; Night</li> <li>- &lt; Blinking</li> <li>- &lt; Touch</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Aching</li> <li>- Tender to touch</li> <li>- Dull ache</li> <li>- Sharp pain</li> </ul> </li> </ul> <p><b>2. SWELLING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left eyeball</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Rubbing</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Puffy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Conjunctival change in colour to reddish brown.</li> </ul> <p><b>2. DISCHARGE</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Mucous from nose, clear.</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left eye</li> <li>- Right eye</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Watery</li> <li>- White discharge</li> <li>- Lachrymation on coughing</li> <li>- Teary</li> <li>- Eyelids glued</li> </ul> </li> </ul> <p><b>3. DRYNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left eye</li> <li>- Eyeball</li> <li>- Inside eyeball</li> <li>- Right side</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Right eye</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Eye strain</li> <li>- Desire to blink or close eyes to get rid of tiredness</li> <li>- Fatigue</li> <li>- Heavy</li> <li>- Sore</li> <li>- Overtired</li> <li>- Strained</li> <li>- Eyes moving slower than head</li> </ul> </li> </ul> <p><b>4. BURNING SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Both eyes</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Burning sensation</li> </ul> </li> </ul> <p><b>5. DRYNESS</b></p>	<ul style="list-style-type: none"> <li>- Swollen</li> <li>- Heavy</li> <li>- Grit sensation</li> <li>- Scratchy</li> <li>- Red spot of inflammation (pimple)</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- &gt;08h00</li> </ul> </li> </ul> <p><b>3. DRYNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Eyeball</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dry</li> </ul> </li> </ul> <p><b>4. RED EYES</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Red eyes</li> </ul> </li> </ul> <p><b>5. EYES ITCHY</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Nose tingly</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Aetiology</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Blinking</li> <li>- &lt; Wind</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Scratchy</li> <li>- Dry</li> <li>- Red</li> <li>- Burning</li> <li>- Warmth</li> </ul> </li> </ul> <p><b>4. HEAVINESS/ STRAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Forehead</li> <li>- Eyes</li> <li>- Eyelids (upper and lower)</li> <li>- Left eye</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Heavy</li> <li>- Strained</li> <li>- Tired</li> <li>- Paralyzed lower lid strain</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Both eyes</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Blinking a lot</li> <li>- Blurry vision</li> <li>- Dry</li> <li>- Contact lenses scratchy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Allergic reaction</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Scratchy</li> <li>- Itchy</li> <li>- Irritated</li> </ul> </li> </ul> <p><b>6. EYES BURNING</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Burning</li> </ul> </li> </ul> <p><b>7. EYES HEAVY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left eye</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Anxiety in eyes</li> <li>- Strained</li> <li>- Heaviness</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Heavy as if crying</li> <li>- Upper eyelid puts weight on left eye</li> </ul> <p><b>5. ITCHINESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right eye</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Eyes scratchy</li> <li>- Itchy</li> <li>- Dry</li> <li>- As if sand in eye</li> <li>- Tender lower lid</li> </ul> </li> </ul> <p><b>6. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Warmth of mandibular bone below eyeball</li> <li>- Heat of muscles around eye</li> <li>- Mandibular pain (upper cheek)</li> <li>- Head pain</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left eye</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Right eye</li> <li>- Medial side</li> <li>- Lower eyelid</li> <li>- Inside eye</li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; External warmth</li> <li>- &lt; Sun</li> <li>- &lt; Direct light</li> <li>- &gt; Keeping eyelids almost closed</li> <li>- &lt; Touching with cold fingers</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- twitching muscle pain</li> <li>- pulsating pain</li> <li>- Sore muscles around eye</li> <li>- Bruised sensation</li> <li>- Stitching</li> <li>- Eye feels raw (like skin peeled of)</li> <li>- Constricting</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Burning pain</li> <li>- Aching</li> <li>- Aware of eye (left)</li> </ul> <p><b>7. REDNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Red eyes</li> </ul> </li> </ul> <p><b>8. SWELLING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left eye</li> <li>- Both eyes</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Swollen and watery</li> <li>- Pain</li> <li>- Lachrymation minimal but present</li> </ul> </li> </ul> <p><b>9. BURNING</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Burning</li> </ul> </li> </ul> <p><b>10. TWITCHING</b></p> <ul style="list-style-type: none"> <li>• Muscle twitching</li> </ul>
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			<p><b>11. PUNCTUM</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Median side of eye</li> <li>- Lower lid</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tenderness</li> </ul> </li> </ul>
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#### 4.2.2.2.1 Itching

After the group analysis of **Itching**, the following similar features/ symptomatology was determined from each remedy:

#### Location

- The eyeball:
  - *Bitis arietans arietans* – Eyes (07M and 19F)
  - *Bitis gabonica gabonica* – Eyeball (10F, 03F and 19M)
  - *Bitis atropos* – Right eye (03F, 04M and 19F)

## **Sensation**

- Scratchy:
  - *Bitis arietans arietans* – Scratchy (26F)
  - *Bitis gabonica gabonica* – Scratchy (10F and 19M)
  - *Bitis atropos* – Scratchy (03F)
- Itchy:
  - *Bitis arietans arietans* – Itchy (02M, 07M, 08M and 19F)
  - *Bitis gabonica gabonica* – Itchy (03F)
  - *Bitis atropos* – Itchy (04M and 19F)

### **4.2.2.2.2 Pain/ tenderness**

After the group analysis of **Pain/ tenderness**, the following similar features/ symptomatology was determined from each remedy:

## **Location**

- Right eye:
  - *Bitis arietans arietans* – Right eye (10M)
  - *Bitis gabonica gabonica* – Right eyeball (09F)
  - *Bitis atropos* – Right eye (02F and 33F)

- Left sided tendency:
  - *Bitis arietans arietans* – Itchy eyes worse on left (07M), watery and itchy eyes on left (08M) and left eye sore (26F).
  - *Bitis gabonica gabonica* – Left tender eyeball (01F), left eye swollen (10F) and left eye strained (15M).
  - *Bitis arietans arietans* – Left eye gluey (02F), watery eye on left (02F), left eye dry (33F), left eye itchy (19F), left eye pain (02F), left eye constriction (02F), sensation of warmth on left eye (02F) and left lower lid paralysed (02F).

### **Sensation**

- Aching pain:
  - *Bitis arietans arietans* – Ache is deep (10M)
  - *Bitis gabonica gabonica* – Aching (18F) and dull ache (09F)
  - *Bitis atropos* – Aching (33F)

#### **4.2.2.2.3 Heaviness**

After the group analysis of the **Heaviness**, the following similar features/symptomatology was determined from each remedy:

### **Location**

- Left eye:



- *Bitis arietans arietans* – Left eye (10M)
- *Bitis gabonica gabonica* – Left eye (10F, 03F and 05F)
- *Bitis atropos* – Left eye (03F, 17F and 02F)

## **Sensation**

- Tiredness:
  - *Bitis arietans arietans* – Tired (08M, 10M and 26F)
  - *Bitis gabonica* – Tired (05F)
  - *Bitis atropos* – Tired (03F and 02F)
- Strain:
  - *Bitis arietans arietans* – Strained (08M and 26F)
  - *Bitis gabonica gabonica* – Strained (15M)
  - *Bitis atropos* – Paralyzed lower lid strain (02F) and strained (02F)
- Heavy:
  - *Bitis arietans arietans* – Heavy (10M)
  - *Bitis gabonica gabonica* – Heavy (10F, 03F and 05F)
  - *Bitis atropos* – Heavy (03F, 17F and 02F)

### **4.2.2.2.4 Burning**

After the group analysis of **Burning**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Burning:
  - *Bitis arietans arietans* – Burning sensation (19F)
  - *Bitis gabonica gabonica* – Burning (19M)
  - *Bitis atropos* – Burning (25F, 33F and 02F)

### **4.2.2.2.5 Dryness**

After the group analysis of **Dryness**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Dryness:
  - *Bitis arietans arietans* – Scratchy contact lenses (26F) and dry (26F).
  - *Bitis gabonica gabonica* – Dry (03F)
  - *Bitis atropos* – Scratchy (03F), dry (03F, 25F, 33F and 02F).

### **4.2.2.2.6 Swelling**

After the group analysis of **Swelling** the following similar features/ symptomatology was determined from each remedy.

## **Sensation**

- Swelling:
  - *Bitis gabonica gabonica* – swollen (01F, 10F, 03F), puffy eyes (03F, 10F) and inflammation (09F).
  - *Bitis atropos* – Swollen (02F)

### **4.2.2.2.7 Redness**

After the group analysis of **Redness**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Redness:
  - *Bitis gabonica gabonica* – Red (03F)
  - *Bitis atropos* – Red (02F, 03F and 35M)

### **4.2.2.3 Vision**

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Vision**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Blurred visions** and **Photophobia**.

**Table 4.4: Vision symptoms from provings of *Bitis spp.* remedies**

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>VISION</u></b>	<ul style="list-style-type: none"> <li>• Focussing is difficult (Vision and eyes).</li> <li>• Blurred.</li> <li>• Have to blink in order to focus.</li> <li>• Photosensitivity.</li> </ul>	<ul style="list-style-type: none"> <li>• Blurry vision; difficulty in focussing, reading and concentration</li> <li>• Photosensitivity, &lt;shade</li> </ul>	<ul style="list-style-type: none"> <li>• Acuity; do not need glasses</li> <li>• Sensitivity; photophobia</li> </ul>

#### **4.2.2.3.1 Blurred vision**

- *Bitis arietans arietans* – Focussing is difficult (19F) and blurred (26F)
- *Bitis gabonica gabonica* – Blurry vision; difficulty in concentration and reading (01F).

#### **4.2.2.3.2 Photophobia**

- *Bitis arietans arietans* – Photosensitivity (02M)
- *Bitis gabonica gabonica* – Photosensitivity, >shade (03F)
- *Bitis atropos* – Sensitivity; photophobia (20F)

#### 4.2.2.4 Ear

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Ear**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Blocked ears**, **Itching** and **Pain/ tenderness**.

Table 4.5: Ear symptoms from provings of *Bitis spp.* remedies

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION</u></b> <b><u>IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>EAR</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>
	<b>1. DIFFICULTY EQUALISING EARS</b> <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>- Difficulty equalizing ears</li> </ul> </li> </ul> <b>2. BLOCKED EARS</b> <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>- Blocked ears</li> </ul> </li> </ul>	<b>1. ITCHINESS</b> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>- Right ear canal</li> </ul> </li> <li><b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Touch</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>- Itchy</li> </ul> </li> </ul> <b>2. PAIN/ TENDERNESS/ SORENESS</b> <ul style="list-style-type: none"> <li><b>Location</b></li> </ul>	<b>1. BLOCKED</b> <ul style="list-style-type: none"> <li><b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Popping eardrum</li> <li>- &lt; Evenings</li> <li>- &lt; Night</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>- Intermittent</li> <li>- Uncomfortable</li> <li>- Painful/ not painful</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>- Inner ear</li> <li>- Right ear</li> <li>- Left ear</li> <li>- Behind left ear</li> <li>- In front of left ear</li> <li>- Behind right ear</li> <li>- Edge of right/ left earlobe</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Ache</li> <li>- Sharp (thorn like)</li> <li>- Pain as if something moving</li> <li>- Tenderness</li> <li>- Soreness</li> <li>- Throbbing</li> <li>- Pressure point feeling</li> <li>- Sinus type pain</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Lasts 2-3min</li> <li>- Lasts 5 min</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Difficulty sleeping</li> <li>- Blocked</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Afternoon</li> </ul> </li> </ul> <p><b>2. ITCHING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Itch at tip of nose</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Ear lobes</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Itch</li> </ul> </li> </ul> <p><b>3. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Pain radiates to tonsils</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right ear</li> <li>- Left ear</li> <li>- Inside ear</li> <li>- Ear canal</li> </ul> </li> <li>• <b>Modality</b></li> </ul>
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		<ul style="list-style-type: none"> <li>- Few seconds</li> </ul> <p><b>3. BLOCKED</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Blocked</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- &lt; Music</li> <li>- &lt; Vibration</li> <li>- &gt; Quiet</li> <li>- &lt; Opening mouth</li> <li>- &lt; Pressure</li> <li>- &gt; Warmth</li> <li>- &gt; Covering entrance of ear canal</li> <li>- &lt; Wind</li> <li>- &lt; Cold air</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sore</li> <li>- Shooting</li> <li>- Sensitive</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Periodically</li> </ul> </li> </ul> <p><b>4. TIGHTNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Tympanic membrane</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Ear</li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Warmth</li> <li>- &gt; Pressure</li> <li>- &gt; Covering ear</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tightness from base of neck</li> <li>- Pulsating tympanic membrane</li> <li>- As if ear full of water</li> <li>- As if swimming and ears got full of water</li> <li>- Pulsating tympanic membrane</li> </ul> </li> </ul>
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#### 4.2.2.4.1 Blocked ears

After group analysis of **Blocked ear**, the following similar features/ symptomatology was determined from each remedy.



## **Sensation**

- Blocked ears:
  - *Bitis arietans arietans* – Blocked ears (26F and 10M)
  - *Bitis gabonica gabonica* – Blocked (12F)
  - *Bitis atropos* – Blocked (03F, 33F and 34F)

### **4.2.2.4.2 Itching**

After group analysis of **Itching**, the following similar features/ symptomatology was determined from each remedy.

## **Sensation**

- Itching:
  - *Bitis gabonica gabonica* – Itchiness (01F)
  - *Bitis atropos* – Itching (35M and 02F)

### **4.2.2.4.3 Pain/ tenderness**

After group analysis of **Pain/ tenderness**, the following similar features/ symptomatology was determined from each remedy.

## Location

- The inner ear:
  - *Bitis gabonica gabonica* – Inner ear (09F)
  - *Bitis atropos* – Inside ear (02F)
- Right ear:
  - *Bitis gabonica gabonica* – Right ear (09F, 15M and 18M)
  - *Bitis atropos* – Right ear (02F, 20F and 33F)
- Left ear:
  - *Bitis gabonica gabonica* – Left ear (15M and 18M)
  - *Bitis atropos* – Left ear (02F and 27F)

## Sensation

- Soreness:
  - *Bitis gabonica gabonica* – Soreness (18M)
  - *Bitis atropos* – Sore (02F, 27F and 33F)

### 4.2.2.5 Hearing

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Hearing**. After a comparative analysis

was conducted amongst the *Bitis spp.* remedies the only symptom that proved to be common was a symptom of **Tinnitus**.

**Table 4.6: Hearing symptoms from provings of *Bitis spp.* remedies**

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>HEARING</u></b>	<ul style="list-style-type: none"> <li>Noises echoed.</li> <li>Noises seem louder.</li> <li>Less sensitive to noise.</li> <li>Noise seem distant.</li> <li>Blocked ears; when waking, hearing affected, yawning equalises ears.</li> <li>Distant sound; as if in own world and causes disconnectedness (Desirable feeling).</li> <li>Ringing (last 10min).</li> <li>Rushing sound.</li> <li>Tingly buzzing sound</li> </ul>	<ul style="list-style-type: none"> <li>Buzzing sound heard in head.</li> </ul>	<ul style="list-style-type: none"> <li>None to report on</li> </ul>

	<ul style="list-style-type: none"> <li>• Shuddering sound (lasts 10 sec)</li> </ul>		
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#### 4.2.2.5.1 Tinnitus

After the group analysis of **Tinnitus**, the following similar features/ symptomatology was determined from each remedy.

- *Bitis arietans arietans* – Ringing lasts 10 min (26F), rushing sound (07M), tingly buzzing sound (08M) and shuddering sound lasts 10 sec (10M).
- *Bitis gabonica gabonica* – Buzzing sound heard in the head (12F).

#### 4.2.2.6 Nose

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Nose**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Sneezing, Itching, Sensitivity, Congestion, Discharge** and **Tenderness/ pain**.

**Table 4.7: Nose symptoms from provings of *Bitis spp.* remedies**

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
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<b><u>SECTION IN MATERIA MEDICA</u></b>			
<b><u>NOSE</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>
	<p><b>1. SNEEZING</b></p> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Lemon juice</li> <li>- &lt; Night</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Itchy</li> <li>- Sensitive</li> <li>- Increased frequency</li> <li>- Sneezing</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> </ul> </li> </ul> <p><b>2. ITCHINESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Inside of nostril</li> <li>- Right nostril</li> </ul> </li> <li>• <b>Sensation</b></li> </ul>	<p><b>1. SNEEZING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Runny nose</li> <li>- Watery discharge</li> <li>- Burning nose</li> <li>- Blocked nose</li> <li>- Dry nose</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Cold wind</li> <li>- &lt; Dry wind</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Increased frequency</li> <li>- Sneezing due to nasal discharge</li> <li>- Sneezing</li> </ul> </li> </ul> <p><b>2. ITCHINESS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Throat scratchy</li> </ul> </li> </ul>	<p><b>1. SNEEZING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Coldness</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Nose</li> <li>- Right</li> <li>- Left</li> <li>- Internal surface</li> <li>- External surface</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Dust allergy</li> <li>- Itchy sinuses</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Warmth</li> <li>- &gt; Fresh air</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Coldness</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Sensitive</li> <li>- Itching</li> </ul> <p><b>3. IRRITATION/ SENSITIVITY</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Sneezing</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Night</li> </ul> </li> </ul> <p><b>4. CONGESTION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Nose</li> <li>- Nasal sinus</li> <li>- Maxillary sinus</li> <li>- Bridge of nose</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Blowing nose</li> <li>- &lt; Bridge of nose</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Nasal congestion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Itching</li> </ul> </li> </ul> <p><b>3. SENSITIVITY</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Postnasal cavity</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As if getting a cold</li> </ul> </li> </ul> <p><b>4. CONGESTION</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Dry mouth and nose</li> <li>- Sneezing</li> <li>- Postnasal discharge</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right nostril</li> <li>- Left nostril</li> <li>- Sinuses</li> <li>- Nose</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Wind</li> <li>- &lt; Night</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Congestion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Cold to touch externally</li> <li>- 3 sneezes at once</li> <li>- Wet</li> <li>- Pain</li> <li>- Dry</li> <li>- Pain gets worse on inhalation</li> <li>- Externally warm to touch</li> <li>- Violent</li> <li>- Explosive</li> <li>- Sneezing cause expulsion of mucus through nostrils</li> <li>- Bursts of mucus; little, but hard bursts, as if will hurt self</li> <li>- Sneezing</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Sneezing for 2min</li> </ul> </li> </ul> <p><b>2. CONGESTION</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Postnasal drip</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- No discharge</li> <li>- Stuffy nose</li> <li>- Full nose</li> <li>- Stuffy and full maxillary sinus</li> </ul>	<ul style="list-style-type: none"> <li>- Blocked nose</li> <li>- No discharge</li> <li>- Feels like a head cold</li> <li>- Cannot blow nose</li> <li>- Nose running but blocked</li> <li>- Tightness</li> </ul> <p><b>5. DICHARGE</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Burning from blowing nose</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Nostrils; right and left</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Stops when warm</li> <li>- Runs when cold</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt;on rising</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Postnasal discharge, but no congestion and have to</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Discharge</li> <li>- Itch</li> <li>- Watery colourless discharge</li> <li>- Yellow mucus</li> <li>- Heavy chest</li> <li>- Cough</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Both nostrils</li> <li>- Left nostril</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Night</li> <li>- Burn &lt; Cold air</li> <li>- &gt; Rubbing</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Blocked</li> <li>- Alternation between right and then left</li> <li>- Uncomfortable</li> <li>- "popping" feeling in nostrils</li> <li>- Stuffy</li> <li>- Congested</li> <li>- Burn</li> <li>- Sniffy</li> </ul> </li> </ul> <p><b>3. DISCHARGE</b></p>
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		<p>keep clearing throat</p> <ul style="list-style-type: none"> <li>- Runny nose</li> <li>- Clear egg white</li> <li>- Watery mucus</li> <li>- Free discharge</li> <li>- Salty discharge</li> <li>- Thick</li> <li>- Colourless</li> <li>- Profuse running of nose and constant</li> <li>- Clear</li> <li>- Yellow mucus, in throat</li> <li>- Thick, bright yellow</li> <li>- Progressive; no discharge, then runny and then thickens</li> <li>- Blocked nose, but running</li> <li>- Running like water</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> <li>- Clears by lunch</li> </ul> </li> </ul> <p><b>6. BURNING</b></p>	<ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Itchy throat</li> <li>- Watery eyes</li> <li>- Congestion</li> <li>- Dryness</li> <li>- Sore</li> <li>- Sputum from chest</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Nose</li> <li>- Both nostrils</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Dust allergy</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt;heat</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Runny</li> <li>- White in colour</li> <li>- Colourless</li> <li>- Yellow colour</li> <li>- Watery mucus</li> <li>- Burning mucus</li> <li>- Snotty nose</li> <li>- Clear mucus</li> <li>- Pale green mucus</li> <li>- Odourless</li> </ul> </li> </ul>
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		<ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Profuse sneezing</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Nose burns from blowing</li> </ul> </li> </ul> <p><b>7. DRY</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Dry mouth</li> <li>- Thick discharge</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Nose</li> <li>- Nasal cavity</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dryness</li> <li>- Dry from blowing</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Awoke</li> <li>- Intermittent</li> </ul> </li> </ul> <p><b>8. SINUSITIS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Postnasal drip</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right</li> </ul> </li> <li>• <b>Sensation</b></li> </ul>	<ul style="list-style-type: none"> <li>- Profuse</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Day</li> <li>- Evening</li> </ul> </li> </ul> <p><b>4. DRYNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right nostril</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt;breathing in</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dry</li> <li>- Air feels dry</li> <li>- Hurts to breath in</li> <li>- Air feels cold</li> </ul> </li> </ul> <p><b>5. ITCHING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Ear lobes itch</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Tip of nose</li> <li>- Sinuses</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Itching and wanted to rub it</li> <li>- Irritation</li> <li>- Terrifying itch</li> </ul> </li> </ul>
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		<ul style="list-style-type: none"> <li>- Blocked</li> <li>- Terrible</li> <li>- Tightness of sinuses, especially maxillary</li> <li>- Popping, but blocked</li> </ul> <p><b>9. TENDERNESS/ SORENESS/ PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Postnasal cavity</li> <li>- Nostrils</li> <li>- Left nostril</li> <li>- Bridge of nose</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tenderness</li> <li>- Soreness</li> <li>- Pain</li> <li>- Nose tender</li> <li>- Postnasal cavity sore</li> <li>- Nostrils painful</li> <li>- Pain on bridge of nose</li> </ul> </li> </ul> <p><b>10. TIGHTNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul>	<ul style="list-style-type: none"> <li>- Itching produces mucus</li> </ul> <p><b>6. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Inside nose</li> <li>- Right</li> <li>- Nasopharynx</li> <li>- Eustachian tubes</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Breathing in cold air</li> <li>- &gt; Warm air</li> <li>- &gt; Warmth</li> <li>- &lt; Morning</li> <li>- &gt; Afternoon</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Icy cold pain</li> <li>- Nose is cold</li> <li>- Soreness</li> <li>- Hurts to breath in</li> <li>- Painful intense</li> <li>- As if ice stuck inside</li> </ul> </li> </ul>
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		<ul style="list-style-type: none"> <li>- Sinuses</li> </ul> <p><b>11. SMELL</b></p> <ul style="list-style-type: none"> <li>- Smell is more acute for about ½ hour</li> </ul> <p><b>12. POPPING SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Popping sensation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Dry</li> <li>- Cold sensation inside</li> <li>- Burning nostrils, chillies or salt water rubbed against the mucus membranes till it became raw</li> <li>- Allergic rhinitis; not itchy, but rather painful in nasopharynx extending to the Eustachian tubes</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 10am till midnight</li> </ul> </li> </ul> <p><b>7. POSTNASAL DRIP</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Sneezing</li> <li>- Allergic rhinitis</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Throat</li> <li>- Left sided</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt;swallowing the postnasal drip</li> </ul> </li> <li>• <b>Sensation</b></li> </ul>
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			<ul style="list-style-type: none"> <li>- Thick</li> <li>- Have to swallow it, swallowing it is not easy</li> <li>- Mucus plug in throat</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Night</li> <li>- Whole day</li> <li>- Evening</li> </ul> </li> </ul> <p><b>8. POPPING SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Popping sensation</li> </ul> </li> </ul>
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#### 4.2.2.6.1 Sneezing

After the group analysis of **Sneezing**, the following similar features/ symptomatology was determined from each remedy.

#### Sensation

- Sneezing :
  - *Bitis arietans arietans* – Sneezing (08M and 21F)

- *Bitis gabonica gabonica* – Sneezing (03F, 09F, 18F, 19M, 15M, 05F, 06F and 10F)
- *Bitis atropos* – Sneezing (03F, 08M, 02F, 04M, 18F, 20F, 23M and 35M)

#### 4.2.2.6.2 Itching

After the group analysis of **Itching**, the following similar features/ symptomatology was determined from each remedy.

#### Sensation

- Itching:
  - *Bitis arietans arietans* – Itching (21F)
  - *Bitis gabonica gabonica* – Itching (18F)
  - *Bitis atropos* – Itching (19F, 04M and 35M)

#### 4.2.2.6.3 Congestion

After the group analysis of **Congestion**, the following similar features/ symptomatology was determined from each remedy.

#### Concomitant

- Post-nasal discharge:

- *Bitis gabonica gabonica* – Post-nasal discharge (01F)
- *Bitis atropos* – Post-nasal discharge (33F)

## **Location**

- Sinuses:
  - *Bitis arietans arietans* – Nasal and maxillary sinus (30M)
  - *Bitis gabonica gabonica* – Sinuses (09F)
- Nostrils:
  - *Bitis arietans arietans* – Nose (30M)
  - *Bitis gabonica gabonica* – Right (09F), left nostrils (15M, 09F, 10F and 19M) and blocked nose (05F, 06F, 09F, 10F, 18F and 19M)
  - *Bitis atropos* – Both nostrils (03F, 15F, 19F, 30F, 33F and 35M), left nose (30F)

## **Sensations**

- Blocked:
  - *Bitis arietans arietans* – Nasal congestion (30M), stuffy nose (30M), full and stuffy nose and maxillary sinus (30M).
  - *Bitis gabonica gabonica* – Congestion (01F) and blocked nose (15M, 05F, 06F, 09F, 10F, 18F and 19M)
  - *Bitis atropos* – Blocked (03F, 30F and 35M), stuffy (15F and 19F) and congested (15F, 19F, 30F and 33F).

- No discharge:
  - *Bitis arietans arietans* – No discharge (30M)
  - *Bitis gabonica gabonica* – No discharge (09F)

#### 4.2.2.6.4 Discharge

After the group analysis of **Discharge**, the following similar features/ symptomatology was determined from each remedy.

#### Location

- Both nostrils:
  - *Bitis gabonica gabonica* – Nostrils; right and left (01F, 03F, 09F, 12F, 15M, 18F, 19M and 10F)
  - *Bitis atropos* – Both nostrils (33F and 02F)

#### Sensation

- Runny:
  - *Bitis gabonica gabonica* – Runny nose (01F, 03F, 09F, 15M, 18F, 19M and 10F), profuse running of nose and constant (19M and 18F), progressive; no discharge, then runny and then thickens (09F) and blocked nose, but runny (10F)
  - *Bitis atropos* – Runny (15F, 33F, 02F, 03F, 04M, 35M and 18F)
- Clear:

- *Bitis gabonica gabonica* – Clear egg white (01F), Colourless (15M) and clear (19M, 03F, 01F, 10F and 15M).
  - *Bitis atropos* – Clear mucus (02F, 03F, 04M, 15F, 35M and 18F) and colourless (33F and 35M)
- Watery:
    - *Bitis gabonica gabonica* – Running like water (03F), watery mucus (01F and 09F) and free discharge (01F).
    - *Bitis atropos* – Watery mucus (33F, 03F and 15F)
- Profuse:
    - *Bitis gabonica gabonica* – Profuse running of nose, constant (19M and 18M) and progressive; no discharge, then running and then thick (09F)
    - *Bitis atropos* – Profuse (33F and 35M)
- Yellow:
    - *Bitis gabonica gabonica* – Yellow mucus in throat (09F) and thick, bright yellow (19M).
    - *Bitis atropos* – Yellow mucus (33F and 02F)

#### 4.2.2.6.5 Tenderness

After the group analysis of **Tenderness**, the following similar features/ symptomatology was determined from each remedy.



## **Location**

- Nostrils:
  - *Bitis gabonica gabonica* – Nostrils (19M) and left nostril (15M)
  - *Bitis atropos* – Inside nose (03F and 02F), right nostril (02F) and nasopharynx (08M)

## **Sensation**

- Pain:
  - *Bitis gabonica gabonica* – Nose tender (19M), postnasal cavity sore (13M), nostrils painful (15M) and pain on bridge of nose (18F).
  - *Bitis atropos* – Soreness (15F), hurts to breath in (02F), icy cold pain (02F), burning pain (03F) and pain in nasopharynx (08M)

### **4.2.2.6.6 Popping sensations**

After the group analysis of **Popping sensations**, the following similar features/ symptomatology was determined from each remedy.

## **Sensation**

- Popping sensation:

- *Bitis gabonica gabonica* – Sinus popping (12F)
- *Bitis atropos* – Nose popping (03F and 35M)

#### 4.2.2.7 Mouth

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Mouth**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Dryness**, **Itching** and **Saliva/ mucous**.

Table 4.8: Mouth symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>MOUTH</b></u>	<u><b>SYMPTOM/S</b></u>	<u><b>SYMPTOM/S</b></u>	<u><b>SYMTPOM/S</b></u>
	<b>1. DRYNESS</b> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Dry throat</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Lips</li> <li>- Lower lip</li> </ul> </li> </ul>	<b>1. DRYNESS</b> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Lips</li> </ul> </li> <li><b>2. ITCH</b> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Under tongue</li> </ul> </li> </ul> </li> </ul>	<b>1. DRYNESS</b> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Lips</li> <li>- Mouth</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dry</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Mouth</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b></li> </ul> <ul style="list-style-type: none"> <li>- Drinking water does not ameliorate</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b></li> </ul> <ul style="list-style-type: none"> <li>- Dry as if exposed to sun for a long time</li> <li>- Persistent</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b></li> </ul> <ul style="list-style-type: none"> <li>- Woke with dry mouth</li> </ul> <p><b>2. ITCH</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul> <ul style="list-style-type: none"> <li>- Lips</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b></li> </ul> <ul style="list-style-type: none"> <li>- Itchy</li> </ul> <p><b>3. THIRSTY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul> <ul style="list-style-type: none"> <li>- Mouth, lips and throat</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation</b></li> </ul> <ul style="list-style-type: none"> <li>- Itchy</li> </ul> <p><b>3. SALIVA/ MUCUS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul> <ul style="list-style-type: none"> <li>- Mouth</li> <li>- Salivary glands</li> <li>- Throat</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b></li> </ul> <ul style="list-style-type: none"> <li>- Profuse</li> <li>- Salty</li> <li>- Thick mucus</li> <li>- Mouth filled with saliva</li> <li>- Nearly vomited due to profuse saliva</li> <li>- Salivary glands working a lot</li> </ul> <p><b>4. METALLIC TASTE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul> <ul style="list-style-type: none"> <li>- Tongue</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b></li> </ul>	<ul style="list-style-type: none"> <li>- Picking on them with their teeth</li> </ul>
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	<ul style="list-style-type: none"> <li>- Drinking water does not ameliorate</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Very dry</li> </ul> </li> </ul> <p><b>4. STALE TASTE IN MOUTH</b></p> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- Brushing teeth did not ameliorate</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> </ul> </li> </ul> <p><b>5. STICKY MOUTH</b></p> <ul style="list-style-type: none"> <li>- Brownish-yellow sticky saliva</li> </ul> <p><b>6. IMPRESSION OF TEETH ON TONGUE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Edge of tongue</li> </ul> </li> </ul> <p><b>7. FLABBY/ SWOLLEN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Tongue</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Sour metallic taste</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- After remedy</li> </ul> </li> </ul> <p><b>5. PAIN/ SORENESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right palate</li> <li>- Radiating to nasal floor</li> <li>- Tongue (right side)</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Touch</li> <li>- &gt; Pressure</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Bruised</li> <li>- Sharp</li> <li>- Radiating pain</li> <li>- Sore spot on tongue, as if bitten like a blocked duct</li> <li>- Tongue sensitive on eating</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b></li> </ul>	
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	<p><b>8. BURN SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Tip of tongue</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tongue as if burned</li> </ul> </li> </ul> <p><b>9. COLD/ GLASSY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Mouth</li> <li>- Tongue</li> <li>- Lower lip</li> <li>- Cheek</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Pain lasts 10min</li> </ul> <p><b>6. ULCERS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- mouth</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Ulcers appearing</li> <li>- tiny cuts in mouth after ulcers</li> </ul> </li> </ul> <p><b>7. LIPS SENSITIVE TO COLD</b></p>	
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#### 4.2.2.7.1 Dryness

After the group analysis of **Dryness**, the following similar features/ symptomatology was determined from each remedy.

#### Location

- Lips:
  - *Bitis arietans arietans* – Lips (02M and 26F) and lower lips (07M)

- *Bitis gabonica gabonica* – Lips (05F)
- *Bitis atropos* – Lips (19F)
- Mouth:
  - *Bitis arietans arietans* – dry mouth (08M and 19F)
  - *Bitis atropos* – Dry mouth (25F)

### **Sensation**

- Dryness:
  - *Bitis arietans arietans* – Dry as if exposed to the sun for long (26F), dry lips (02M, 07M) and dry mouth (08M and 19F).
  - *Bitis atropos* – Dry (19F and 25F).

#### **4.2.2.7.2 Itching**

After the group analysis of **Itching**, the following similar features/ symptomatology was determined from each remedy.

### **Sensation**

- Itching:
  - *Bitis arietans arietans* – Lips itchy (02M)
  - *Bitis gabonica gabonica* – Itchy tongue (19M)

#### 4.2.2.7.3 Saliva/ mucous

After the group analysis of **Saliva/ mucous**, the following similar features/ symptomatology was determined from each remedy.

#### Sensation

- Thick:
  - *Bitis arietans arietans* – Brownish-yellow sticky saliva
  - *Bitis gabonica gabonica* – Thick mucus (01F and 15M)

#### 4.2.2.8 Teeth

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Teeth**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies there was nothing to report on.

Table 4.9: Teeth symptoms from provings of *Bitis spp.*

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			

<u>TEETH</u>	<u>SYMPTOM/S</u>		<u>SYMPTOM/S</u>
	<p data-bbox="443 286 671 360"><b>1. DIRTY TEETH SENSATION</b></p> <ul style="list-style-type: none"> <li data-bbox="416 427 571 454">• <b>Modality</b></li> <li data-bbox="528 521 738 640">- &gt; Drinking water which cleans mouth</li> <li data-bbox="416 707 592 734">• <b>Sensation</b></li> <li data-bbox="528 801 746 965">- Teeth feels dirty, with a desire to rinse the mouth</li> </ul>	<ul style="list-style-type: none"> <li data-bbox="799 203 1066 230">• nothing to report on</li> </ul>	<p data-bbox="1219 286 1513 313"><b>1. CLENCHED TEETH</b></p> <p data-bbox="1219 380 1334 407"><b>2. PAIN</b></p> <ul style="list-style-type: none"> <li data-bbox="1192 474 1406 501">• <b>Concomitant</b></li> <li data-bbox="1246 568 1528 687">- Chest pain (middle of chest, size of fist towards the back)</li> <li data-bbox="1192 754 1353 781">• <b>Location</b></li> <li data-bbox="1246 848 1501 916">- Right mandibular teeth</li> <li data-bbox="1246 983 1481 1010">- Right lower jaw</li> <li data-bbox="1192 1077 1369 1104">• <b>Sensation</b></li> <li data-bbox="1246 1122 1497 1189">- Pain as if nerves pulled</li> <li data-bbox="1246 1256 1422 1283">- Toothache</li> <li data-bbox="1246 1350 1437 1377">- Aching pain</li> <li data-bbox="1192 1444 1305 1471">• <b>Time</b></li> <li data-bbox="1246 1538 1430 1565">- Lasts 5min</li> </ul>

#### 4.2.2.9 Face

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Face**. After a comparative analysis



was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common was **Pain, Eruptions, Flushed, Itching, Dryness and Coldness.**

**Table 4.10: Face symptoms from provings of *Bitis spp.* remedies**

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>FACE</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>
	<b>1. PAIN</b> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Right eyebrow radiating to temple</li> <li>Right frontal sinus</li> </ul> </li> <li><b>Modality</b> <ul style="list-style-type: none"> <li>&lt; Diving down</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Radiating</li> </ul> </li> </ul> <b>2. BLISTER ERUPTION</b>	<b>1. HOT FLUSHES</b> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Face</li> <li>Cheeks</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Sudden flashes of heat</li> <li>Rushes of heat</li> <li>Burning cheeks</li> </ul> </li> <li><b>Time</b> <ul style="list-style-type: none"> <li>13h00</li> <li>18h00</li> </ul> </li> </ul> <b>2. ITCH</b>	<b>1. ITCHING</b> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Skin on face</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Itchy</li> <li>Sensitive</li> <li>Stinging</li> </ul> </li> </ul> <b>2. PULSATING</b> <ul style="list-style-type: none"> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Coldness of cheek</li> <li>Painful (as if someone punched face)</li> </ul> </li> <li><b>Location</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Forehead</li> </ul> </li> </ul> <p><b>3. FLUSHED</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Skin tight</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Flushed</li> <li>- Hot</li> </ul> </li> </ul> <p><b>4. COMPLEXION</b></p> <ul style="list-style-type: none"> <li>• Appears darker – tanned</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Itch breaking out</li> </ul> </li> </ul> <p><b>3. DRYNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Lips</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- General dryness</li> </ul> </li> </ul> <p><b>4. COLD SWEAT</b></p> <p><b>5. SORENESS/ TENDERNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Nose</li> <li>- Face</li> <li>- Jaw</li> <li>- Bridge of nose</li> <li>- Under eyes</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Like sinus pressure/ pain</li> <li>- Tenderness</li> <li>- Tenderness along jawline</li> </ul> </li> </ul> <p><b>6. TIGHTNESS</b></p>	<ul style="list-style-type: none"> <li>- Upper left cheek</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Pulsating</li> <li>- Warm to touch</li> </ul> </li> </ul> <p><b>3. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left cheek</li> <li>- Inside cheek</li> <li>- Left lower jaw</li> <li>- Upper jaw</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; pressing</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sore</li> <li>- Sore as if bitten inside</li> <li>- Pain to touch</li> <li>- Pain radiates to left ear</li> <li>- Gnawing pain</li> </ul> </li> </ul> <p><b>4. HEAVY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left cheek</li> </ul> </li> </ul> <p><b>5. SENSITIVITY TO COLD</b></p>
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		<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Nose</li> <li>- Face</li> <li>- Jaw</li> <li>- Across bridge of nose</li> <li>- Under eyes</li> <li>- Right sided</li> <li>- Along jawline</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sinusitis like tightness</li> <li>- Suffocating</li> <li>- Uncomfortable</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left cheek</li> <li>- Close to ear</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Very sensitive to cold</li> <li>- Feels like there is ice attached to cheek</li> <li>- Icy cold</li> <li>- Warm to touch, but feels ice cold</li> </ul> </li> </ul> <p><b>6. LUMP</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right jaw line</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sore</li> </ul> </li> </ul> <p><b>7. DRY</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Eyes sunken in</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Skin</li> <li>- Lips</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dry</li> <li>- Dehydrated</li> </ul> </li> </ul> <p><b>8. CRACKING</b></p>
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			<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Upper lip</li> <li>- Middle of lip</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- No pain</li> </ul> </li> </ul> <p><b>9. WARMTH</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Face</li> <li>- Upper left cheek</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Redness</li> <li>- General redness</li> <li>- Warmth</li> <li>- Pulsating</li> </ul> </li> </ul> <p><b>10. ERUPTION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Face</li> <li>- Chin</li> <li>- Lower cheek</li> <li>- Both sides</li> <li>- Left side</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Pimples</li> <li>- Small red</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Feeling on pressing</li> <li>- Biting pain in a small spot</li> <li>- Wants to pick the pimples off</li> <li>- More pimples than usual.</li> </ul>
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#### 4.2.2.9.1 Pain

After the group analysis of **Pain**, the following features/ symptomatology was determined from each remedy.

#### Location

- Sinuses:
  - *Bitis arietans arietans* – Right frontal sinus (10M)
  - *Bitis gabonica gabonica* – Under the eyes (18F) and nose or face (18F)
  - *Bitis atropos* – Left cheek (02F) and inside the cheek (02F)
- Jaw:
  - *Bitis gabonica gabonica* – Sore along jawline (18F)
  - *Bitis atropos* – Left lower jaw (02F), upper jaw (02F) and right jawline (30F)

## **Modality**

- Worse for pressure:
  - *Bitis arietans arietans* – Worse for diving down (10M)
  - *Bitis atropos* – Worse for pressure (02F)

## **Sensation**

- Soreness:
  - *Bitis gabonica gabonica* – Soreness (18F)
  - *Bitis atropos* – Sore (02F and 30F) and sore as if bitten inside (02F)

### **4.2.2.9.2 Eruptions**

After the group analysis of **Eruptions**, only *Bitis arietans arietans* and *Bitis atropos* produced symptoms, with the type of eruptions being very dissimilar.

### **4.2.2.9.3 Flushed**

After the group analysis of **Flushed**, the following features/ symptomatology was determined from each remedy.

## **Sensation**

- Heat:
  - *Bitis arietans arietans* – Flushed and hot (26F)
  - *Bitis gabonica gabonica* – Sudden flashes of heat (03F), rushes of heat (03F) and burning cheeks (05F).
  - *Bitis atropos* – Warm to touch, but feels icy cold (02F) and face red and warm (04M)

### **4.2.2.9.4 Itching**

After the group analysis of **Itching**, only *Bitis gabonica gabonica* and *Bitis atropos* were found to produced this symptom, however too little information was given to describe a similarity.

### **4.2.2.9.5 Dryness**

After the group analysis of **Dryness**, the following features/ symptomatology was determined from each remedy.

## **Location**

- Lips:
  - *Bitis gabonica gabonica* – Lips (05F and 09F)

- *Bitis atropos* – Lips (02F)

### **Sensation**

- Dry:
  - *Bitis gabonica gabonica* – Dry lips (05F and 09F)
  - *Bitis atropos* - Dry lips (02F) and dry face (20F)

#### **4.2.2.9.6 Coldness**

After the group analysis of **Coldness**, the following features/ symptomatology was determined from each remedy.

### **Sensation**

- Cold sensations:
  - *Bitis gabonica gabonica* – Cold sweat (10F)
  - *Bitis atropos* – Right side of face cold (02F), left cheek cold sensitive (02F) and icy cold (02F)



#### 4.2.2.10 Throat

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Throat**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Difficulty swallowing, Lump sensation, Tightness, Pain, Dryness, Itchiness** and **Mucous**

Table 4.11: Throat symptoms from the provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>THROAT</b></u>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. DIFFICULTY SWALLOWING</b></p> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Throat</li> <li>Larynx</li> <li>Neck muscles</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Tightness</li> <li>Constriction</li> <li>Tense</li> </ul> </li> </ul>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. DIFFICULTY SWALLOWING</b></p> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Throat</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Painful oesophagus, like swallowed hot food or walking in a hot windy place</li> <li>Tightness</li> </ul> </li> </ul> <p><b>2. LUMP SENSATION</b></p>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. VOICE</b></p> <ul style="list-style-type: none"> <li>Voice gone</li> <li>Whispering</li> <li>No pain</li> <li>Grave sounding voice</li> <li>Hoarse</li> <li>Rough and scratchy voice</li> </ul> <p><b>2. DRYNESS</b></p> <ul style="list-style-type: none"> <li><b>Concomitant</b></li> </ul>

	<ul style="list-style-type: none"> <li>- Constricted neck muscles</li> <li>- Throat closed</li> </ul> <p><b>2. LUMP SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; On right side</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sensation of a lump in the throat</li> </ul> </li> </ul> <p><b>3. TIGHTNESS/ CONstriction</b></p> <p><b>4. PAIN/ SORENESS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Occipital ache</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Central</li> <li>- Lower oro-pharynx</li> <li>- Upper larynx</li> <li>- Neck</li> </ul> </li> <li>• <b>Modality</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Throat</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sensation of a lump in throat when swallowing</li> </ul> </li> </ul> <p><b>3. TIGHTNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Throat</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Slight</li> </ul> </li> </ul> <p><b>4. PAIN/ SORENESS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Lump in throat</li> <li>- Dry</li> <li>- Tightness</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Oesophagus</li> <li>- Throat</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Food</li> <li>- &gt; Drink</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Cough</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Throat</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Eating</li> <li>- &lt; Drinking</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Rough</li> <li>- Dry</li> </ul> </li> </ul> <p><b>3. ITCHINESS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Runny</li> <li>- Nose</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Throat</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Dust allergy</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Throat itch</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- &gt; Swallowing</li> <li>- &gt; Empty swallowing</li> <li>- &gt; Warm drinks</li> <li>- &gt; Cold drinks</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Difficulty swallowing</li> <li>- Ache</li> </ul> </li> </ul> <p><b>5. RAW SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Throat</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Swallowing</li> <li>- &gt; Warm drinks</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sensation of rawness</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Waking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As if swallowed something hot or walking in a dry windy place</li> <li>- Soreness</li> <li>- Aching</li> <li>- Sharp</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- On waking</li> </ul> </li> </ul> <p><b>5. BURNING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Throat</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Burning dry throat</li> </ul> </li> </ul> <p><b>6. COLD SENSITIVE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Larynx</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sensation of cold air in larynx</li> </ul> </li> </ul> <p><b>7. ANXIETY IN THROAT</b></p>	<p><b>4. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Thick postnasal drip</li> <li>- Coughing</li> <li>- Tenacious phlegm</li> <li>- Dry</li> <li>- Have to clear throat constantly</li> <li>- Absence of voice</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left side</li> <li>- Right</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Clearing throat</li> <li>- &gt; Water</li> <li>- &lt; Swallowing</li> <li>- &lt; Empty swallowing</li> <li>- &gt; Fruits</li> <li>- &gt; Warm drinks</li> <li>- &lt; Sweets</li> <li>- &lt; Scarf around neck</li> </ul> </li> </ul>
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		<b>8. MUCUS IN THROAT</b>  <b>9. SCRATCHY THROAT</b>  <b>10. DRY THROAT</b>	<ul style="list-style-type: none"> <li>- &lt; Talking</li> <li>- &gt; Being quiet</li> <li>- &lt; Warm drinks</li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sharp as razors</li> <li>- Cutting</li> <li>- Sore throat</li> <li>- Heart beating in throat</li> <li>- Raw</li> <li>- Tickling</li> <li>- Inflamed</li> <li>- Itchy</li> <li>- Tender</li> <li>- Sensation of a sticky or slimy, but spiny thing in throat</li> <li>- Food stuck in throat</li> <li>- Something stuck in throat</li> <li>- Pharyngitis</li> <li>- Burning (chillies)</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Splinters</li> </ul> <p><b>5. MUCOUS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Pain on swallowing</li> <li>- Postnasal drip</li> <li>- Need to cough</li> <li>- Effort to breathe</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Back of throat</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Thick</li> <li>- Sticky</li> <li>- Yellow in colour</li> <li>- Mucous plug</li> <li>- Mucous plug, difficulty swallowing</li> </ul> </li> </ul> <p><b>6. SWELLING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Dry</li> <li>- Cough</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Swelling</li> </ul> </li> </ul> <p><b>7. PINS AND NEEDLES</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Rising up in throat</li> <li>- Claustrophobic feeling</li> <li>- Warmth</li> </ul> </li> </ul> <p><b>8. TICKLE</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Coughing</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Water</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tickle</li> <li>- Coughing to clear the tickle sensation</li> </ul> </li> </ul> <p><b>9. DIFFICULTY SWALLOWING</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b></li> </ul>
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			<ul style="list-style-type: none"> <li>- Worse for swallowing anything</li> <li>- Pain</li> </ul> <p><b>10. BALL SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b></li> <li>- Like something in throat, a ball of air</li> </ul>
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#### 4.2.2.10.1 Difficulty swallowing

After the group analysis of **Difficulty swallowing**, the following similar features/symptomatology was determined from each remedy:

##### Sensation

- Difficulty swallowing:
  - *Bitis arietans arietans* – Difficulty in swallowing (02M)
  - *Bitis gabonica gabonica* – Difficulty in swallowing (15M)
  - *Bitis atropos* – Difficulty in swallowing (02F, 17F, 20F, 25F and 33F) and painful swallowing (02F and 25F)
- Tightness:
  - *Bitis arietans arietans* – Tightness (02M)

- *Bitis gabonica gabonica* – Tightness (18F)

#### 4.2.2.10.2 Lump sensation

After the group analysis of **Lump sensation**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Lump in throat:
  - *Bitis arietans arietans* – Sensation of a lump in the throat (02M).
  - *Bitis gabonica gabonica* – Sensation of a lump in the throat when swallowing (03F and 09F).
  - *Bitis atropos* – Like ball of air in throat (19F)

#### 4.2.2.10.3 Tightness

After the group analysis of **Tightness**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Tightness:
  - *Bitis arietans arietans* – Tightness (02M) and constriction (02M)
  - *Bitis gabonica gabonica* – Tightness (18F)



#### 4.2.2.10.4 Pain

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy:

##### Concomitant

- Dry:
  - *Bitis gabonica gabonica* – Dry (01F and 09F)
  - *Bitis atropos* – Dry (33F, 15F and 20F)

##### Sensation

- Aching:
  - *Bitis arietans arietans* – Ache (21F)
  - *Bitis gabonica gabonica* – Aching (09F)
- Sharp:
  - *Bitis gabonica gabonica* – Sharp (09F)
  - *Bitis atropos* – Sharp as razors (02F), cutting (02F and 33F), sensation of a sticky or slimy, but spiny thing in the throat (08M) and splinters (33F).
- Soreness:
  - *Bitis arietans arietans* – Sore throat (21F)
  - *Bitis gabonica gabonica* – Soreness (09F, 06F, 13M and 18F)

- *Bitis atropos* – Sore throat (02F, 03F, 04M, 17F, 20F, 25F, 30F, 33F and 35M) and pharyngitis (20F).
- Burning:
  - *Bitis gabonica gabonica* – As if swallowed something hot or walking in a dry windy place (15M) and burning (01F)
  - *Bitis atropos* – Burning, chillies (25F, 30F and 33F)
- Rawness:
  - *Bitis arietans arietans* – Raw (10M)
  - *Bitis atropos* – Raw (02F and 33F)

#### 4.2.2.10.5 Dryness

After the group analysis of **Dryness**, the following similar features/ symptomatology was determined from each remedy:

#### Sensation

- Dryness:
  - *Bitis gabonica gabonica* – Dry throat (01F and 09F)
  - *Bitis atropos* – Dryness (33F, 15F and 20F)

#### 4.2.2.10.6 Itchiness

After the group analysis of **Itchiness**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Itch:
  - *Bitis gabonica gabonica* – Scratchy throat (03F, 09F and 18F)
  - *Bitis atropos* – Itchiness (04M and 35M) and scratchy (15F, 25F and 33F)

#### 4.2.2.10.7 Mucous

After the group analysis of **Mucous**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Mucous:
  - *Bitis gabonica gabonica* – Mucous in throat (09F)
  - *Bitis atropos* – Mucous (08M, 20F, 30F, 03F and 33F)

#### 4.2.2.11 External throat

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **External throat**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the only symptom that proved to be common was a symptom of **Pain**.

Table 4.12: External Throat symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>EXTERNAL</b></u> <u><b>THROAT</b></u>	<u><b>SYMPTOM/S</b></u>  <b>1. CRAMP</b>  <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Left sternocleidomastoid muscle</li> </ul> </li> <li><b>Modality</b> <ul style="list-style-type: none"> <li>&gt; Kneading the muscle</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. TENDERNESS</b>  <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Below jawline</li> </ul> </li> </ul> <b>2. SENSITIVITY/TIGHTNESS</b>  <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Jaw</li> <li>Throat</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. SWELLING</b>  <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Left tonsil</li> <li>Right tonsil</li> </ul> </li> <li><b>Modality</b> <ul style="list-style-type: none"> <li>&lt; Palpation</li> </ul> </li> </ul> <b>2. PAIN</b>

	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Cramp</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- On waking</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Submandibular lymph nodes</li> </ul> </li> </ul>
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#### 4.2.2.11.1 Pain

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy:

##### Location

- Below jawline:
  - *Bitis gabonica gabonica* – Below jawline (18F)
  - *Bitis atropos* – Submandibular lymph nodes (08M)

##### Sensation

- Pain/ tenderness:
  - *Bitis gabonica gabonica* – Tenderness (18F)
  - *Bitis atropos* – Pain (08M)

#### 4.2.2.12 Stomach

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Stomach**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Thirst**, **Decreased appetite**, **Increased appetite**, **Nausea**, **Eructation** and **Pain**.

Table 4.13: Stomach symptoms from the provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION</b></u> <u><b>IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>STOMACH</b></u>	<ul style="list-style-type: none"> <li><u><b>SYMPTOM/S</b></u> <ol style="list-style-type: none"> <li><b>THIRSTY/ DEHYDRATED</b></li> </ol> </li> <li><b>Concomitants</b> <ul style="list-style-type: none"> <li>Thirsty (contrast)</li> </ul> </li> <li><b>Location</b> <ul style="list-style-type: none"> <li>Lips</li> <li>Mouth</li> <li>Stomach</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><u><b>SYMPTOM/S</b></u> <ol style="list-style-type: none"> <li><b>THIRST</b></li> </ol> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Very thirsty for water</li> </ul> </li> <li><b>BURNING</b></li> <li><b>Location</b> <ul style="list-style-type: none"> <li>Stomach</li> <li>Epigastrium</li> </ul> </li> <li><b>Modality</b></li> </ul>	<ul style="list-style-type: none"> <li><u><b>SYMPTOM/S</b></u> <ol style="list-style-type: none"> <li><b>THIRST</b></li> </ol> </li> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Dry tongue</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Increased</li> <li>Drinking sips of water</li> <li>Drinking water, but not satisfied</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Cold water</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dry</li> <li>- Thirsty</li> <li>- Dehydrated</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Throughout day</li> <li>- Night</li> </ul> </li> </ul> <p><b>2. LOSS OF APPETITE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Stomach</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Loss of appetite</li> <li>- Appetite loss, but still eating</li> <li>- Stomach feels full</li> <li>- Nausea</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- &gt; Eating</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Burning</li> <li>- Discomfort</li> <li>- Burning pain</li> <li>- Unsettled</li> <li>- Acid deep in stomach</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 12h00</li> </ul> </li> </ul> <p><b>3. KNOT</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Knot in stomach</li> </ul> </li> </ul> <p><b>4. ACHE</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Ache</li> <li>- Spasms</li> </ul> </li> </ul> <p><b>5. BORBORYGMI</b></p> <ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Late eating</li> </ul> </li> <li>• <b>Sensation</b></li> </ul>	<ul style="list-style-type: none"> <li>- Craving water</li> <li>- Dehydrated</li> <li>- Not thirsty for water, but drinking it</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Night</li> <li>- Evenings</li> <li>- Morning</li> </ul> </li> </ul> <p><b>2. DECREASED APPETITE</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Pain</li> <li>- Nausea</li> <li>- Thirst for water</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- Likes sweet things</li> <li>- &gt; Fluids</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Loss of appetite</li> <li>- Missing meals</li> <li>- Unable to eat</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Forced supper down throat</li> <li>- Hungry, but do not feel like eating</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Evening</li> <li>- During the day</li> <li>- Night</li> </ul> </li> </ul> <p><b>3. NAUSEA</b></p> <p><b>4. INCREASED APPETITE</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Hungry, but do not know what to eat</li> <li>- Cannot satisfy hunger</li> <li>- Increased appetite</li> <li>- Hungry, but for nothing in particular. This causes hunger to leave</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Grumble</li> <li>- Rumbling</li> </ul> <p><b>6. SENSITIVE TO FOOD</b></p> <p><b>7. APPETITE INCREASED</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Thirsty for water</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Ravenous</li> <li>- Hungry, but cannot decide what for</li> <li>- Huge appetite</li> <li>- Never satisfied</li> <li>- Big appetite for breakfast</li> <li>- Food is very important</li> <li>- Unhappy when food is not right</li> <li>- Can eat a lot</li> <li>- Desperate hunger</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 1pm</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Not willing to eat</li> <li>- Not hungry</li> <li>- When eating feeling of over fullness</li> <li>- No need to eat</li> <li>- Feed is off putting</li> <li>- Do not want to think about food</li> <li>- No desire for food</li> <li>- Wants liquids</li> </ul> <p><b>3. APPETITE INCREASED</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Lack of energy</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- Craving; pizza, fat cook, apple, bananas, stimulating food, spicy food, meat, well-seasoned food, tea, chocolate</li> <li>- Aversion; bread</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Hungry all the time</li> </ul> </li> </ul>
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	<p><b>5. ERUCTATIONS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Stomach</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- After meal</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Violent</li> <li>- Frequent</li> <li>- Eructation</li> <li>- Seems to scrape throat on arising</li> <li>- Arises from deep in the stomach.</li> <li>- Sensation of burning in the lower half of the oesophagus</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 30min after eating</li> </ul> </li> </ul>	<p><b>8. APPETITE DECREASED</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- No appetite</li> <li>- Averse to food</li> <li>- Had to forcefully eat</li> <li>- Not hungry</li> </ul> </li> </ul> <p><b>9. NAUSEA</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Flatulence</li> <li>- Burping</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- After eating</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Cold fresh air</li> <li>- &lt; Driving car</li> <li>- &lt; Savoury pastry</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Wave of nausea</li> <li>- Queasy</li> </ul> </li> <li>• <b>Time</b></li> </ul>	<ul style="list-style-type: none"> <li>- Hungry while eating</li> <li>- Hungry after eating</li> <li>- Snacking after eating a meal</li> <li>- Excessive</li> <li>- Insatiable hunger</li> </ul> <p><b>4. EMPTY FEELING</b></p> <p><b>5. ERUCTATION</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Excessive gas</li> <li>- Increase in bowel sounds</li> <li>- As if a runny tummy</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Eating</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Burping</li> <li>- Eructation</li> <li>- Whether eating or not</li> <li>- Full or empty stomach</li> <li>- Loud</li> </ul> </li> </ul>
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		<ul style="list-style-type: none"> <li>- 1min after remedy</li> <li>- Intermittent</li> </ul> <p><b>10. SHAKY AFTER DRINKING COFFEE</b></p> <p><b>11. STOMACH FEELS BLOCKED</b></p> <p><b>12. ERUCTATIONS</b></p> <ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Anxiety</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Belching</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- 20 times a day</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- During the day</li> </ul> </li> </ul> <p><b>6. FULLNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Heavy or rich food</li> <li>- &gt; Walking around</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Excessive</li> <li>- As if food did not digest</li> </ul> </li> </ul> <p><b>7. NAUSEA</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Cough</li> <li>- Pain (cramp, ache)</li> <li>- Decreased appetite</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Bottom of stomach</li> <li>- Back of throat</li> <li>- Lower abdomen</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Urinating</li> <li>- &gt; Water that is not too cold</li> <li>- &lt; Sweet thing</li> <li>- &lt; After eating</li> <li>- &gt; Massage</li> <li>- &gt; Heat</li> <li>- &gt; Hot drinks</li> <li>- &lt; Rich food</li> <li>- &lt; Putrid odours</li> <li>- &gt; Eating</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Deep heavy aching nausea</li> <li>- Not immediate desire to vomit</li> <li>- Shallow nausea</li> <li>- Like a bone stuck in the back of the throat</li> <li>- Subtle nausea</li> <li>- Persistent</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Queasy</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> </ul> </li> </ul> <p><b>8. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Heart burn</li> <li>- Acidic</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Eating too much food</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Eating</li> <li>- &lt; Fluids</li> <li>- &lt; Coffee</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tingling pain</li> <li>- Small pins poking</li> <li>- Burning</li> <li>- Asphyxiation</li> <li>- Ache</li> <li>- Sore</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Lump of concrete in epigastrium</li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 23h00 till 01h00</li> <li>- 1pm</li> </ul> </li> </ul>
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#### 4.2.2.12.1 Thirst

After the group analysis of **Thirst**, the following similar features/ symptomatology was determined from each remedy.

#### Sensation

- Increased thirst:
  - *Bitis arietans arietans* – Thirsty (02M, 08M, 31F and 34F)
  - *Bitis gabonica gabonica* – Very thirsty for water (01F and 03F)
  - *Bitis atropos* – Increased (18F, 33F, 06M, 15F, 19F, 23M and 25F), drinking water but not satisfied (15F) and craving water (15F)
- Dehydrated:
  - *Bitis arietans arietans* – Dehydrated (02M, 08M and 34F)
  - *Bitis atropos* – Dehydrated (20F)

## Time

- Night:
  - *Bitis arietans arietans* – Night (31F)
  - *Bitis atropos* – Night (06M)

### **4.2.2.12.2 Decreased appetite**

After the group analysis of **Decreased appetite**, the following similar features/symptomatology was determined from each remedy.

## Sensation

- Loss of appetite:
  - *Bitis arietans arietans* – Loss of appetite (02M, 08M, 21F, 26F, 34F and 04F) and appetite loss, but still eating (10M).
  - *Bitis gabonica gabonica* – No appetite, averse to food (10F), not hungry (05F) and appetite decreased (10F and 05F)
  - *Bitis atropos* – Loss of appetite (03F, 18F, 20F, 25F, 30F, 33F and 35M), missing meals (03F), unable to eat (03F), not willing to eat (03F), not hungry (03F), no need to eat (03F), food is off putting (03F), did not want to think about food (03F), no desire for food (03F) and decreased appetite (18F and 25F)
- Force feed:
  - *Bitis arietans arietans* – Forced supper down throat (31F).
  - *Bitis gabonica gabonica* – Had to forcefully eat (10F).

- Stomach full:
  - *Bitis arietans arietans* – Stomach feels full (26F)
  - *Bitis atropos* – When eating feeling of over fullness (03F and 17F)

#### 4.2.2.12.3 Increased appetite

After the group analysis of **Increased appetite**, the following similar features/symptomatology was determined from each remedy.

#### Sensation

- Increased appetite:
  - *Bitis arietans arietans* - Hungry, but do not know what to eat (04F), cannot satisfy hunger (08M), increased appetite and hungry, but for nothing in particular (26F).
  - *Bitis gabonica gabonica* – Ravenous (01F), hungry, but cannot decide what for (01F), huge appetite (05F), never satisfied (05F), big appetite for breakfast (05F), food is very important (03F), unhappy when food is not right (03F), can eat a lot (03F) and desperate hunger (13M)
  - *Bitis atropos* - Hungry all the time (02F), hungry while eating (02F), hungry after eating (20F), snacking after eating a meal (20F), excessive (15F, 20F, 24F and 25F) and insatiable hunger (20F).

#### 4.2.2.12.4 Nausea

After the group analysis of **Nausea**, the following similar features/ symptomatology was determined from each remedy.

##### Sensation

- Nausea:
  - *Bitis arietans arietans* – Nausea (26F)
  - *Bitis gabonica gabonica* – Wave of nausea (05F and 18F) and queasy (20F)
  - *Bitis atropos* - Deep heavy aching nausea (03F), not immediate desire to vomit (03F), shallow nausea (03F), like a bone stuck in the back of the throat (03F), Subtle nausea (03F), persistent (03F) queasy (27F) and nausea (02F, 03F, 04M, 27F and 33F).

#### 4.2.2.12.5 Eructation

After the group analysis of **Eructation**, the following similar features/ symptomatology was determined from each remedy.

##### Sensation

- Eructation:
  - *Bitis arietans arietans* – Eructation (10M)
  - *Bitis gabonica gabonica* – Belching (01F)
  - *Bitis atropos* – Eructation (02F)



- Frequent:
  - *Bitis arietans arietans* – frequent (10M)
  - *Bitis atropos* – 20 times a day (02F)

#### 4.2.2.12.6 Pain

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy.

#### Sensation

- Ache:
  - *Bitis gabonica gabonica* – Ache (03F)
  - *Bitis atropos* – Ache (03F and 32F)

#### 4.2.2.13 Abdomen

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Abdomen**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Bloating/ distention, Pain/ cramps** and **Flatulence**

Table 4.14: Abdomen symptoms from provings of *Bitis spp.* remedies

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION</u></b> <b><u>IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>ABDOMEN</u></b>	<p><b><u>SYMPTOM/S</u></b></p> <p><b>1. DISTENTION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Abdomen</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Eating breakfast</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Distention</li> </ul> </li> </ul> <p><b>2. BLOATING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Flatulence</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Abdomen</li> </ul> </li> <li>• <b>Aetiology</b></li> </ul>	<p><b><u>SYMPTOM/S</u></b></p> <p><b>1. DISTENTION</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Distention</li> </ul> </li> </ul> <p><b>2. BLOATING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Lower abdomen</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Bloating</li> <li>- Full of gas</li> <li>- A lot of gas</li> <li>- Can feel bowel movements</li> </ul> </li> </ul> <p><b>3. PAIN/ CRAMPS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b></li> </ul>	<p><b><u>SYMPTOM/S</u></b></p> <p><b>1. BLOATING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Diarrhoea</li> <li>- Lethargic</li> <li>- Increased frequency of defaecation</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Loose clothing</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Gassy</li> <li>- Painless</li> <li>- Uncomfortable</li> <li>- Enlarged sensation</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- On eating breakfast</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Urging for stool</li> <li>- Painless</li> <li>- Distended</li> <li>- Bloating</li> <li>- Full of gas</li> <li>- Cramping pain on eating</li> </ul> </li> </ul> <p><b>3. URGING FOR STOOL</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Abdominal bloating</li> <li>- Desire to defecate with pain (does not ameliorate pain)</li> <li>- Flatulence</li> </ul> </li> </ul> <p><b>4. FLATULENCE</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Urging for stool</li> <li>- Cramps</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Increased abdominal gas</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Above left hip, lateral</li> <li>- Lower abdomen</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sharp pain, like a sword through intestines or like a knife</li> <li>- Constant pain</li> <li>- Chronic</li> <li>- Cramping pain</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> </ul> </li> </ul> <p><b>4. FLATULENCE</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- A lot of gas</li> <li>- Increased flatulence</li> <li>- Flatulence</li> <li>- Noisy bowel sounds, like bubbles in intestine</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Bloating</li> <li>- Soft</li> <li>- Flabby</li> </ul> <p><b>2. PAIN/ CRAMPS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Urge to defecate</li> <li>- As if something wants to come out of the rectum</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right sided</li> <li>- Pubic symphysis</li> <li>- Sacrum</li> <li>- Lower part of abdomen</li> <li>- Below the umbilicus</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Sitting with legs up to stomach</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Strong</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Abdominal</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Bloating</li> <li>- Pain/ painless</li> <li>- Flatulence</li> <li>- Abdomen full of gas</li> <li>- Desire to pass flatus</li> <li>- Aching pain</li> </ul> </li> </ul> <p><b>5. CRAMPING/ PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Bloating</li> <li>- Distention</li> <li>- Aching pain</li> <li>- Flatulence</li> <li>- Desire to pass flatus</li> <li>- Desire to defecate (does not ameliorate pain)</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Feels like hands grabbing and twisting the intestines</li> <li>- Like a snake twisting the intestines</li> <li>- Slight</li> <li>- Abdomen feels as if it belongs to someone else</li> <li>- Ache</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Afternoon</li> </ul> </li> </ul> <p><b>3. TINGLING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Pelvic area</li> </ul> </li> </ul> <p><b>4. Shooting</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Pelvic area</li> </ul> </li> </ul> <p><b>5. DARTING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Pelvic area</li> </ul> </li> </ul> <p><b>3. FLATULENCE</b></p>
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	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Abdomen</li> <li>- Central</li> <li>- Lower abdomen</li> <li>- Pelvic region</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- While sitting cross-legged</li> <li>- While standing</li> <li>- On eating breakfast</li> <li>- After taking the remedy</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Lying on back</li> <li>- &lt; Running (especially the beginning of the run)</li> <li>- &lt; Stretching out</li> <li>- &lt; Pressure</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Cramping on eating</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Gassy</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Constricting</li> <li>- Severe</li> <li>- Aching</li> <li>- Uncomfortable</li> <li>- Gassy pain</li> <li>- Borborygmi</li> <li>- Crease of pain</li> <li>- Pressing pain</li> <li>- Feels like a full stomach</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Lasted for a min or two</li> <li>- Short-lived</li> <li>- Onset in evening</li> </ul> </li> </ul> <p><b>6. WARM FEELING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right and left upper quadrant</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Unsettled warm feeling</li> </ul> </li> </ul>		
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	<p><b>7. INDIGESTION</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Right side of abdomen sensitive to touch, painful and tender</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Indigestion</li> <li>- Painful when lying on affected side</li> </ul> </li> </ul>		
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#### 4.2.2.13.1 Bloating/ distention

After the group analysis of **Bloating/ distention**, the following similar features// symptomatology were determined from each remedy.

##### Sensation

- Gassy:
  - *Bitis arietans arietans* – Full of gas (19F, 26F and 07M)
  - *Bitis gabonica gabonica* – Full of gas (03F) and a lot of gas (05F and 19M)
  - *Bitis atropos* – Gassy (04M)
- Painless:

- *Bitis arietans arietans* – Painless (19F)
  - *Bitis atropos* – Painless (15F)
- 
- Distention/ bloated:
    - *Bitis arietans arietans* – Distention (02M and 26F) and bloating (10M, 19F and 26F)
    - *Bitis gabonica gabonica* – Bloated (03F, 05F and 12F) and distended (01F)
    - *Bitis atropos* – Enlarged sensation (19F), bloated (04M and 15F)

#### **4.2.2.13.2 Pain/ cramps**

After the group analysis of **Pain/ cramps**, the following similar features// symptomatology were determined from each remedy.

#### **Concomitant**

- Gassy:
  - *Bitis arietans arietans* – Bloating (10M, 19F and 26F), distention (02M and 26F), flatulence (19F and 07M) and desire to pass flatus (07M).
  - *Bitis gabonica gabonica* – Increased abdominal gas (05F).

#### **Location**

- Lower abdomen:



- *Bitis arietans arietans* – Lower abdomen (07M) and pelvic region (07M)
- *Bitis gabonica gabonica* – Above left hip, laterally (09F) and lower abdomen (05F and 10F)
- *Bitis atropos* – Pubic symphysis (02F), sacrum (02F), lower part of abdomen (02F and 09F) and below umbilicus (09F).

### **Sensation**

- Cramping:
  - *Bitis arietans arietans* – Cramping on eating (26F) and cramping (02M, 08M, 10M, 19F, 21F and 26F)
  - *Bitis gabonica gabonica* – cramping pain (09F)
  - *Bitis atropos* – Cramps (03F and 18F)
- Constriction:
  - *Bitis arietans arietans* – Constriction (08M)
  - *Bitis atropos* – Feels like hands grabbing and twisting the intestines (03F) and like a snake twisting the intestine (03F).
- Ache:
  - *Bitis arietans arietans* – Aching (07M)
  - *Bitis atropos* – Ache (25F)

### **Intensity**

- Severe:

- *Bitis arietans arietans* – Severe (08M and 19F)
- *Bitis gabonica gabonica* – Constant (05F)
- *Bitis atropos* – Strong (03F)

#### 4.2.2.13.3 Flatulence

After the group analysis of **Flatulence**, the following similar features/ symptomatology were determined from each remedy.

#### Sensation

- Bloated:
  - *Bitis arietans arietans* – Bloated (10M, 19F and 26F) and full of gas (26F).
  - *Bitis gabonica gabonica* – A lot of gas (03F and 05F)
  - *Bitis atropos* – Bloated (04M and 15F)
- Flatus:
  - *Bitis arietans arietans* – Desire to pass flatus (07M) and flatulence (19F)
  - *Bitis gabonica gabonica* – Increased flatulence (19M)
  - *Bitis atropos* – Gassy (04M)

#### 4.2.2.14 Rectum

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Rectum**. After a comparative analysis

was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Urgency to pass stool, Constipation, Diarrhoea.**

**Table 4.15: Rectum symptoms from provings of *Bitis spp.* remedies**

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION</u></b> <b><u>IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>RECTUM</u></b>	<b><u>SYMPTOM/S</u></b>  <b>1. DESIRE FOR PASSING STOOL</b>  <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Distention</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sudden desire</li> <li>- Desire to pass stool immediately after passing stool</li> <li>- Tenesmus</li> </ul> </li> </ul>	<b><u>SYMPTOM/S</u></b>  <b>1. FLATULENCE</b>  <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Headache</li> <li>- Bloating</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Smells like sulphur</li> </ul> </li> </ul> <b>2. CONSTIPATION</b>  <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Bloating</li> <li>- Tired</li> <li>- Stressed</li> </ul> </li> <li>• <b>Modality</b></li> </ul>	<b><u>SYMPTOM/S</u></b>  <b>1. FLATULENCE</b>  <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Bloating</li> <li>- Frequent defecation</li> <li>- Diarrhoea</li> <li>- Lethargy</li> <li>- Bowel movements often, with little evacuation</li> <li>- Urgency in defecation</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Defecating</li> </ul> </li> </ul>

	<p><b>2. URGENCY FOR STOOL</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sudden</li> <li>- Urging</li> <li>- Urgent</li> <li>- Unfinished feeling after stool passed</li> <li>- Incomplete</li> <li>- Frequent</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Early</li> </ul> </li> </ul> <p><b>3. INNEFFECTUAL URGE</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Incomplete</li> <li>- Tenesmus</li> <li>- Unfinished feeling</li> <li>- Stool in small pieces</li> <li>- Nothing comes out</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- &gt; Eating</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Urging, but no movement</li> </ul> </li> </ul> <p><b>3. DIARRHOEA</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Watery</li> <li>- Frothy</li> <li>- Gassy</li> <li>- Excessive</li> <li>- Soft</li> <li>- Profuse jelly like discharge</li> <li>- Bowel not completely empty</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- &gt; Sexual intercourse</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Increased</li> <li>- Putrid odour</li> <li>- Gassy</li> <li>- Increased during menses</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 3pm</li> </ul> </li> </ul> <p><b>2. DIARRHOEA</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Lethargy</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left side abdominal muscles (pain)</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Frequent defecation</li> <li>- Diarrhoea</li> <li>- Bowel movements often, with little evacuation</li> <li>- Urgency in defecation</li> <li>- Persistent</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Urge, but nothing produced</li> </ul> <p><b>4. DIFFICULTY PASSING STOOL</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tenesmus</li> <li>- Having to push hard</li> <li>- Straining to pass stool</li> <li>- Bearing down sensation</li> </ul> </li> </ul> <p><b>5. NUMEROUS BOWEL MOVEMENTS</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Increased frequency of bowel movements</li> <li>- Passed stool 3 times in the morning</li> </ul> </li> </ul> <p><b>6. DIARRHOEA</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Soft stool</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Mild</li> <li>- Stomach pain</li> <li>- Separated stool</li> <li>- Stool not solid</li> <li>- Yellow stool</li> <li>- Strange feeling in the stomach</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> </ul> </li> </ul> <p><b>3. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Abdomen</li> <li>- Rectum</li> <li>- Lower part of the abdomen</li> <li>- Below the umbilicus</li> <li>- Anus</li> </ul> </li> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Coffee</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Sitting down</li> <li>- &lt; Coughing</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Feeling</li> <li>- The need to defecate</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Cramps</li> <li>- As if something wants to come out</li> <li>- As if someone is pushing needles into rectum</li> <li>- Rectum is painful</li> <li>- The anus feels warm</li> </ul> <p><b>4. URGENCY</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Pain</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Massaging the stomach region, in a small circular motion up and down</li> <li>- &gt; After stool</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Need to go to the toilet often</li> <li>- Feeling like there is still stool left behind after defecating</li> <li>- Intense</li> <li>- Urge is so great that defecation occurs before reaching the toilet</li> <li>- Diarrhoea</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Ineffectual urge</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Afternoon</li> <li>- Night</li> <li>- 8pm</li> </ul> </li> </ul> <p><b>4. CONSTIPATION</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Ineffectual urge</li> </ul> </li> </ul>
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#### 4.2.2.14.1 Urgency to pass stool

After the group analysis of **Urgency to pass stool**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Sudden:
  - *Bitis arietans arietans* – Sudden (02M) and urgent (10M)
  - *Bitis atropos* – Urge is so great that defaecation occurs before reaching the toilet (03F) and urgent (04M, 03F)
- Tenesmus:

- *Bitis arietans arietans* – Unfinished feeling after stool passed (10M) and incomplete (10M).
- *Bitis gabonica gabonica* – Feel like there is still stool left after defecating (12F)
- *Bitis atropos* – Tenesmus (02F)

#### 4.2.2.14.2 Constipation

After the group analysis of **Constipation**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Constipation:
  - *Bitis arietans arietans* – Constipation (07M, 16F, 10M, 08M, 19F and 31F)
  - *Bitis gabonica gabonica* – Constipation (01F, 12F and 19M)
  - *Bitis atropos* – Ineffectual urge (03F)

#### 4.2.2.14.3 Diarrhoea

After the group analysis of **Diarrhoea**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation



- Frequency increased:
  - *Bitis arietans arietans* – Soft stool (02M and 10M)
  - *Bitis gabonica gabonica* – Excessive (03F, 05F and 08M)
  - *Bitis atropos* – Diarrhoea (02F, 04M, 35M and 03F)

#### 4.2.2.15 Stool

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Stool**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Diarrhoea**, **Constipation** and **Colour**.

Table 4.16: Stool symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION</b></u> <u><b>IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>STOOL</b></u>	<u><b>SYMPTOM/S</b></u>  1. <b>EXPLOSIVE</b> <b>(DIARRHOEA)</b>  2. <b>SCANTY</b>  3. <b>SEMI-SOLID</b>	<u><b>SYMPTOM/S</b></u>  1. <b>CONSTIPATION</b>  2. <b>DIARRHOEA</b>	<u><b>SYMPTOM/S</b></u>  1. <b>FREQUENCY</b>  - Increased  2. <b>SOFT</b>  3. <b>COLOUR</b>

	<b>4. COPIOUS</b>  <b>5. SLIGHTLY SOFT</b>  <b>6. LOOSE</b>  <b>7. DARK</b>  <b>8. SMALL AMOUNT</b>  <b>9. RUSTY COLOUR</b>  <b>10. SMALL PIECES</b>  <b>11. DRY</b>  <b>12. KNOTTY</b>		<ul style="list-style-type: none"> <li>- Brownish</li> <li>- Yellow</li> <li>- Green</li> <li>- Black</li> <li>- Dark brown</li> <li>- Pale</li> </ul> <b>4. WATERY</b>  <b>5. ODOUR</b> <ul style="list-style-type: none"> <li>- Putrid</li> <li>- Very odourous</li> </ul> <b>6. UNDIGESTED MATTER</b>  <b>7. DIARRHOEA</b> <ul style="list-style-type: none"> <li>- Loose stool</li> <li>- Not so solid</li> </ul> <b>8. CONSTIPATION</b> <ul style="list-style-type: none"> <li>- Constipation</li> <li>- Ineffectual urge</li> </ul>
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#### 4.2.2.15.1 Diarrhoea

After the group analysis of **Diarrhoea**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Diarrhoea:
  - *Bitis arietans arietans* – Diarrhoea (02M, 07M and 08M)
  - *Bitis gabonica gabonica* – Diarrhoea (03F, 05F and 08M)
  - *Bitis atropos* – Diarrhoea (20F, 03F and 35M)

#### 4.2.2.15.2 Constipation

After the group analysis of **Constipation**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Constipation:
  - *Bitis arietans arietans* – Small amount (10M) and constipation (01F, 12F and 19M).
  - *Bitis gabonica gabonica* - Constipation (01F, 12F and 19M).
  - *Bitis atropos* – Constipation (03F)

#### 4.2.2.15.3 Colour

After the group analysis of **Colour**, the following similar features/ symptomatology was determined from each remedy:

#### Appearance

- Dark:
  - *Bitis arietans arietans* – Dark (08M and 10M)
  - *Bitis atropos* – Black (03F) and dark brown (03F)

#### 4.2.2.16 Bladder

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Bladder**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the only symptom that proved to be common was a symptom of **Increased frequency**.

Table 4.17: Bladder symptoms from provings of *Bitis spp.* remedies

	<u><i>BITIS ARIETANS</i></u> <u><i>ARIETANS</i></u> (Wright 1999)	<u><i>BITIS GABONICA</i></u> <u><i>GABONICA</i></u> (Thomson 2004)	<u><i>BITIS ATROPOS</i></u> (Brijnath and Schonfield 2013)
<u>SECTION</u> <u>IN</u> <u>MATERIA</u> <u>MEDICA</u>			

<b><u>BLADDER</u></b>	<b><u>SYMPTOM/S</u></b>		<b><u>SYMPTOM/S</u></b>
	<p><b>1. INCOMPLETE SENSATION</b></p> <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Sensation of incompleteness after urination</li> <li>Ineffectual urge</li> <li>Bearing down sensation</li> <li>Ineffectual urge and then another urge to urinate</li> </ul> </li> </ul> <p><b>2. INCREASED FREQUENCY</b></p> <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Profuse</li> </ul> </li> <li><b>Time</b> <ul style="list-style-type: none"> <li>Before bed</li> <li>Morning</li> <li>Woke twice to urinate</li> <li>Frequently</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Nothing to report on</li> </ul>	<p><b>1. PRESSURE</b></p> <ul style="list-style-type: none"> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Frequency increased</li> </ul> </li> <li><b>Location</b> <ul style="list-style-type: none"> <li>Area of bladder</li> <li>Inside bladder</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Absence of pain</li> <li>Pressure</li> <li>As if bladder is full, no urge to urinate</li> </ul> </li> </ul> <p><b>2. INCREASED FREQUENCY</b></p> <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Increased frequency</li> </ul> </li> </ul>

#### 4.2.2.16.1 Increased frequency

After the group analysis of **Increased frequency**, the following similar features or symptomatology was determined from each remedy:

#### Sensation

- Increased frequency:
  - *Bitis arietans arietans* – Profuse (10M) and frequently (10M and 19F)
  - *Bitis atropos* – Increased frequency (20F)

#### 4.2.2.17 Urine

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Urine**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the only symptom that proved to be common was a symptom of **Profuse urination**.

Table 4.18: Urine symptoms from provings of *Bitis spp.* remedies

	<u><i>BITIS ARIETANS</i></u> <u><i>ARIETANS</i></u> (Wright 1999)	<u><i>BITIS GABONICA</i></u> <u><i>GABONICA</i></u> (Thomson 2004)	<u><i>BITIS ATROPOS</i></u> (Brijnath and Schonfield 2013)
<u>SECTION IN</u> <u>MATERIA</u> <u>MEDICA</u>			

<b><u>URINE</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>	<b><u>SYMPTOM/S</u></b>
	1. PROFUSE  2. NOT PROPORTIONATE TO AMOUNT OF FLUID TAKEN IN  3. CLEAR  4. STRONG ODOUR	1. PROFUSE URINATION	1. INCREASED FREQUENCY/ PROFUSE  • Sensation - More urine formed than liquid taken in  • Time - Night  2. COLOUR  - Light green colour  3. ODOUR  - Coffee

#### 4.2.2.17.1 Profuse urination

After the group analysis of **Profuse urination**, the following similar features/ symptomatology was determined from each remedy:

#### **Sensation**

- Profuse urination:
  - *Bitis arietans arietans* – Profuse (10M)

- *Bitis gabonica gabonica* – Profuse (05F)
- *Bitis atropos* – Profuse (06M, 15, 18F and 20F)

#### 4.2.2.18 Male genitalia/ sex

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Male genitalia/ sex**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the only symptom that proved to be common was a symptom of **High libido**.

**Table 4.19: Male genitalia/ sex symptoms from provings of *Bitis spp.* remedies**

	<u><b><i>BITIS ARIETANS</i></b></u> <u><b><i>ARIETANS</i></b></u> (Wright 1999)	<u><b><i>BITIS GABONICA GABONICA</i></b></u> (Thomson 2004)	<u><b><i>BITIS ATROPOS</i></b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN MATERIA MEDICA</b></u>			
<u><b>MALE GENITALIA/ SEX</b></u>	<u><b>SYMPTOM/S</b></u>  <b>1. LIBIDO</b>  <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Increased greatly</li> <li>Strong</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Nothing to report on</li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. LIBIDO</b>  <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>High</li> <li>Depressed when not getting what they want</li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>- Erotic thoughts</li> <li>- Strong desires</li> <li>- Contrast decreased/ no libido</li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Evening</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Aroused</li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Morning</li> <li>- Night</li> </ul> </li> </ul>
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#### 4.2.2.18.1 High libido

After the group analysis of **High libido**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Increased:
  - *Bitis arietans arietans* – Increased greatly (02M)
  - *Bitis atropos* – Increased (04M)
- Aroused:
  - *Bitis arietans arietans* – Strong (08M), erotic thoughts (08M) and strong desires (10M).
  - *Bitis atropos* – Aroused (04M)

#### 4.2.2.19 Female genitalia/ sex

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Female genitalia/ sex**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Menses, Pain, Discharge** and **Libido**.

Table 4.20: Female genitalia/ sex symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>FEMALE</b></u> <u><b>GENITALIA/</b></u> <u><b>SEX</b></u>	<u><b>SYMPTOM/S</b></u>  <b>1. MENSES</b>  <ul style="list-style-type: none"> <li><b>Concomitants</b> <ul style="list-style-type: none"> <li>Painless</li> <li>Tired</li> <li>Lethargic</li> <li>Difficulty moving around</li> <li>Absent PMS (Breast</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. MENSES</b>  <ul style="list-style-type: none"> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Slight</li> </ul> </li> <li><b>Time</b> <ul style="list-style-type: none"> <li>Lasted 6 days</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Painful</li> </ul> </li> </ul> <b>2. PAIN/ CRAMPS</b>  <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Left ovary</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. MENSES</b>  <ul style="list-style-type: none"> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Loose stool</li> <li>Increased flatulence</li> </ul> </li> <li><b>Location</b> <ul style="list-style-type: none"> <li>Uterus</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Heavy flow</li> <li>Gushing flow</li> <li>Flow messes clothes</li> </ul> </li> </ul>

	<p>enlargement absent)</p> <ul style="list-style-type: none"> <li>- Headache</li> <li>- Thick feeling in head</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Abdomen</li> <li>- Breast</li> <li>- Female genital tract</li> <li>- Uterus</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sudden onset</li> <li>- Heavy flow</li> <li>- Dark blood</li> <li>- Many clots</li> <li>- Dark red/black clots</li> <li>- As if menstrual contents would fall out if walking</li> <li>- Not comfortable</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Pubic symphysis</li> <li>- Lower back</li> <li>- Lower abdomen</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Sitting</li> <li>- &gt; Bending left leg</li> <li>- &gt; Still</li> <li>- Horrible</li> <li>- &gt; Rubbing</li> <li>- &gt; Stretch</li> <li>- &gt; Lying on side</li> <li>- &gt; After sleep</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sharp</li> <li>- Squeezing</li> <li>- Pain on intercourse, desire is present but pleasure is absent</li> <li>- Bruised sensation</li> <li>- Cramps</li> <li>- Cramps, as if something grabbing uterus and is wringing or twisting it</li> <li>- Hot to touch back and abdomen</li> <li>- Achy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Blood looks diluted and light in colour</li> <li>- Granular clots</li> <li>- Blood; bright red, or pale, pink in colour,</li> <li>- Cramping (uterus)</li> <li>- As if uterus is being dragged down back to lower back</li> <li>- Lack of PMS</li> <li>- Period shorter than usual</li> <li>- Watery flow</li> <li>- Dark flow</li> </ul> <p><b>2. ITCHING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Vagina</li> </ul> </li> </ul> <p><b>3. LIBIDO</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- High</li> </ul> </li> </ul> <p><b>4. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Anterior and posterior pelvic muscles</li> <li>- Ovaries, right</li> <li>- Fallopian tubes</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Abdominal cramp</li> <li>- Menses starts with absence of PMS</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 6 days early</li> <li>- Heavier in the morning, lighter in evening</li> <li>- Lasts 2 days (short)</li> <li>- Menses 8 days early</li> </ul> </li> </ul> <p><b>2. DYSMENORRHOEA</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Dull headache</li> <li>- Thick feeling in head</li> <li>- Body achy</li> <li>- Abdomen feels large</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Abdomen</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Cramps precede menstrual flow</li> <li>- Period pain</li> <li>- As if lower back and lower abdomen in a vice</li> <li>- Miserable</li> <li>- Tender</li> <li>- Sore</li> <li>- Before bleed began</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- After waking</li> <li>- Lasts 30min</li> <li>- Intermittent</li> </ul> </li> </ul> <p><b>3. LIBIDO</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Increased sexual desire</li> <li>- Low libido</li> <li>- No sexual desire, insensible</li> </ul> </li> </ul> <p><b>4. LEUKORRHOEA</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- White</li> <li>- Bland</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Standing</li> <li>- &gt; Doubling up</li> <li>- &gt; Standing with back arched</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As if things are going to escape from the vagina</li> <li>- Muscles trembling and weak</li> <li>- Dull ache</li> <li>- As if open space</li> <li>- Pain in ovaries</li> <li>- Feels like something moving in fallopian tubes</li> <li>- Cramping (uterus)</li> <li>- As if uterus is being dragged down back to lower back</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Terrible</li> <li>- As if contents of abdomen is falling out</li> <li>- Abdominal cramping</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 4h00</li> </ul> </li> </ul> <p><b>3. DISCHARGE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Vagina</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Thin</li> <li>- Watery</li> <li>- Scanty</li> <li>- Brownish</li> <li>- Dirty muddy colour that is mixed with small amounts of blood giving a rusty colour</li> </ul> </li> <li>• <b>Time</b></li> </ul>	<ul style="list-style-type: none"> <li>- Thick</li> <li>- Slight candida</li> </ul> <p><b>5. PMS</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Premenstrual build up</li> <li>- Uncomfortable</li> <li>- Tired</li> <li>- Fretting</li> <li>- Irritated</li> </ul> </li> </ul>	
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	<ul style="list-style-type: none"> <li>- Occurs after the menses</li> </ul> <p><b>4. BURNING SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Skin around vagina</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Raw sensation</li> </ul> </li> </ul> <p><b>5. LIBIDO</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Increased</li> <li>- Parts more sensitive than usual</li> <li>- Very high</li> </ul> </li> </ul>		
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#### 4.2.2.19.1 Menses

After the group analysis of **Menses**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Heavy:
  - *Bitis arietans arietans* – Heavy (16F, 31F and 04F) and as if menstrual contents would fall out if walking (16F and 31F).
  - *Bitis atropos* – Heavy flow (02F, 19F and 34F), Gushing flow (19F), flow messes clothes (19F) and as if contents would escape through private parts (02F)
- Clots:
  - *Bitis arietans arietans* – Many clots (16F) and dark red or black cots (16F)
  - *Bitis atropos* Granular clots (19F)
- Dark blood:
  - *Bitis arietans arietans* – Dark blood (16F)
  - *Bitis atropos* – Dark flow (34F)
- Cramping:
  - *Bitis arietans arietans* – Abdominal cramps (26F and 31F)
  - *Bitis atropos* – Cramping in uterus (19F)

### **4.2.2.19.2 Pain**

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy:

## Location

- Abdomen:
  - *Bitis arietans arietans* – abdomen (26F, 31F and 34F)
  - *Bitis gabonica gabonica* – Lower abdomen (10F and 03F)

## Sensation

- Cramps:
  - *Bitis arietans arietans* – Abdominal cramping (26F and 31F)
  - *Bitis gabonica gabonica* – Cramps (10F), cramps as if something grabbing uterus and is wringing or twisting it (10F) and cramps precede menstrual flow (10F)
  - *Bitis atropos* – Cramping of the uterus (19F)
- As if abdominal contents would fall out:
  - *Bitis arietans arietans* – As if contents of the abdomen is falling out (16F and 31F)
  - *Bitis atropos* – As if things are going to escape from the vagina (02F)

### **4.2.2.19.3 Discharge**

After the group analysis of **Discharge**, the following similar features/ symptomatology was determined from each remedy:



## **Sensation**

- Discharge:
  - *Bitis arietans arietans* – Discharge (16F)
  - *Bitis gabonica gabonica* – Discharge (03F and 09F)

### **4.2.2.19.4 Libido**

After the group analysis of **Libido**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- High:
  - *Bitis arietans arietans* – Increased (16F) and very high (19F)
  - *Bitis gabonica gabonica* – Increased (03F and 17F)
  - *Bitis atropos* – High (34F)

### **4.2.2.20 Respiration**

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Respiration**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Asthma**, **Dyspnoea** and **Tightness**.

Table 4.21: Respiration symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>RESPIRATION</b></u>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. ASTHMA</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Itching on the back between the scapulae</li> <li>- Itching on chest</li> <li>- Itching on external throat &gt; rubbing and scratching</li> <li>- Itching of the soft palate</li> <li>- Nose blocked and stuffed up</li> <li>- Feeling anxious</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Chest</li> </ul> </li> </ul>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. CONSTRICTION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Air pipes</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Slight constriction</li> </ul> </li> </ul> <p><b>2. WHEEZE</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Slight</li> </ul> </li> </ul> <p><b>3. SIGHING</b></p> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- Desire to sigh</li> <li>- More when lying down</li> </ul> </li> </ul>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. ASTHMA</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Headache</li> <li>- Chest pain</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Chest</li> <li>- Throat</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Standing to swallow postnasal drip</li> <li>- &gt; Sitting up</li> <li>- &lt; Lying down</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tight</li> <li>- Wheezy</li> <li>- Asthma</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Enclosed, dusty environment</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- Desire cold, fresh air</li> <li>- Desire to sit up</li> <li>- Desire water</li> <li>- &gt; Slow deep breathing</li> <li>- &gt; Company</li> <li>- &gt; Reassurance</li> <li>- &lt; Pressure on chest</li> <li>- &lt; Lying down</li> <li>- &gt; Standing still</li> <li>- &gt; Sitting</li> <li>- &gt; Fanning</li> <li>- &gt; Moving air</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sudden onset</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Increased sighing</li> <li>- Loves the feeling of expanding lungs and the letting it ebb away, the sighing</li> </ul> </li> </ul> <p><b>4. COUGH</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Hoarse</li> <li>- Non-productive</li> <li>- Like a cold</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Postnasal drip, goes down to chest and builds up</li> <li>- Phlegm</li> <li>- Cough</li> <li>- Burning in chest</li> <li>- Coughing results in wheeze</li> </ul> <p><b>2. COUGH</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Increased salivation</li> <li>- Increased mucus</li> <li>- Chest pain</li> <li>- Sore throat; itchy, inflamed and tender</li> <li>- Postnasal drip</li> <li>- Dull headache</li> <li>- Nausea</li> <li>- Burning pain in chest</li> <li>- Sensitive pain in chest</li> <li>- Painful abdomen</li> <li>- Sneezing</li> <li>- Dyspnoea</li> </ul> </li> <li>• <b>Location</b></li> </ul>
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	<ul style="list-style-type: none"> <li>- High pitched expiratory wheeze</li> <li>- Progressively worsens</li> <li>- Breathing difficult</li> <li>- Fine rattling of secretions in chest</li> <li>- Coughing with no expectoration</li> <li>- Frustration due to inability to breathe</li> <li>- Feels as if would suffocate when lying down</li> <li>- Cannot cough deeply enough to clear expectoration</li> <li>- Progression from itchy nose and sneezing to wheezing, fine rattling and then dyspnoea</li> </ul>		<ul style="list-style-type: none"> <li>- Suprasternal notch</li> <li>- Chest</li> <li>- Throat</li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Water, not too cold</li> <li>- &lt; Sweet things</li> <li>- &gt; Lying on abdomen</li> <li>- &lt; Talking</li> <li>- &gt; Eating</li> <li>- &gt; Drinking</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Cough to clear phlegm</li> <li>- Cough on waking</li> <li>- Irritable</li> <li>- Wheeze with cough</li> <li>- Slight wet cough</li> <li>- Gagging and retching</li> <li>- Phlegm; yellow, clear,</li> <li>- Coughing results in loss of voice</li> <li>- Itchy cough</li> <li>- Asthma</li> <li>- Slightly wet</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Tightness in the chest</li> <li>- Wheeze on breathing out</li> <li>- As if someone is squeezing lungs</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 23h00</li> <li>- 18h00</li> <li>- 22h00</li> </ul> </li> </ul> <p><b>2. DYSPNOEA</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Out of breath</li> <li>- Difficulty breathing</li> <li>- Cannot get enough air in</li> <li>- Shallow breathing</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- During evening run</li> </ul> </li> </ul> <p><b>3. HAYFEVER</b></p> <p><b>4. TIGHTNESS</b></p>		<ul style="list-style-type: none"> <li>- Non-productive</li> <li>- Hoarse</li> <li>- Paroxysmal</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Night</li> <li>- 1pm</li> <li>- Morning till midday</li> </ul> </li> </ul> <p><b>3. DIFFICULTY BREATHING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Dryness at the base of the neck</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Trachea</li> <li>- Throat</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Warm air</li> <li>- &gt; Covering nose</li> <li>- &lt; Tilting the head</li> <li>- &gt; Bending the neck</li> <li>- &lt; Night</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Air inhaled feels cold</li> <li>- Have to forcefully breathe deeply</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Chest</li> <li>- Diaphragm</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Running</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As if weight on chest</li> <li>- Breathing harder, heavier</li> <li>- Needed to inspire deeply</li> <li>- Chest feels closed</li> <li>- Diaphragm feels tight</li> <li>- Chest cannot expand</li> <li>- Chest feels congested (to full to breath)</li> <li>- Shallow breathing</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Air not is not into lungs</li> <li>- Trachea feels squashed</li> <li>- Trachea feels glued</li> <li>- Sighing excessively</li> <li>- Breathless</li> <li>- Suffocative</li> <li>- Battling to breathe</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Night</li> </ul> </li> </ul>
	<p><b>5. SENSATION OF COLDESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul>		<p><b>4. TIGHTNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tightness</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Airways</li> <li>- Lungs</li> </ul>		
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#### 4.2.2.20.1 Asthma

After group analysis of **Asthma**, the following similar features/ symptomatology was determined from each remedy:

##### Modality

- Better sitting:
  - *Bitis arietans arietans* – Desire to sit up (16F) and better sitting (31F).
  - *Bitis atropos* – Better sitting up (04M)
- Better for standing:
  - *Bitis arietans arietans* – Ameliorated by standing (31F)
  - *Bitis atropos* – Standing helped (04M)
- Worse lying down:
  - *Bitis arietans arietans* – Worse lying down (16F)
  - *Bitis atropos* – Worse lying down (04M)

## Sensation

- Tightness:
  - *Bitis arietans arietans* – Tightness in the chest (31F and 10M), as if someone is squeezing the lungs (31F) and tight diaphragm (26F)
  - *Bitis atropos* – Tightness (04M)
- Wheeze:
  - *Bitis arietans arietans* – High pitched expiratory wheeze (16F), progression from itchy nose and sneezing to wheezing fine rattling and then dyspnoea (16F) and wheezing on breathing out (31F).
  - *Bitis atropos* – Wheezing (04M and 35M) and coughing results in wheeze (35M).
- Chest secretions:
  - *Bitis arietans arietans* – Fine rattling of secretions in chest (16F), cannot cough deeply enough to clear out expectoration (16F) and progression from itchy nose and sneezing to wheezing, fine rattling and then dyspnoea (16F).
  - *Bitis atropos* – Post-nasal drip, goes down to chest and builds up (04M) and phlegm (04M).
- Cough:
  - *Bitis arietans arietans* – Coughing with no expectoration (16F) and cannot cough deeply enough to clear out expectoration (16F)
  - *Bitis atropos* – Cough (04M) and cough results in wheeze (35M)



#### 4.2.2.20.2 Dyspnoea

After group analysis of **Dyspnoea**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Difficulty breathing:
  - *Bitis arietans arietans* – Difficultly breathing (16F and 07M), cannot get enough air in (26F) and shallow breathing (26F).
  - *Bitis atropos* – Have to forcefully breathe deeply (02F), air is not moving into lungs (02F), trachea feels squashed (02F), trachea feels glued (02F) and battling to breathe (30F and 33F).
- Out of breath:
  - *Bitis arietans arietans* – Out of breath (26F)
  - *Bitis atropos* – Suffocative (33F)
- Much sighing:
  - *Bitis arietans arietans* – Sighing (10M)
  - *Bitis gabonica gabonica* – Sighing (08M)
  - *Bitis atropos* – Sighing (02F)

#### 4.2.2.20.3 Tightness

After group analysis of **Tightness**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Tightness:
  - *Bitis arietans arietans* – Tightness (31F, 10M and 26F)
  - *Bitis gabonica gabonica* – Tightness (03F)
  - *Bitis atropos* – Tightness (04M)

#### 4.2.2.20.4 Cough

After group analysis of **Cough**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Hoarse:
  - *Bitis gabonica gabonica* – Hoarse (09F)
  - *Bitis atropos* – Hoarse (15F)
- Non-productive:
  - *Bitis gabonica gabonica* – Non-productive (09F)

- *Bitis atropos* – Non-productive (04M and 15F)

#### 4.2.2.21 Chest

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Chest**. After a comparative analysis amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Weight, Pain** and **Heart palpitations**.

Table 4.22: Chest symptoms from provings of *Bitis spp.* remedies

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION</u></b> <b><u>IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>CHEST</u></b>	<b><u>SYMPTOM/S</u></b>  1. <b>WEIGHT SENSATION</b>  • <b>Concomitants</b>  - Throat constriction < end of exhalation	<b><u>SYMPTOM/S</u></b>  1. <b>PAIN</b>  • <b>Location</b>  - Sternum  - Behind sternum  - Right  - Upper right	<b><u>SYMPTOM/S</u></b>  1. <b>PAIN</b>  • <b>Location</b>  - Ribs (6 <sup>th</sup> to 9 <sup>th</sup> ); left side  - Right side; lumbar region

	<ul style="list-style-type: none"> <li>- Cough</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Heaviness on chest</li> <li>- Breathing laboured</li> <li>- Congestion</li> </ul> </li> </ul> <p><b>2. HEART PALPITATIONS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Head rush in sinuses and front of forehead which lasted for about 2 hours</li> <li>- Energy levels elevated</li> <li>- Adrenalin rush</li> <li>- High feeling</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Heart</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Quick</li> <li>- Strong</li> </ul> </li> <li>• <b>Time</b></li> </ul>	<ul style="list-style-type: none"> <li>- Breasts</li> <li>- Left lower rib cage, antero-laterally</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Eating</li> <li>- &gt; Belching</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Oppressive</li> <li>- Tenderness</li> <li>- Sharp</li> <li>- Shooting</li> </ul> </li> </ul> <p><b>2. WEIGHT</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Cardiac area</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Oppressive</li> <li>- Great weight (cardiac area)</li> <li>- Heavy feeling</li> </ul> </li> </ul> <p><b>3. TIGHTNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- 4cm from right of posterior sternum</li> </ul> </li> <li>• <b>Aetiology</b></li> </ul>	<ul style="list-style-type: none"> <li>- Left intercostal muscles</li> <li>- Left breast</li> <li>- Left lung</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Stretching</li> <li>- &gt; Bending (lateral flexion)</li> <li>- &lt; Breathing</li> <li>- &lt; Standing</li> <li>- &gt; Sitting</li> <li>- &gt; Doubling up</li> <li>- &gt; Lying on stomach</li> <li>- &gt; Pressure</li> <li>- &gt; Prayer</li> <li>- &gt; Back support</li> <li>- &lt; Coughing</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Intense pain</li> <li>- Muscular spasms</li> <li>- Muscular constriction</li> <li>- Body shaking due to pain</li> <li>- Tetanic spasms</li> <li>- Stuck</li> <li>- Bruised</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Short duration</li> </ul> <p><b>3. SLOW HEART RATE</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Heart beat feels slow and deliberate</li> <li>- Pulse slow (50 bpm)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Lying in bed</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Constriction</li> <li>- Tightness</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Lasts 3 min</li> </ul> </li> </ul> <p><b>4. ANXIETY IN CHEST</b></p> <p><b>5. PROFUSE PERSPIRATION IN AXILLA</b></p> <p><b>6. PALPITATIONS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Normal pulse</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Pounding heart beat as if heart wants to escape</li> </ul> </li> </ul> <p><b>7. CHEST DRYNESS</b></p>	<ul style="list-style-type: none"> <li>- Gnawing pain</li> <li>- Mastitis</li> <li>- Ache</li> <li>- Soreness</li> <li>- Sharp</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Lasts 30min or more</li> <li>- Evening</li> </ul> </li> </ul> <p><b>2. PALPITATION</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Face pale and greenish</li> <li>- Dizziness</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Heart</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Irregular heart beat</li> <li>- As if heart trying to reset itself</li> <li>- Anxiety</li> <li>- As if heart is knocking against ribs</li> <li>- Heart beat fast</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Brief</li> </ul> </li> </ul> <p><b>3. TIGHTNESS</b></p>
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			<ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Wheezy</li> <li>- Coughing</li> <li>- Dyspnoea</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Exercise</li> </ul> </li> </ul> <p><b>4. NAUSEA</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Nausea sitting in chest</li> <li>- Warm sensation behind sternum</li> </ul> </li> </ul> <p><b>5. TINGLING SENSATION</b></p> <p><b>6. HEAT/ WARMTH</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Burning</li> <li>- As if ate too much spicy food</li> <li>- Hotness</li> <li>- Warm sensation in chest</li> </ul> </li> </ul>
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#### 4.2.2.21.1 Weight

After the group analysis of **Weight**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Heavy:
  - *Bitis arietans arietans* – Heaviness on the chest (07M).
  - *Bitis gabonica gabonica* – Oppressive (01F), great weight in the cardiac region (10F) and heavy feeling (04F).

#### 4.2.2.21.2 Pain

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy:

##### Location

- Breast:
  - *Bitis gabonica gabonica* – Breasts (05F)
  - *Bitis atropos* – Left breast (03F)
  
- Left:
  - *Bitis gabonica gabonica* – Left lower rib cage, antero-laterally (09F).

- *Bitis atropos* – Left intercostal muscles (02F), left breast (03F) and left lung (35M).
- Right:
  - *Bitis gabonica gabonica* – Right (15M and 04F) and upper right (04F)
  - *Bitis atropos* – Right side, lumbar region (02F)

### **Sensation**

- Sharp:
  - *Bitis gabonica gabonica* – Sharp (09F)
  - *Bitis atropos* – Sharp (33F)

#### **4.2.2.21.3 Heart palpitations**

After the group analysis of **Heart palpitations**, the following similar features/ symptomatology was determined from each remedy:

### **Sensation**

- Strong:
  - *Bitis arietans arietans* – Strong (34F)



- *Bitis gabonica gabonica* – Pounding heart beat as if heart wants to escape (12F)
- *Bitis atropos* – As if heart is knocking against ribs (25F)

- Quick:

- *Bitis arietans arietans* – Quick (34F)
- *Bitis atropos* – Heart beat fast (32F and 35M)

#### 4.2.2.22 Back

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Back**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Stiffness** and **Pain**.

Table 4.23: Back symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>BACK</b></u>	<u><b>SYMPTOM/S</b></u>  1. <b>STIFFNESS</b>  • <b>Location</b>	<u><b>SYMPTOM/S</b></u>  1. <b>STIFFNESS/ TENSION</b>	<u><b>SYMPTOM/S</b></u>  1. <b>ITCHING</b>  • <b>Location</b>

	<ul style="list-style-type: none"> <li>- Thoracic spine mainly left</li> <li>- Lower back</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Sitting</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Feels as if ribs are stuck to spine at T11 and T12 vertebra</li> <li>- Stiffness on deep inspiration</li> <li>- Difficulty breathing in deeply</li> <li>- Muscular stiffness due to exercise</li> <li>- Paravertebral and posterior cervical muscles tight and tender</li> </ul> </li> </ul> <p><b>2. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Lower back</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Night</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Back</li> <li>- Left trapezius</li> <li>- Shoulders</li> <li>- Right shoulder blade</li> <li>- Lumbar</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Getting up</li> <li>- &gt; Moving</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tightness</li> <li>- Knotted</li> </ul> </li> </ul> <p><b>2. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Back</li> <li>- shoulders</li> <li>- anterior to scapula lateral to shoulder</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Lying on back</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Aching</li> <li>- Sharp</li> <li>- Soreness</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Lumbar spine</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Scratching</li> <li>- &gt; Warmth</li> <li>- &lt; Cold</li> </ul> </li> </ul> <p><b>2. SENSE OF DISLOCATION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Lumbar spine</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Bending</li> <li>- &gt; Keeping spine flat</li> <li>- &gt; Stretching</li> <li>- &gt; Standing</li> <li>- &gt; Pulling spine</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As if the lumbar spine is separated from the rest of the spine</li> <li>- Lumbar spine hanging by a small cord</li> </ul> </li> </ul> <p><b>3. LUMP SENSATION</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul>
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	<ul style="list-style-type: none"> <li>- &lt; Sleeping on back</li> <li>- &lt; Waking in the morning</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Numb ache, as if been hit hard</li> <li>- Soreness</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Tender kidneys</li> </ul> <p><b>3. LAZY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Shoulders</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Lazy to lift up</li> </ul> </li> </ul> <p><b>4. BURNING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Between shoulders</li> <li>- &lt; Right</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Movement</li> <li>- &lt; Stretching</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Buttock</li> <li>- Coccyx</li> <li>- Spine</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sensation of a lump growing on buttock (coccygeal region)</li> <li>- Feels as if height is increased or when pressure is applied to coccygeal region pressure is being put on spine which very painful</li> </ul> </li> </ul> <p><b>4. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Twitching muscles</li> <li>- Pain during menstruation</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Back muscles</li> <li>- Hips (right and left)</li> <li>- Lumbar</li> <li>- Midline of back</li> <li>- Sacrum</li> <li>- Above iliac crest</li> <li>- Scapulae</li> </ul> </li> </ul>
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			<ul style="list-style-type: none"> <li>- Thoracic spine</li> <li>- In between scapulae</li> <li>- Coccyx</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Stretching</li> <li>- &gt; Pressure</li> <li>- &gt; Massage</li> <li>- &gt; Exercise</li> <li>- &lt; Long distance walking</li> <li>- &lt; Movement</li> <li>- &gt; Heat</li> <li>- &gt; Sitting still</li> <li>- &lt; Bending over</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Contracted</li> <li>- Spasms</li> <li>- Desired a punch in the lumbar region</li> <li>- Soreness</li> <li>- Bruised</li> <li>- Nagging pain</li> <li>- Aching</li> <li>- Dull ache</li> </ul> </li> <li>• <b>Time</b></li> </ul>
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			- Intermittent
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#### 4.2.2.22.1 Stiffness

After the group analysis of **Stiffness**, the following similar features/ symptomatology was determined from each remedy:

##### Location

- Lumbar:
  - *Bitis arietans arietans* – Lower back (07M)
  - *Bitis gabonica gabonica* – Lumbar (12F)

##### Sensation

- Tightness/ stiffness/ tension:
  - *Bitis arietans arietans* – Feels as if ribs are stuck to spine at T11 and T12 vertebra (10M), difficulty breathing in deeply (10M), para-veterbral and posterior cervical muscles tight and tender (07M) and stiffness (31F, 10M, 19F and 07M)
  - *Bitis gabonica gabonica* – Tightness (12F), stiffness (19M) and tension (01F, 03F, 19M and 05F)

#### 4.2.2.22.2 Pain

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy:

##### Location

- Lumbar:
  - *Bitis arietans arietans* – Lower back (07M)
  - *Bitis atropos* – Lumbar (02F, 04M, 19F and 20F), sacrum (02F), above iliac crest (18F) and coccyx (19F)

##### Sensation

- Soreness:
  - *Bitis arietans arietans* – Soreness (21F)
  - *Bitis gabonica gabonica* – Soreness (05F)
  - *Bitis atropos* – Soreness (04M and 02F)
- Aching:
  - *Bitis gabonica gabonica* – Aching (05F)
  - *Bitis atropos* – Aching (19F and 20F)

#### 4.2.2.23 Neck

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Neck**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Stiffness** and **Pain**.

Table 2.24: Neck symptoms from provings of *Bitis spp.* remedies.

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN MATERIA MEDICA</b></u>			
<u><b>NECK</b></u>	<u><b>SYMPTOM/S</b></u>  <b>1. STIFFNES</b>  <ul style="list-style-type: none"> <li><b>Concomitants</b> <ul style="list-style-type: none"> <li>Awareness of area between spine and scapulae</li> </ul> </li> <li><b>Location</b> <ul style="list-style-type: none"> <li>Shoulder</li> <li>Neck</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. STIFFNESS</b>  <ul style="list-style-type: none"> <li><b>Concomitant</b> <ul style="list-style-type: none"> <li>Aching</li> </ul> </li> <li><b>Location</b> <ul style="list-style-type: none"> <li>Right</li> </ul> </li> </ul> <b>2. PAIN</b>  <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Neck muscles</li> </ul> </li> </ul>	<u><b>SYMPTOM/S</b></u>  <b>1. STIFFNESS/ TIGHTNESS</b>  <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>Left</li> <li>Base of neck</li> <li>Shoulders</li> </ul> </li> <li><b>Sensation</b> <ul style="list-style-type: none"> <li>Stiffness</li> <li>Tightness</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- C1 and C2</li> <li>- Right shoulder</li> <li>- Left neck and shoulder</li> <li>- Right sided neck</li> <li>- Back of neck</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Knotted muscles</li> <li>- Stiffness</li> <li>- Tension in the muscle</li> <li>- Stiffness in back of neck, feels like supporting very heavy head</li> <li>- Neck pain as if clenching teeth</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Throughout day</li> <li>- On waking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Left</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Night</li> </ul> </li> </ul> <p><b>3. TIRED</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As from a load that is heavy</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Night</li> </ul> </li> </ul> <p><b>4. TENSION</b></p> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tension</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Constriction</li> <li>- As if hard ball crushing</li> <li>- Tense</li> </ul> <p><b>2. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left</li> <li>- Nape of neck</li> <li>- C7 and T1</li> <li>- Sternocleidomastoid muscle</li> <li>- Trapezius</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Bending forward</li> <li>- &lt; Stretching</li> <li>- &gt; Left and right rotation</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Bruised</li> <li>- Soreness</li> <li>- Burning</li> <li>- Deep aching</li> </ul> </li> </ul> <p><b>3. COLD</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Neck</li> </ul> </li> </ul>
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	<p><b>2. ACHING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Upper cervical and occipital region</li> <li>- Sub-occipital region</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; In the sun</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dull ache</li> <li>- Stiff aching pain</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Shoulders</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Warmth</li> </ul> </li> </ul> <p><b>4. DELUSIONS</b></p> <ul style="list-style-type: none"> <li>- Paralysis; hanging down, loose, heavy as if falling, &gt; movement (gives control to muscle), &gt; sleeping and prayer (reassurance)</li> <li>- Elongated neck will cause head to fall off</li> </ul>
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#### 4.2.2.23.1 Stiffness

After the group analysis of **Stiffness**, the following similar features/ symptomatology was determined from each remedy:

#### Location

- Right:
  - *Bitis arietans arietans* – Right shoulder (26F) and right sided (26F)

- *Bitis gabonica gabonica* – Right (09F)

### **Sensation**

- Stiffness:
  - *Bitis arietans arietans* – Stiffness (04F, 07M, 08M, 19F and 26F) and stiff in back of neck, feels like supporting heavy head (31F).
  - *Bitis gabonica gabonica* – Stiffness (09F and 19M)
  - *Bitis atropos* – Stiffness (02F, 33F, 02F and 08M)
- Tension/ tightness:
  - *Bitis arietans arietans* – Knotted muscles (07M) and tension in the muscle (26F)
  - *Bitis atropos* – Tightness (32F, 02F), constriction (02F) and tense (02F)

#### **4.2.2.23.2 Pain**

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy:

### **Sensation**

- Aching:
  - *Bitis arietans arietans* – Aching (07M and 08M)
  - *Bitis atropos* – Deep aching (19F and 33F)

#### 4.2.2.24 Extremities

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Extremities**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Pain, Swelling, Cramps, Coldness, Eruptions** and **Athlete's foot**.

Table 4.25: Extremities symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>EXTREMITIES</b></u>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. SPRAIN</b></p> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>- Ankle</li> <li>- Left ankle</li> <li>- Right ankle</li> <li>- Wrist (base of right thumb)</li> <li>- Superomedial aspect of ankle</li> </ul> </li> <li><b>Modality</b></li> </ul>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. MUSCLE TWITCH</b></p> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>- Left thumb</li> <li>- Left arm</li> <li>- Right arm</li> <li>- Left leg</li> <li>- Hand and forearm on left</li> </ul> </li> <li><b>Aetiology</b> <ul style="list-style-type: none"> <li>- When resting</li> <li>- Falling asleep</li> </ul> </li> </ul>	<p><u><b>SYMPTOM/S</b></u></p> <p><b>1. BURNING</b></p> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>- Feet, underfoot</li> <li>- Heels</li> </ul> </li> <li><b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Touching the floor</li> </ul> </li> <p><b>2. COLDNESS</b></p> <ul style="list-style-type: none"> <li><b>Location</b> <ul style="list-style-type: none"> <li>- Feet</li> </ul> </li> </ul> </ul>

	<ul style="list-style-type: none"> <li>- &gt; Moving ankle around</li> <li>- &lt; Stretching</li> <li>- &lt; Pressure</li> <li>- &gt; Rubbing</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Swelling</li> <li>- Aching</li> <li>- Tendency to sprain ankle</li> <li>- Very painful</li> <li>- Shooting pain</li> <li>- Pain radiates to lateral side of the left leg with cramp-like pain medially in the left foot</li> <li>- Bursts of pain occasionally</li> <li>- Flaring up of old sprains</li> <li>- Tenderness</li> </ul> </li> </ul> <p><b>2. ACHE/ PAIN/ TENDERNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Sprain</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Unusual amount of muscle twitches</li> </ul> </li> </ul> <p><b>2. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left shoulder</li> <li>- Anterolateral surface of right hip</li> <li>- Right knee</li> <li>- Lateral and posterior right knee</li> <li>- Ligaments</li> <li>- Joints</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Pressure</li> <li>- &lt; Walking</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sore</li> <li>- Dull</li> <li>- Uncomfortable</li> <li>- Aching</li> </ul> </li> </ul> <p><b>3. CRAMPS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left leg</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Lower legs</li> <li>- Knee down</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Covering at night</li> <li>- &gt; Socks</li> <li>- &gt; Closed shoes</li> <li>- &gt; Blanket</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Soggy ice blocks</li> <li>- Wants air to pass through toes</li> </ul> </li> </ul> <p><b>3. CRAMPS</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Aching joints of the knee</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Gastrocnemius muscles</li> <li>- Quadriceps muscle</li> <li>- Gluteal muscles</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Walking down stairs</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Stiffness</li> </ul> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left ankle</li> <li>- Left foot</li> <li>- Right ankle</li> <li>- Right wrist</li> <li>- Right knee (lateral)</li> <li>- Deep right knee</li> <li>- Left tibialis anterior muscle</li> <li>- Achilles tendon</li> <li>- Gluteal, quadriceps femoris and extensor muscles of forearm</li> <li>- Back of upper arm</li> <li>- Thighs</li> <li>- Hips</li> <li>- Buttocks</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Pressure</li> <li>- &lt; Stretching</li> <li>- &gt; Rubbing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Walking</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Rubbing</li> </ul> </li> </ul> <p><b>4. SCIATICA</b></p> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Sitting</li> </ul> </li> </ul> <p><b>5. BOIL</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Inside left thigh above knee</li> </ul> </li> </ul> <p><b>6. RASH</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Inside arms</li> <li>- Inside legs</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Dry raised skin, appears stretched</li> </ul> </li> </ul> <p><b>7. DRYNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Feet</li> </ul> </li> <li>• <b>Sensation</b></li> </ul>	<ul style="list-style-type: none"> <li>- &gt; Salt</li> <li>- &gt; Water</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As if running a marathon</li> <li>- Continuous</li> </ul> </li> </ul> <p><b>4. ELECTRIC SHOCKS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left arm</li> <li>- Shoulders to tips of fingers</li> </ul> </li> </ul> <p><b>5. ERUPTIONS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right index finger</li> <li>- Left ankle</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Whitlow on finger</li> <li>- Inflammation</li> <li>- Small red lesions, like insect bites and are itchy, on ankle</li> </ul> </li> </ul> <p><b>6. HEAVY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Legs</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- &lt; Motion</li> <li>- &gt; Rest</li> <li>- &gt; Hot bath</li> <li>- &lt; After exercise</li> <li>- &gt; Ice</li> </ul> <ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Intense pain</li> <li>- Shooting</li> <li>- Cramp-like</li> <li>- Bursts of aching shooting pain</li> <li>- Aching</li> <li>- Sharp pain</li> <li>- Tenderness</li> <li>- Deep ache</li> <li>- Stitching</li> <li>- Extreme pain after exercise</li> <li>- Rheumatic</li> <li>- Muscle pain</li> </ul> </li> </ul> <p><b>3. SWELLING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Ankles</li> <li>- Fingers</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Very dry</li> </ul> <p><b>8. SWEATY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Hands</li> <li>- Armpits</li> </ul> </li> </ul> <p><b>9. ATHLETE'S FOOT</b></p> <p><b>10. COLD SENSITIVE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Hands</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Rubbing</li> <li>- &gt; Warmth</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Sensitive to cold</li> </ul> </li> </ul> <p><b>11. WARM SENSITIVE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Fingers</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Went from cold to warm</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Heavy</li> </ul> </li> </ul> <p><b>7. ITCHING</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Redness</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Feet</li> <li>- Between toes</li> <li>- Plantar surface</li> <li>- Right foot</li> <li>- Hands; palmar surface</li> <li>- Between fingers</li> <li>- Dorsal surface of hands</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Rubbing on hard area</li> <li>- &lt; Scratching</li> <li>- &gt; Cold water</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Increased</li> <li>- Right foot is cold and icy</li> <li>- Irritating</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- Sprain</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Mild/ minimal swelling</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- After sprain</li> </ul> </li> </ul> <p><b>4. SORE</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right upper limb</li> <li>- Hands</li> <li>- Shoulder</li> </ul> </li> </ul> <p><b>5. SENSITIVITY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Ankles</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; On walking</li> <li>- &gt; Cool</li> <li>- &gt; Stretching</li> </ul> </li> </ul> <p><b>6. STIFFNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b></li> </ul>		<ul style="list-style-type: none"> <li>- Persistent</li> <li>- Athletes foot</li> <li>- Itchy hands; in small spots</li> </ul> <ul style="list-style-type: none"> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- 10am to 11am</li> </ul> </li> </ul> <p><b>8. ATHLETE'S FOOT</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Surfaces of foot where it touches each other</li> <li>- In between toes</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Itchy</li> <li>- Dry</li> <li>- Flaky</li> <li>- Red</li> <li>- Delusion of having athletes foot</li> </ul> </li> </ul> <p><b>9. LOOSE</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitant</b> <ul style="list-style-type: none"> <li>- Pain</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Hip</li> <li>- Sacrum</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>- Achilles tendon</li> <li>- Gluteal muscles</li> <li>- Quadriceps femoris</li> <li>- Extensor muscles of forearm</li> </ul> <ul style="list-style-type: none"> <li>• <b>Aetiology</b> <ul style="list-style-type: none"> <li>- After exercise</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Rising</li> </ul> </li> </ul> <p><b>7. HEAVY</b></p> <ul style="list-style-type: none"> <li>• <b>Concomitants</b> <ul style="list-style-type: none"> <li>- Tightness</li> </ul> </li> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Heavy</li> <li>- Lower limbs</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Awareness of heaviness as if there is water retention causing tightness during running</li> </ul> </li> </ul> <p><b>8. COLDNESS</b></p>		<ul style="list-style-type: none"> <li>- Coccyx</li> <li>- Left anterior hip</li> <li>- Femoral head</li> <li>- Hip midline</li> </ul> <ul style="list-style-type: none"> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &gt; Bending forward</li> <li>- &gt; Doubling up</li> <li>- &lt; Walking</li> <li>- &gt; Keeping still</li> <li>- &gt; Pressure</li> <li>- &gt; Supporting the lower leg</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- As if ligaments are loose</li> <li>- Heavy</li> <li>- Pulling down</li> <li>- Awareness of parts</li> <li>- Uncomfortable</li> <li>- As if bones will fall and break</li> <li>- Gait is affected</li> <li>- Gait; small steps, cannot swing hips</li> </ul> </li> <li>• <b>Time</b></li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Fingers</li> <li>- Toes</li> <li>- Hands</li> <li>- Feet</li> </ul> </li> <li>• <b>Sensation</b> <ul style="list-style-type: none"> <li>- Extreme coldness</li> <li>- Cannot warm up</li> </ul> </li> <li>• <b>Time</b> <ul style="list-style-type: none"> <li>- Since morning</li> </ul> </li> </ul> <p><b>9. PINS AND NEEDLES</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Right leg</li> </ul> </li> </ul> <p><b>10. SHAKY</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Legs</li> <li>- Inside of body</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>- Morning</li> <li>- Last 30min</li> </ul> <p><b>10. OEDEMA</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Peripheral</li> <li>- Right ankle</li> </ul> </li> </ul> <p><b>11. PAIN</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Left arm</li> <li>- Scapula</li> <li>- Wrist</li> <li>- Left fingers</li> <li>- Triceps</li> <li>- Hips</li> <li>- Left shoulder joint</li> <li>- Right shoulder</li> <li>- Big toe</li> </ul> </li> <li>• <b>Modality</b> <ul style="list-style-type: none"> <li>- &lt; Laughing</li> <li>- &gt; Stretching</li> <li>- &lt; Pressure</li> </ul> </li> <li>• <b>Sensation</b></li> </ul>
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			<ul style="list-style-type: none"> <li>- Lame feeling in arm</li> <li>- Stabbing pain of scapula</li> <li>- Weak feeling</li> <li>- Bruised</li> <li>- Soreness of triceps</li> <li>- Hips; cutting pain with a feeling of being sliced by an electric knife, however intermittent, soreness</li> <li>- Shoulder joint; sore, bruised &gt;extending arm, dull aching, &lt;pressure and &lt;lying on left side, &lt;lying on right side as it pulls left side muscles, right shoulder, aching</li> <li>- Big toe pain; as if nails cutting</li> </ul> <p><b>12. WEAKNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Wrist</li> </ul> </li> </ul> <p><b>13. SWELLING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Arm</li> </ul> </li> </ul>
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			<p><b>14. NUMBNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- 3 middle digits</li> </ul> </li> </ul> <p><b>15. PULSATING</b></p> <ul style="list-style-type: none"> <li>• <b>Location</b> <ul style="list-style-type: none"> <li>- Distal digits</li> </ul> </li> </ul>
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#### 4.2.2.24.1 Pain

After the group analysis of **Pain**, the following similar features/ symptomatology was determined from each remedy:

##### Location

- Knee:
  - *Bitis arietans arietans* – Right knee lateral surface (10M) and deep right knee (10M) and above knee (26F)
  - *Bitis gabonica gabonica* – Right knee (09F) and lateral and posterior right knee (09F).
- Foot:
  - *Bitis arietans arietans* – Left foot (10M)
  - *Bitis atropos* – Big toe (23M)

- Wrist:
  - *Bitis arietans arietans* – Wrist (07M)
  - *Bitis atropos* – Wrist (02F)
  
- Shoulders:
  - *Bitis arietans arietans* – Shoulder (21F)
  - *Bitis gabonica gabonica* – Left shoulder (13M)
  - *Bitis atropos* – Scapula (02F), left shoulder (02F) and right shoulder (19F)
  
- Gluteal/ hip region:
  - *Bitis arietans arietans* – Gluteal (10M), quadriceps femoris (10M) and extensor muscles of forearm (10M), hips (02M) and buttock (02M).
  - *Bitis gabonica gabonica* – Antero-lateral surface of right hip (09F)
  - *Bitis atropos* – Hip (02F and 19F)
  
- Arms/ forearms:
  - *Bitis arietans arietans* – Gluteal (10M), quadriceps femoris (10M) and extensor muscles of forearm (10M), back of upper arm (02M)
  - *Bitis atropos* – Left arm (02F) and triceps (02F)
  
- Ligaments/ tendons/ joints/ muscles:
  - *Bitis arietans arietans* – Left tibialis anterior muscle (10M) and Achilles tendon (19F).
  - *Bitis gabonica gabonica* – Ligaments (15M) and joints (19M)
  - *Bitis atropos* – Joints (19F)

## **Modality**

- Worse for pressure:
  - *Bitis arietans arietans* – Worse for pressure (07M)
  - *Bitis gabonica gabonica* – Worse for pressure (09F)
  - *Bitis atropos* – Worse for pressure (02F)
- Worse for movement:
  - *Bitis arietans arietans* – Worse motion (08M, 10M and 02M)
  - *Bitis gabonica gabonica* – Worse walking (09F)

## **Sensation**

- Aching:
  - *Bitis arietans arietans* – Bursts of aching shooting pain (10M), aching (07M, 08M, 10M and 02M ) and deep aching (10M)
  - *Bitis gabonica gabonica* – Aching (09F)
  - *Bitis atropos* – Aching (02F and 19F).
- Soreness:
  - *Bitis arietans arietans* – Soreness (21F)
  - *Bitis gabonica gabonica* – Soreness (13M and 09F)
  - *Bitis atropos* – Soreness (02F)
- Sharps/ shooting/ stabbing/ cutting/ stitching:

- *Bitis arietans arietans* – Shooting bursts of aching shooting pain (10M), sharp pain (08M) and stitching (26F)
- *Bitis atropos* – Stabbing pain of the scapulae (02F) and cutting pain of hips (02F).

#### 4.2.2.24.2 Swelling

After the group analysis of **Swelling**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Swelling:
  - *Bitis arietans arietans* – swelling (08M)
  - *Bitis atropos* – Swelling (02F)

#### 4.2.2.24.3 Cramps

After the group analysis of **Cramps**, the following similar features/ symptomatology was determined from each remedy:

##### Sensation

- Cramps:
  - *Bitis gabonica gabonica* – Cramps (05F)

- *Bitis atropos* – Cramps (19F and 20F)

#### 4.2.2.24.4 Coldness

After the group analysis of **Coldness**, the following similar features/ symptomatology was determined from each remedy:

##### Modality

- Better for warmth:
  - *Bitis gabonica gabonica* – Better for warmth (05F)
  - *Bitis atropos* – Better for covering up (02F), better for socks (02F), better for closed shoes (02F) and better for blanket (02F).

##### Sensation

- Cold sensation
  - *Bitis arietans arietans* – Coldness (04F and 26F)
  - *Bitis gabonica gabonica* – Coldness (05F)
  - *Bitis atropos* – Coldness (02F and 19F)

#### 4.2.2.24.5 Eruptions

After the group analysis of **Eruptions**, the following similar features/ symptomatology was determined from each remedy:

## Location

- Upper limb:
  - *Bitis gabonica gabonica* – Inside arms (19M)
  - *Bitis atropos* – Right index finger (04M)
  
- Lower limb:
  - *Bitis gabonica gabonica* – Inside legs (19M)
  - *Bitis atropos* – Left ankle (27F)

There was no enough information to give a group analysis of the eruption.

### **4.2.2.24.6 Athlete's foot**

After the group analysis of **Athlete's foot**, the following similar features/symptomatology was determined from each remedy:

## Sensation

- Athletes's foot:
  - *Bitis gabonica gabonica* – Athlete's foot (13M)
  - *Bitis atropos* – Athlete's foot (19F)



#### 4.2.2.25 Sleep

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Sleep**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Yawning, Fatigue, Difficulty falling asleep, Disturbed sleep** and **Oversleeping**.

Table 4.26: Sleep symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN</b></u> <u><b>MATERIA</b></u> <u><b>MEDICA</b></u>			
<u><b>SLEEP</b></u>	<u><b>SYMPTOM/S</b></u>	<u><b>SYMPTOM/S</b></u>	<u><b>SYMPTOM/S</b></u>
	<b>1. YAWNING</b> <ul style="list-style-type: none"> <li>- Frequently</li> <li>- Profuse</li> <li>- During daylight hours</li> <li>- On waking</li> </ul> <b>2. FATIGUE</b> <ul style="list-style-type: none"> <li>- The whole day</li> </ul>	<b>1. YAWNING</b> <ul style="list-style-type: none"> <li>- &gt; Eating</li> <li>- 15h00</li> <li>- Tired</li> <li>- All afternoon</li> </ul> <b>2. DIFFICULTY FALLING ASLEEP</b> <ul style="list-style-type: none"> <li>- No desire for sleep</li> </ul>	<b>1. REFRESHED SLEEP</b> <ul style="list-style-type: none"> <li>- Great sleep</li> <li>- No dreams</li> <li>- Waking refreshed</li> <li>- Solid sleep</li> <li>- Lazy to get out of bed</li> </ul> <b>2. RESTFUL</b>

	<ul style="list-style-type: none"> <li>- Difficulty staying awake</li> <li>- Extreme tiredness</li> <li>- 22h00</li> <li>- Battling staying awake</li> </ul> <p><b>3. DIFFICULTY KEEPING EYES OPEN</b></p> <p><b>4. HEAVY EYELIDS</b></p> <p><b>5. BURNING EYES</b></p> <p><b>6. DIFFICULTY FALLING ASLEEP</b></p> <ul style="list-style-type: none"> <li>- Only felt tired at 03h30</li> <li>- Mind too awake</li> <li>- Tired, but cannot sleep</li> </ul> <p><b>7. DISTURBED SLEEP</b></p> <ul style="list-style-type: none"> <li>- Wake on and off</li> </ul> <p><b>8. DULLNESS</b></p> <ul style="list-style-type: none"> <li>- Dullness in the morning/</li> </ul>	<ul style="list-style-type: none"> <li>- Could not sleep deeply</li> <li>- Restless night</li> <li>- Up at all hours</li> <li>- Light sleep</li> <li>- Tossed and turned</li> </ul> <p><b>3. DISTURBED SLEEP</b></p> <ul style="list-style-type: none"> <li>- Woke often</li> <li>- Waking for no reason at 03h00</li> <li>- Woke at 02h00</li> <li>- Awoke early</li> <li>- Cannot sleep till late</li> </ul> <p><b>4. FATIGUE</b></p> <ul style="list-style-type: none"> <li>- Tired on waking</li> <li>- Need more sleep</li> <li>- Awoke feeling awful</li> <li>- Heavy feeling in chest</li> <li>- Desire to stay in bed</li> <li>- Tired in afternoon</li> <li>- Drowsy</li> </ul>	<ul style="list-style-type: none"> <li>- Afternoon nap caused deep sleep</li> </ul> <p><b>3. RESTLESSNESS</b></p> <ul style="list-style-type: none"> <li>- Disturbed sleep</li> <li>- Unrestful sleep</li> <li>- Insomnia</li> <li>- Tired, but cannot sleep</li> <li>- Cannot sleep for long hours</li> <li>- Tossing and turning</li> <li>- Unable to rest</li> </ul> <p><b>4. DIFFICULTY FALLING ASLEEP</b></p> <ul style="list-style-type: none"> <li>- Thoughts racing</li> <li>- Overactive mind</li> </ul> <p><b>5. OVERLSEEPING</b></p> <p><b>6. UNREFRESHED SLEEP</b></p> <p><b>7. DISTURBED SLEEP</b></p>
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	feeling as if slept in a coma  <b>9. DEEP SLEEP</b>  - As if in a coma  - No dreams  <b>10. SLEEPING MORE THAN USUAL</b>  - Slept for hours  - Wanted to stay in bed  - Enjoying the extra sleep  <b>11. HEAVY</b>  - Woke with a heavy feeling  - Heavy eyelids	<b>5. OVERSLEEPING</b>  - Slept through 09h00  - Slept all day  - Desire to sleep	
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#### 4.2.2.25.1 Yawning

After the group analysis of **Yawning**, the following similar features/ symptomatology was determined from each remedy:

- Daytime:
  - *Bitis arietans arietans* – Yawning (10M and 18F)

- *Bitis gabonoca gabonica* – Yawning (01F and 10F)

#### 4.2.2.25.2 Fatigue

After the group analysis of **Fatigue**, the following similar features/ symptomatology was determined from each remedy:

- Needed more sleep:
  - *Bitis arietans arietans* – Difficulty staying awake (10M) and battling to stay awake (16F)
  - *Bitis gabonica gabonica* – Need more sleep (13M), desire to stay in bed (01F), drowsy (15M) and tired (01F, 05F and 13M)

#### 4.2.2.25.3 Difficulty falling asleep

After the group analysis of **Difficulty falling asleep**, the following similar features/ symptomatology was determined from each remedy:

- Restless mind:
  - *Bitis arietans arietans* – Mind too awake (26F)
  - *Bitis gabonica gabonica* – Could not sleep deeply (01F), restless night (05F) and tossed and turned (17F).
  - *Bitis atropos* – Thoughts racing (18F), Overactive mind (20F) and restless (02F, 03F, 04F, 08M, 17F, 19F, 25F, 27F, 30F and 35M)

#### 4.2.2.25.4 Disturbed sleep

After the group analysis of **Disturbed sleep**, the following similar features/symptomatology was determined from each remedy:

- Waking:
  - *Bitis arietans arietans* – Wake on and off (26F)
  - *Bitis gabonica gabonica* – Wake often (01F) and disturbed (01F, 08M and 15M)
  - *Bitis atropos* – Disturbed (30F)

#### 4.2.2.25.5 Oversleeping

After the group analysis of **Oversleeping**, the following similar features/symptomatology was determined from each remedy:

- Oversleeping:
  - *Bitis arietans arietans* – Sleep more than usual (19F) and wanted to stay in bed (19F)
  - *Bitis gabonica gabonica* – Sleep all day (05F), wants to stay in bed (01F), overslept (01F)
  - *Bitis atropos* – Oversleeping (17F)

#### 4.2.2.26 Generals

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of the **Generals**. After a comparative

analysis was conducted amongst the *Bitis spp.* remedies symptoms that proved to be common were **Energy, Food/ drink and Temperature.**

**Table 4.27: Generals symptoms from provings of *Bitis spp.* remedies**

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SECTION IN</u></b> <b><u>MATERIA</u></b> <b><u>MEDICA</u></b>			
<b><u>GENERALS</u></b>	<b><u>SYMPTOM/S</u></b>  <b>1. ENERGY</b> <ul style="list-style-type: none"> <li>- Weariness</li> <li>- Tiredness</li> <li>- Do not have energy</li> <li>- Cannot concentrate</li> <li>- Cannot stay awake</li> <li>- Physically lazy</li> <li>- Pain-sensitive</li> <li>- Drained</li> <li>- Bored</li> </ul>	<b><u>SYMPTOM/S</u></b>  <b>1. ENERGY</b> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Energetic in the day and tired in the evening</li> <li>- Energy high in evening</li> <li>- Energy high at midday</li> <li>- Tired in morning</li> <li>- Exhausted</li> <li>- Malaise generally</li> </ul>	<b><u>SYMPTOM/S</u></b>  <b>1. EMACIATION</b> <ul style="list-style-type: none"> <li>- Hip area</li> </ul> <b>2. EXHAUSTION</b> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Flu-like tiredness</li> <li>- Low energy</li> <li>- Do not feel like getting out of bed</li> <li>- Wants to be in bed</li> <li>- Drained</li> </ul>

	<ul style="list-style-type: none"> <li>- Energy is low</li> <li>- Trouble waking up</li> <li>- Body feels like lead</li> <li>- Eyelids heavy</li> <li>- Sleepy</li> <li>- Lethargy</li> <li>- Fatigue</li> <li>- Putting in effort</li> <li>- Lack of stamina</li> <li>- Worn-out</li> <li>- Worn down</li> <li>- Exhausted</li> <li>- Lazy</li> <li>- Crushed feeling</li> <li>- Aching of body</li> </ul>	<ul style="list-style-type: none"> <li>- Drained</li> </ul>	<ul style="list-style-type: none"> <li>- Cannot keep eyes open</li> <li>- Awoke tired</li> <li>- Wants to sleep more</li> <li>- Irritability</li> <li>- Drowsy</li> <li>- Weakness</li> <li>- Flat</li> </ul>
	<p><b>2. STIFFNESS</b></p> <ul style="list-style-type: none"> <li>- More stiff than natural</li> <li>- Increased stiffness for the amount of exercise done</li> <li>- Muscles stiff (neck, back and shoulders)</li> </ul>	<p><b>2. TEMPERATURE</b></p> <ul style="list-style-type: none"> <li>- Sensation of heat all over; head and chest</li> <li>- Heat in upper body, with perspiration</li> <li>- Heat; &gt; uncovering</li> <li>- Feeling hot</li> <li>- Hot and cold</li> <li>- Cold for 10min</li> <li>- Sweating</li> </ul> <p><b>3. FOOD</b></p> <ul style="list-style-type: none"> <li>- Desire: <ul style="list-style-type: none"> <li>Coffee, thirst for hot drinks, sweets, plain things, chocolate milkshakes and chocolate.</li> </ul> </li> <li>- Aversion: <ul style="list-style-type: none"> <li>Cold</li> </ul> </li> </ul>	<p><b>3. FOOD AND DRINK</b></p> <ul style="list-style-type: none"> <li>- Craving; pizza, fat cook, fruits, apples, bananas, coffee, stimulating food, tasty food, spicy food, meat, oranges, chilli, pepper, jam, berries, ice water, chocolate nuts, savoury food, chicken pasta, butternut soup, warm food, nuts, chocolate, tea, salty food and salt</li> <li>- Aversion; bread, drinking anything and water</li> </ul> <p><b>4. TEMPERATURE</b></p> <ul style="list-style-type: none"> <li>- Desire to bath with hot water</li> </ul>
		<p><b>4. MISCELLANEOUS</b></p>	

	<ul style="list-style-type: none"> <li>- Stiff in the morning when waking</li> <li>- Desire to stretch</li> </ul> <p><b>3. CHARGED</b></p> <ul style="list-style-type: none"> <li>- As if body vibrating</li> <li>- Tingly feeling</li> <li>- Buzzing sensation</li> <li>- Feels static; shocking fingers when in contact with objects.</li> <li>- Excess energy</li> <li>- Bouncy feeling</li> <li>- Pulse fast</li> <li>- Heart palpitations</li> <li>- Overstimulated feeling</li> </ul> <p><b>4. FOOD</b></p> <ul style="list-style-type: none"> <li>- Desire: Ice - cream, sweet foods, peanut butter, to eat something not sure what, spicy food, salty popcorn, meat, warm drinks like tea or coffee.</li> </ul>	<ul style="list-style-type: none"> <li>- Bloating</li> </ul>	<ul style="list-style-type: none"> <li>- Craving warmth from the sun</li> <li>- Feeling hot</li> </ul> <p><b>5. INCREASED ENERGY</b></p> <ul style="list-style-type: none"> <li>- At night</li> <li>- Vibrancy</li> <li>- Boost</li> <li>- Reverberation</li> <li>- Burst of energy</li> <li>- No fatigue</li> <li>- Energised</li> </ul> <p><b>6. WEAKNESS</b></p> <ul style="list-style-type: none"> <li>- Muscular weakness</li> <li>- Tired</li> </ul>
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	<ul style="list-style-type: none"> <li>- Aggravated: Bread</li> </ul> <p><b>5. TEMPERATURE</b></p> <ul style="list-style-type: none"> <li>- Chilliness all the time</li> <li>- Cold sensitive</li> <li>- Cannot warm body</li> <li>- &gt; Sun</li> <li>- Feet especially cold</li> <li>- &gt; Hot bath</li> <li>- Feeling hot as if layer of heat around body</li> </ul> <p><b>6. PERIODICITY</b></p> <ul style="list-style-type: none"> <li>- Symptoms tend to return weekly</li> </ul> <p><b>7. MISCELLANEOUS</b></p> <ul style="list-style-type: none"> <li>- Mosquito and tick bites are numerous</li> <li>- Feeling bloated generally</li> <li>- Pulse 48 bpm</li> </ul>		
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#### 4.2.2.26.1 Energy

After the group analysis of **Energy**, the following similar features/ symptomatology was determined from each remedy:

- Low energy:
  - *Bitis arietans arietans* – Weariness (02M), tiredness (02M, 21F and 26F), do not have energy (04F), cannot concentrate (04F), cannot stay awake (07M), physically lazy (07M), drained (08M and 10M), energy is low (08M), trouble waking up (08M), eyelids heavy (08M), sleepy (10M), lethargy (10M), fatigue (10M), putting in effort (10M), lack of stamina (10M), worn-out (10M), exhausted (19F and 21F), lazy (21F) and crushed feeling (26F).
  - *Bitis gabonica gabonica* – Tired (03F, 04F and 19M), energetic in the day and tired in the evening (04F), tired in morning (15M), exhausted (17F), malaise generally (19M) and drained (05F).
  - *Bitis atropos* – Exhaustion (18F, 20F and 33F), tired (02F, 03F, 15F, 18F, 20F, 24F, 25F and 33F), flu-like tiredness (02F), low energy (06M and 35M), do not feel like getting out of bed (15F), wants to be in bed (15F), drained (18F), cannot keep eyes open (20F), awoke tired (20F), wants to sleep more (20F), irritability (24F), drowsy (27F), weakness (33F) and flat (33F).
- Increased energy:
  - *Bitis arietans arietans* - As if body vibrating (02M), tingly feeling (02M), buzzing sensation (08M), feels static (10M); shocking fingers when in contact with objects. Excess energy (26F), bouncy feeling (26F), pulse fast (26F), heart palpitations (26F) and overstimulated feeling (26F).
  - *Bitis gabonica gabonica* – Energetic in the day and tired at night (04F), energy high in evening (04F) and energy high at midday (04F).

- *Bitis atropos* - At night (06M), vibrancy (06M), boost (06M), reverberation (06M), burst of energy (06M), no fatigue (20F) and energised (20F, 23M, 32F and 34F).

#### 4.2.2.26.2 Food and drink

After the group analysis of **Food and drink**, the following similar features/symptomatology was determined from each remedy:

##### Desire

- Sweet foods:
  - *Bitis arietans arietans* – Ice-cream (10M and 26F) and sweet foods (26F)
  - *Bitis gabonica gabonica*– Sweets (12F and 18F), milkshake (04F) and chocolate (04F)
  - *Bitis atropos* – Jam (06M), chocolate nuts (18F) and chocolate (18F and 20F).
- Spicy food:
  - *Bitis arietans arietans* – Spicy food (26F).
  - *Bitis atropos* – Spicy food (02F and 06M).
- Meat:
  - *Bitis arietans arietans* – Meat (26F)
  - *Bitis atropos* – Meat (02F) and chicken pasta (18F)

- Salty food:
  - *Bitis arietans arietans* – Salty popcorn (07M)
  - *Bitis atropos* – Salty food (20F) and salt (34F)
  
- Hot drinks:
  - *Bitis arietans arietans* – Warm drinks like coffee or tea (08M and 26F)
  - *Bitis gabonica gabonica* – Thirst for hot drinks (01F, 12F, 18F and 03F)
  - *Bitis atropos* – Coffee (04M and 32F) and tea (03F and 20F)

### **Aversion**

- Bread:
  - *Bitis arietans arietans* – Aggravated by bread (10M)
  - *Bitis atropos* – Averse bread (02F)

#### **4.2.2.26.3 Temperature**

After the group analysis of **Temperature**, the following similar features/ symptomatology was determined from each remedy:

- Cold sensitive:
  - *Bitis arietans arietans* – Chilliness all the time (04F, 19F), cold sensitive (10M), cannot warm body (26F), better for the sun (26F), feet especially cold (31F) and better for hot bath (02M)
  - *Bitis gabonica gabonica* – Hot and cold (15M) and cold for 10min (15M)

- *Bitis atropos* – Desire to bath with hot water (02F) and craving warmth from the sun (02F and 04M)
- Hot:
  - *Bitis arietans arietans* – Feeling hot as if layer of heat around body (19F)
  - *Bitis gabonica gabonica* – Sensation of heat all over body (01F), head and chest (01F), heat in upper body with perspiration (01F), heat; better for uncovering (01F), feeling hot (08M), hot and cold (15M) and sweating (15M)
  - *Bitis atropos* – Feeling hot (17M)

#### 4.2.2.27 Vertigo

The following table represents data that was extracted from the *Bitis spp.* remedies that related to materia medica symptoms of **Vertigo**. After a comparative analysis was conducted amongst the *Bitis spp.* remedies the symptoms that proved to be common were **Light headed**, **Dizzy**, **Loss of balance**, **Falling sensation** and **Syncope**.

Table 4.28: Vertigo symptoms from provings of *Bitis spp.* remedies

	<u><b>BITIS ARIETANS ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>SECTION IN MATERIA MEDICA</b></u>			
<u><b>VERTIGO</b></u>	<ul style="list-style-type: none"> <li>• Unbalanced and swaying when eyes closed</li> </ul>	<ul style="list-style-type: none"> <li>• Like falling</li> <li>• Light headed</li> </ul>	<ul style="list-style-type: none"> <li>• Left temple tight (Tension)</li> </ul>

	<ul style="list-style-type: none"> <li>• Dizzy</li> <li>• Unsteadiness on one foot</li> <li>• Light feeling in head</li> <li>• Feeling of falling when stooping</li> <li>• Giddiness when turning head</li> <li>• Unstable</li> <li>• Feel as if falling or moving while sitting</li> </ul>	<ul style="list-style-type: none"> <li>• Dizzy (Head)</li> <li>• &gt; Sitting and</li> <li>• &gt; Closing eyes</li> <li>• Faint</li> <li>• Spongy brain.</li> </ul>	<ul style="list-style-type: none"> <li>• Head – Dizzy, as if head in sky</li> <li>• Floating – As if smoked something, &lt; movement and &gt; sitting</li> <li>• Dazed – As if not awake (Not completely)</li> <li>• Blacking out</li> <li>• Light headed</li> <li>• Closing eyes to regain vision</li> <li>• Lost in space</li> <li>• In clouds</li> <li>• Loss of balance</li> <li>• Falling over</li> </ul>
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#### 4.2.2.27.1 Light headed

After the group analysis of **Light headed**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Light headed:
  - *Bitis arietans arietans* – Light feeling in head (19F)
  - *Bitis gabonica gabonica* – Light headed (05F)
  - *Bitis atropos* – Light headed (03F and 06M)

### **4.2.2.27.2 Dizzy**

After the group analysis of **Dizzy**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Dizzy:
  - *Bitis arietans arietans* – Dizzy (31F)
  - *Bitis gabonica gabonica* – Dizzy (05F, 12F and 15F)
  - *Bitis atropos* – Dizzy (03F, 06M and 35M)

### **4.2.2.27.3 Loss of balance**

After the group analysis of **Loss of balance**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Loss of balance:
  - *Bitis arietans arietans* – Unbalanced and swaying when eyes closed (04F), unsteadiness on one foot (10M) and unstable (19F).
  - *Bitis atropos* – Loss of balance (02F and 33F) and feeling of falling (33F)

### **4.2.2.27.4 Sensation of falling**

After the group analysis of **sensation of falling**, the following similar features/ symptomatology was determined from each remedy:

## **Sensation**

- Falling:
  - *Bitis arietans arietans* – Feeling of falling when stooping (19F) and feels as if moving or falling while sitting (26F)
  - *Bitis gabonica gabonica* – Like falling (19M)
  - *Bitis atropos* – Falling over (33F)

### **4.2.2.27.5 Syncope**

After the group analysis of **Syncope**, the following similar features/ symptomatology was determined from each remedy:



## **Sensation**

- Syncope:
  - *Bitis arietans arietans* – Giddiness (19F)
  - *Bitis gabonica gabonica* – Faint (10F)
  - *Bitis atropos* – Dazed (02F and 06M) and blacking out (03F)

### **4.3 Rubric extraction pertaining to the *Bitis spp.* remedies**

The rubric extraction process allowed for the derivation of characteristic remedies that has a close relation to the *Bitis spp.* remedies. Three characteristic remedies were derived based on the rubric extraction process.

#### **4.3.1 *Bitis arietans arietans***

The following table represents characteristic rubrics that was obtained using the Synthesis repertory (Schroyens 2014) that pertained specifically to *Bitis arietans arietans*. After the rubrics were extracted and studied the remedy that most likely paired with *Bitis arietans arietans* was ***Chelidonium***.

**Table 4.29: Rubrics extracted as per *Bitis arietans arietans***

No.	Symptoms	Page
1	Generals; stiffness	2045
2	Abdomen; distention	874
3	Mind; inactivity	145

4	Throat;; tension	764
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Remedy	1	2	3	4	5	Tot/Rub
Acon	1	3		1		6/4
Aesc	1	1				2/4
Aeth	1	2				3/4
Aids	1	1				2/4
Ang	1					1/4
Apis	1	2				3/4
Apoc-a	1					1/4
Ars-s-f	1	1				2/4
Atra-r	1					1/4
Bar-m	1	2				3/4
Bell	1	1	1			3/4
Bit-ar	2	2				4/4
Bry	1	2				3/4
Caust	1	2		2		5/4
Chel	1	2	2	1		6/4
Cic	2	3				5/4
Cimic	1	1				2/4
Coca-c	1					1/4
Cur	1					1/4
Diph-pert-t	1					1/4
Dros	1					1/4
Dulc	1	1				2/4
Galeoc-ch	1					1/4
Germ-met	1		1			2/4
Guaj	2					2/4
Hydroph	1		1			2/4
Ign	1	1	1	2		5/4
Influ	1					1/4
Kalm	1					1/4
Lach	1	3				4/4
Lec	2					2/4
Led	1	1				2/4
Loxo-recl	1		1			2/4
Lyc	1	3		1		4/4

Magn-gv	1					1/4
Med	2	1				3/4
Moni	1					1/4
Nux-v	1	2				3/4
Olnd	1	2				3/4
Onos	1	1				2/4
Phys	1					1/4
Rad-br	1		1			2/4
Rat	1					1/4
Rhust-t	3	2		1		6/4
Ruta	2	2	1			5/4
Sec	1	2		1		4/4
Sep	2	2		1		5/4
Sil	1	2				3/4
Sil-ni	1					1/4
Strict	1					1/4
Stry-p	1					1/4
Sul-ac	1	1				2/4
Sulph	2	3				5/4
Syc	1	1				2/4
Ter	1	3				4/4

#### 4.3.2 *Bitis gabonica gabonica*

The following table represents characteristic rubrics that was obtained using the Synthesis repertory (Schroyens 2014) that pertained specifically to *Bitis gabonica gabonica*. After the rubrics were extracted and studied the remedy that most likely paired with *Bitis gabonica gabonica* was ***Agaricus muscarius***.

**Table 4.30: Rubrics extracted as per *Bitis gabonica gabonica***

No.	Symptoms	Page
1	Generals; energy; excess of energy	1932
2	Abdomen; distention	874
3	Mind; energized	106

Remedy	1	2	3	4	5	Tot/Rub
Agar	1	3	2			6/3
Amp	1					1/3
Anthraq	1	1				2/3
Atp	1					1/3
Cartl-s	1	1				2/3
Chir-f-l	1	1				2/3
Cob	1					1/3
Coff	2	1				3/3
Coli	1	1				2/3
Corian-s	1					1/3
Cupr	1	2				3/3
Cystein-l	1	1				2/3
Ephe-si	1					1/3
Geri-i	1	1				2/3
Helo-s	1					1/3
Iod	1	2				3/3
Kola	2	1				3/3
Lac-h	1	1				2/3
Lach	1	3	3			6/3
Loxo-recl	1					1/3
Mang-p	1	1				2/3
Med	1	1	3			4/3
Medul-os-si	1					1/3
Myos-o	1					1/3
Nat-ox	1					1/3
Nat-p	1	3				4/3
Nat-pyru	1	1				2/3
Nicotam	1	1				2/3
Op	1	2				3/3
Orot-ac	1					1/3
Oxal-a	1	1				2/3
Phos	1	3				4/3
Plac-s	1					1/3
Querc-r	1					1/3
Ribo	1					1/3

Sep	1	2				3/3
Stram	1	2	1			4/3
Streptoc	1					1/3
Suis-em	1	1				2/3
Suis-hep	1					1/3
Suis-pan	1					1/3
Supra	1	1				2/3
Tarent	1	1				2/3
Thiam	1	1				2/3
Thioc-ac	1					1/3
Tritic-vg	1					1/3
Vera-o	1	1				2/3
Zinc	1	2				3/3

### 4.3.3 *Bitis atropos*

The following table represents characteristic rubrics that was obtained using the Synthesis repertory (Schroyens 2014) that pertained specifically to *Bitis atropos*. After the rubrics were extracted and studied the remedy that most likely paired with *Bitis atropos* was ***Apis mellifica***

**Table 4.31: Rubrics extracted as per *Bitis atropos***

No.	Symptoms	Page
1	Nose; coldness	545
2	Generals; energy; excess	1932
3	Mind; company; aversion	39

Remedy	1	2	3	4	5	Tot/Rub
Aloe	1		2			3/3
Am-c	1					1/3
Anan	1		1			2/3
Ant-c	1		1			2/3

Apis	1					1/3
Arn	1					1/3
Ars	2		1			3/3
Ars-h	1					1/3
Ars-s-f	1					1/3
Bell	1		2			3/3
Brom	1		1			2/3
Calc-p	1		2			3/3
Camph	3		1			4/3
Canni-i	1		1			2/3
Cann-xyz	1					1/3
Caps	2		1			3/3
Carb-v	3		2			5/3
Carbn-o	2					2/3
Carbn-s	2		1			3/3
Cench	1		1			2/3
Chel	1					1/3
Chin	2		2			4/3
Cist	1					1/3
Cocc	1					1/3
Colch	1					1/3
Cortico	1		1			2/3
Crot-h	2					2/3
Cycl	1		1			2/3
Dros	1					1/3
Euph	1		1			2/3
Gink-b	1					1/3
Hir	1		1			2/3
Ictod	1					1/3
Ign	2		3			5/3
Iod	1	1	2			4/3
Kali-bi	1		2			3/3
Kali-c	1		1			2/3
Kali-n	1					1/3
Lac-c	3					3/3
Laur	1					1/3
Luf-op	1					1/3
Mang	1		1			2/3
Meny	1		1			2/3

Merc	1		1			2/3
Murx	1		1			2/3
Nat-m	1		4			5/3
Nux-v	2		3			5/3
Op	1	1	1			3/3
Ozone	1		1			2/3
Ph-ac	1		1			2/3
Plb	2		2			4/3
Polyg-h	1					1/3
Polyp-p	1					1/3
Puls	1		2			3/3
Ruta	1		1			2/3
Sep	1	1	3			4/3
Sil	2					2/3
Spong	2		1			3/3
Stram	1	1	1			3/3
Sulph	1		2			3/3
Symph	1		1			2/3
Tab	1					1/3
Tarax	1					1/3
Thuj	1					1/3
Ven-m	1					1/3
Verat	3		1			4/3
Verat-v	1					1/3
Zinc	1	1				2/3

#### 4.4 Comparison of the characteristic remedies

The remedies selected were ***Chelidonium*** (*Bitis arietans arietans*), ***Agaricus muscarius*** (*Bitis gabonica gabonica*) and ***Apis mellifica*** (*Bitis atropos*). These remedies were found to be closely related to the *Bitis spp.* remedies and can be used instead of the *Bitis spp.* remedies.

#### **4.4.1 *Bitis arietans arietans***

The remedy selected was ***Chelidonium***.

**Generals – tired** (Phatak 1999)

Generals – tiredness (07M) (Wright 1999)

**Mind – anxiety** (Phatak 1999)

Mind – anxiety (02M) (Wright 1999)

**Head – head feeling heavy** (Phatak 1999)

Head – head feels heavy (26F) (Wright 1999)

**Abdomen – tender** (Phatak 1999)

Abdomen – painful and tender (26F) (Wright 1999)

**Nose – obstruction of the nose** (Phatak 1999)

Nose – nasal congestion (30M) (Wright 1999)

#### **4.4.2 *Bitis gabonica gabonica***

The remedy selected was ***Agaricus muscarius***.

**Generals – twitching** (Phatak 1999)

Generals – twitching (03F) (extremities) (Thomson 2004)

**Mind – changed rapidly from one subject to another** (Phatak 1999)

Mind – Thinking too much (05F) (Thomson 2004)



**Head – dull headache** (Phatak 1999)

Head – headache dull (01F) (Thomson 2004)

**Abdomen – rumbling and fermenting in bowels** (Phatak 1999)

Abdomen – very noisy sounds in bowel, like bubbles in intestine (10F) (Thomson 2004)

**Nose – runny nose** (Phatak 1999)

Nose – running (01F) (Thomson 2004)

#### **4.4.3 *Bitis atropos***

The remedy selected was ***Apis mellifica***.

**Generals – constriction** (Phatak 1999)

Generals – constriction (head) (33F) (Brijnath and Shonfield 2013)

**Mind – absent-mindedness** (Phatak 1999)

Mind – absent-minded (19M) (Brijnath and Shonfield 2013)

**Head – pain worse in occiput** (Phatak 1999)

Head – pain in the occiput (33F) (Brijnath and Shonfield 2013)

**Abdomen – tight/ bloated** (Phatak 1999)

Abdomen – abdomen enlarged (19M) (Brijnath and Shonfield 2013)

**Nose – coryza** (Phatak 1999)

Nose – runny nose (02F) (Brijnath and Shonfield 2013)

## 4.5 Comparison of indigenous themes amongst the *Bitis spp.* remedies

A group analysis was conducted amongst the three indigenous *Bitis spp.* snake remedies to deduce indigenous themes specific to South Africa. Eight themes were found to be common. The themes extracted were thought to be indigenous themes. These themes were then compared to find a similarity.

**Table 4.32: Indigenous themes extracted from provings of *Bitis spp.* remedies**

<b><u>BITIS ARIETANS ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b>SPACINESS/ SPACED-OUT</b> <ul style="list-style-type: none"> <li>- Drunk like feeling (10M)</li> <li>- Spaciness (10M)</li> <li>- Spaced-out (02M and 26F)</li> </ul> <b>INTOXICATED</b> <ul style="list-style-type: none"> <li>- Intoxicated (10M and 18F)</li> <li>- Spacey (10M)</li> <li>- Drunk-like (10M)</li> <li>- Cannabis (10M)</li> </ul> <b>REMOVED FROM REALITY</b> <ul style="list-style-type: none"> <li>- Removed from reality (10M)</li> </ul>	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b> <ul style="list-style-type: none"> <li>- Anger (01F)</li> </ul> <b>SEPERATED FROM SELF/ SCATTERED</b> <ul style="list-style-type: none"> <li>- Spaced-out (12F)</li> <li>- Short of patience (18F)</li> </ul> <b>PANIC/ FEELING THREATENED</b> <ul style="list-style-type: none"> <li>- Panic (01F)</li> <li>- Terrified (01F)</li> <li>- In the company of strangers (01F)</li> <li>- Violent death (01F)</li> </ul>	<b>ABSENT MINDED AND FORGETFUL</b> <ul style="list-style-type: none"> <li>- Tight with money (03F)</li> <li>- Chaos (06M)</li> </ul> <b>ALONE-AVERSION TO COMPANY</b> <ul style="list-style-type: none"> <li>- Stress (23M)</li> <li>- Exhaustion (23M)</li> </ul> <b>ANGER</b> <ul style="list-style-type: none"> <li>- Anger (15F, 18F, 20F, 24F and 25F)</li> <li>- Violence (15F, 18F and 20F)</li> </ul> <b>ANTAGONISM WITH SELF</b>

<p><b>DISCONNECTED FROM SELF</b></p> <ul style="list-style-type: none"> <li>- As if taken a drug (02M)</li> </ul> <p><b>ENERGETIC AND OVERSTIMULATED</b></p> <ul style="list-style-type: none"> <li>- As if taken a drug (26F)</li> </ul> <p><b>DEPRESSION</b></p> <ul style="list-style-type: none"> <li>- Depression (02M, 10M, 19F, 21F, 31F and 34F)</li> </ul> <p><b>ANXIETY WHILE DRIVING</b></p> <ul style="list-style-type: none"> <li>- Anxiety while driving (08M and 34F)</li> </ul> <p><b>OUTDOORS</b></p> <ul style="list-style-type: none"> <li>- Nature (08M)</li> <li>- Outdoors (26F)</li> </ul> <p><b>LETHARGY</b></p> <ul style="list-style-type: none"> <li>- Laziness (08M, 19F, 21F and 31F)</li> </ul> <p><b>ANXIETY</b></p> <ul style="list-style-type: none"> <li>- Anxiety (02M)</li> </ul> <p><b>CLEANING AND TIDYING</b></p> <ul style="list-style-type: none"> <li>- Chaos (19F)</li> <li>- Cleaning (07M)</li> </ul>	<p><b>DEPRESSION/ SADNESS/ CRYING</b></p> <ul style="list-style-type: none"> <li>- Depression (10F, 04F, 05F, 08M, 19M, 01F, 03F and 05F)</li> </ul> <p><b>MISTAKES/ POOR CONCENTRATION/ FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- Errors (01F, 03F, 18F and 13M)</li> </ul> <p><b>CHAOTIC/ FRAGMENTED (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Chaos (12F)</li> <li>- Animals (15M)</li> <li>- Slaughter (15M)</li> <li>- Spears (15M)</li> </ul> <p><b>PARENTS/ RELATIVES (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Intimidated by parents (17F)</li> <li>- At the beach with the family (06F)</li> </ul>	<ul style="list-style-type: none"> <li>- Sexual (04M)</li> </ul> <p><b>ANXIOUS</b></p> <ul style="list-style-type: none"> <li>- Anxiety (18F, 20F and 35M)</li> </ul> <p><b>CONNECTING</b></p> <ul style="list-style-type: none"> <li>- Nature (03F)</li> <li>- Freedom (03F)</li> <li>- On guard (02F)</li> <li>- Money (03F)</li> <li>- Drugs (04M)</li> <li>- Strikes (04M)</li> </ul> <p><b>DIFFICULTY</b></p> <ul style="list-style-type: none"> <li>- Concentration (03F, 06M, 18F, 19F, 20F and 25F)</li> <li>- Words (2F and 06M)</li> <li>- Speaking (06M)</li> </ul> <p><b>FEARS</b></p> <ul style="list-style-type: none"> <li>- Thieves/ Robbers (02F and 09F)</li> </ul>
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<p><b>DIFFICULTY IN SPEAKING</b></p> <ul style="list-style-type: none"> <li>- Difficulty in speaking (10M and 31F)</li> </ul> <p><b>DIFFICULTY IN READING</b></p> <ul style="list-style-type: none"> <li>- Difficulty in reading (10M)</li> </ul> <p><b>DIFFICULTY IN WRITING</b></p> <ul style="list-style-type: none"> <li>- Difficulty in writing (19F and 10M)</li> </ul> <p><b>NO MOTIVATION/ DIFFICULTY WORKING OR STUDYING</b></p> <ul style="list-style-type: none"> <li>- Pessimistic (19F)</li> </ul> <p><b>IRRITABILITY</b></p> <ul style="list-style-type: none"> <li>- Irritability (08M, 10M, 19F, 21F and 31F)</li> <li>- Anger (10M)</li> </ul> <p><b>IMPATIENT</b></p> <ul style="list-style-type: none"> <li>- Impatient (08M and 31F)</li> </ul> <p><b>GAMBLING AND GETTING THINGS WHICH ARE NOT REALLY YOURS (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Gambling (07M)</li> <li>- Lottery (18F)</li> </ul>	<p><b>PANIC/ THREAT/ EXCITEMENT (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Threat (01F)</li> <li>- Stranger in house (01F)</li> <li>- Freedom (19M)</li> <li>- Sexually charged (01F)</li> </ul> <p><b>OTHER (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Of visiting ex-girlfriend with present girlfriend</li> </ul>	<p><b>FREEDOM</b></p> <ul style="list-style-type: none"> <li>- Freedom (02F, 04M and 06M)</li> </ul> <p><b>IMAGES</b></p> <ul style="list-style-type: none"> <li>- Snakes (02F)</li> </ul> <p><b>INADEQUATE AND DISSATISFIED</b></p> <ul style="list-style-type: none"> <li>- Fidelity (03F)</li> </ul> <p><b>IRRITABILITY</b></p> <ul style="list-style-type: none"> <li>- Irritability (08M, 18F, 20F, 23M, 24F, 32F, 33F, 34F, 03F, 18F, 19F, 27F)</li> </ul> <p><b>LAZINESS</b></p> <ul style="list-style-type: none"> <li>- Lazy (02F and 06M)</li> </ul> <p><b>MONEY</b></p> <ul style="list-style-type: none"> <li>- Money (03F)</li> </ul> <p><b>DEPRESSION</b></p> <ul style="list-style-type: none"> <li>- Depression (03F, 04M, 14F, 19F and 30F)</li> </ul> <p><b>BENEVOLENCE (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Benevolence (09F)</li> </ul> <p><b>INNAPPROPRIATE BEHAVIOUR (DREAM)</b></p>
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<ul style="list-style-type: none"> <li>- Stealing (19F)</li> </ul> <p><b>SHOOTING, PURSUIT, IMPENDING DANGER, DETACHED AND HELPLESS (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Shooting (10M and 26F)</li> <li>- Guns (10M and 26F)</li> <li>- Pursuit (26F)</li> <li>- Danger (10M, 26F, 02M, 31F, 07M, 08M, 02F, 19F and 13F)</li> <li>- Fear of being harmed (19F)</li> <li>- Unable to escape (19F)</li> <li>- Snakes (13F)</li> <li>- Guns (08M)</li> <li>- Sea (31F and 07M)</li> </ul> <p><b>MOTHERS, CHILDREN AND VIOLENCE (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Violence (19F and 26F)</li> <li>- Child abuse (19F)</li> </ul>		<ul style="list-style-type: none"> <li>- Incest (35M)</li> <li>- Crime (19F)</li> <li>- Mafia (19F)</li> </ul> <p><b>PURSUED (DREAM)</b></p> <ul style="list-style-type: none"> <li>- Pursued (35M, 23M and 34F)</li> <li>- Knife/ gun (23M)</li> <li>- Striking (23M)</li> </ul> <p><b>MISCELLANEOUS DREAM SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>- Snakes (20F)</li> </ul>
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- Murder (19F)		
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### **Drugs and alcohol**

- *Bitis arietans arietans* - Drunk like feeling (10M), drunk-like (10M), spaciness (10M), spaced-out (02M and 26F), spacey (10M), intoxicated (10M and 18F), cannabis (10M), removed from reality (10M) and as if taken a drug (02M and 26F).
- *Bitis gabonica gabonica* - Spaced-out (12F).
- *Bitis atropos* - Drugs (04M).

### **Violence**

- *Bitis arietans arietans* - Anger (10M), violence (19F and 26F), shooting (10M and 26F), guns (08M), fear of being harmed (19F), child abuse (19F), murder (19F), rape (13F) and impatient (08M and 31F).
- *Bitis gabonica gabonica* - Anger (01F), violent death (01F), short of patience (18F) and slaughter (15M).
- *Bitis atropos* - Anger (15F, 18F, 20F, 24F and 25F), violence (15F, 18F and 20F), On guard (02F) and knife/ gun (23M).

### **Weapons**

- *Bitis arietans arietans* - Guns (08M)
- *Bitis gabonica gabonica* - Spears (15M)

- *Bitis atropos* - Knife/ gun (23M)

### **Freedom**

- *Bitis arietans arietans* - Nature (08M), outdoors (26F) and sea (31F and 07M).
- *Bitis gabonica gabonica* - At the beach with the family (06F) and Freedom (19M).
- *Bitis atropos* - Nature (03F) and freedom (03F, 02F, 04M and 06M).

### **Robbers**

- *Bitis arietans arietans* - Stealing (19F)
- *Bitis gabonica gabonica* - Stranger in house (01F)
- *Bitis atropos* - Thieves/ Robbers (02F and 09F)

### **Money**

- *Bitis arietans arietans* - Gambling (07M) and lottery (18F)
- *Bitis atropos* - Tight with money (03F) and money (03F).

### **Fear/ panic**

- *Bitis arietans arietans* - Anxiety while driving (08M and 34F), anxiety (02M), Fear of being harmed (19F), pursuit (26F) and unable to escape (19F).
- *Bitis gabonica gabonica* - Panic (01F), terrified (01F) and in the company of strangers (01F), threat (01F) and stranger in house (01F).
- *Bitis atropos* - Thieves/ Robbers (02F and 09F), pursued (35M, 23M and 34F), knife/ gun (23M) and striking (23M).

## **Learning affected**

- *Bitis arietans arietans* - Difficulty in speaking (10M and 31F), difficulty in reading (10M) and difficulty in writing (19F and 10M).
- *Bitis gabonica gabonica* - Errors (01F, 03F, 18F and 13M)
- *Bitis atropos* - Concentration (03F, 06M, 18F, 19F, 20F and 25F), words (2F and 06M) and speaking (06M).

### **4.6 Comparison of themes in relation to current Homoeopathic literature.**

The *Bitis spp.* remedies were analysed for themes that showed a close comparison to themes of the broader snake family. This thematic analysis was conducted by comparing the proving data of the three indigenous *Bitis spp.* remedies to the broader snake family themes that were subsequently postulated by Massimo Mangialavori, Sadhana Thakkar, Rajan Sankaran and Farouk Master.

#### **4.6.1 Comparison of themes with the themes postulated by Mangialavori**

The following table represents the data that was extracted from the *Bitis spp.* remedies and was then reviewed for similarities to themes that was postulated by Mangialavori.

**Table 4.33: Comparison of emerged themes with themes by Mangialavori**

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
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<b><u>MANGIALAVORI</u></b> <b><u>THEMES</u></b>  (Mangialavori 2003)			
<b><u>BETRAYAL</u></b>	Nothing to report on	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b>  - (10F, 01F, 03F, 18F, 04F, 19M and 08M)  <b>DREAMS</b>  - Isolation (03F)	<b>DESIRE FOR COMPANY</b>  - (19F)  <b>INDIGNATION</b>  - (02F)  <b>SADNESS</b>  - (04M)
<b><u>CONGESTION/ CONstriction</u></b>	<b>HEAD</b>  - (04F, 26F and 31F)  <b>NOSE</b>  - (30M)  <b>THROAT</b>  - (02M)  <b>ABDOMEN</b>  - (08M)  <b>RESPIRATION</b>  - (31F, 07M, 10M, 16F and 26F)  <b>CHEST</b>  - (07M and 08M)  <b>EXTREMITIES</b>	<b>HEAD</b>  - (01F, 12F and 18F)  <b>NOSE</b>  - (01F, 05F, 06F, 09F, 10F, 18F and 19M)  <b>FACE</b>  - (18F)  <b>THROAT</b>  - (18F)  <b>EXTERNAL THROAT</b>  - (18F)  <b>STOMACH</b>  - (19M)  <b>FEMALE GENITALIA/ SEX</b>	<b>CHEST</b>  - (02F, 30F, 04M and 33F)  <b>HEAD</b>  - (33F, 02F and 08M)  <b>BACK</b>  - (02F)  <b>EYE</b>  - (02F)  <b>NECK</b>  - (02F, 33F, 08M and 32F)  <b>EXTREMITIES</b>  - (19F, 20F)  <b>EAR</b>

	<ul style="list-style-type: none"> <li>- (26F)</li> </ul>	<ul style="list-style-type: none"> <li>- (01F, 10F and 03F)</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- (03F)</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- (03F)</li> </ul> <p><b>BACK</b></p> <ul style="list-style-type: none"> <li>- (09F, 19M, 01F, 03F, 05F and 12F)</li> </ul>	<ul style="list-style-type: none"> <li>- (03F, 02F, 34F and 33F)</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- (03F, 15F, 19F, 30F, 33F and 35M)</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- (02F and 04M)</li> </ul>
<b><u>DISCOLOURATION</u></b>	<p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- (26F)</li> </ul> <p><b>STOOL</b></p> <ul style="list-style-type: none"> <li>- (08 and 10M)</li> </ul> <p><b>FEMALE GENITALIA/SEX</b></p> <ul style="list-style-type: none"> <li>- (16F)</li> </ul>	<p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (09F and 03F)</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- (09F and 19M)</li> </ul>	<p><b>DELUSIONS (MIND)</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- (03F)</li> </ul> <p><b>URINE</b></p> <ul style="list-style-type: none"> <li>- (06M)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (02F, 03F and 35M)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (20F)</li> </ul> <p><b>FEMALE GENITALIA/ SEX</b></p> <ul style="list-style-type: none"> <li>- (02F, 19F and 34F)</li> </ul> <p><b>RECTUM</b></p> <ul style="list-style-type: none"> <li>- (35M)</li> </ul> <p><b>NOSE</b></p>

			<ul style="list-style-type: none"> <li>- (33F, 02F and 04M)</li> </ul> <p><b>STOOL</b></p> <ul style="list-style-type: none"> <li>- (02F, 03F, 04M and 35M)</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- (04M)</li> </ul> <p><b>COUGH</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul>
<b><u>DUALITY</u></b>	<p><b>SPACINESS/ SPACED-OUT</b></p> <ul style="list-style-type: none"> <li>- (02M, 07M, 10M, 19F, 26 and 31F)</li> </ul> <p><b>INTOXICATED</b></p> <ul style="list-style-type: none"> <li>- (02M, 10M and 18F)</li> </ul> <p><b>REMOVED FROM REALITY</b></p> <ul style="list-style-type: none"> <li>- (10M and 30M)</li> </ul> <p><b>CONCENTRATION DIFFICULTY</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul> <p><b>DISCONNECTED FROM SELF</b></p> <ul style="list-style-type: none"> <li>- (02M, 04F and 31F)</li> </ul>	<p><b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b></p> <ul style="list-style-type: none"> <li>- Wants company (03F and 01F)</li> <li>- Do not want company (08M, 10F and 03F)</li> </ul> <p><b>SEPERATED FROM SELF/ SCATTERED</b></p> <ul style="list-style-type: none"> <li>- (08M, 03F, 18F and 12F)</li> </ul> <p><b>DEPRESSED, IRRITABLE, SENSITIVE and WELL-BEING</b></p> <ul style="list-style-type: none"> <li>- Depressed (10F, 04F, 05F, 08M, 19M, 01F and 03F)</li> <li>- Irritable (05F, 01F, 03F, 10F and 18F)</li> <li>- Sensitive (03F and 18F)</li> </ul>	<p><b>ANGER, IRRITABILITY, RECIPROCATION, SADNESS and CHEERFUL, LOQUACITY</b></p> <ul style="list-style-type: none"> <li>- Anger (15F, 18F, 20F, 24F and 25F)</li> <li>- Irritability (08M, 18F, 20F, 23M, 24F, 32F, 33F, 34F, 03F, 19F and 27F)</li> <li>- Reciprocation (19F)</li> <li>- Sadness (03F, 04M, 14F, 19F and 30F)</li> <li>- Cheerful (02F, 06M, 18F, 27F and 34F)</li> <li>- Loquacity (27F and 34F)</li> </ul> <p><b>AVERSION TO COMPANY and DESIRE FOR COMPANY</b></p>

	<p><b>ENERGETIC/ OVERSTIMULATED and LAZINESS</b></p> <ul style="list-style-type: none"> <li>- Energy (04F, 08M, 10M and 26F)</li> <li>- Lazy (08M, 19F, 21F and 31F)</li> </ul> <p><b>COMPANY and SOCIALLY DETACHED/ LEFT OUT and TALKATIVE</b></p> <ul style="list-style-type: none"> <li>- Company (31F)</li> <li>- Unsociable (02M, 07M, 08M, 10M and 19F)</li> <li>- Talkative (26F)</li> </ul> <p><b>DEPRESSION, IRRITABILITY, IMPATIENT and HAPPINESS</b></p> <ul style="list-style-type: none"> <li>- Depression (02M, 10M, 19F, 21F, 31F and 34F)</li> <li>- Irritable (08M, 10M, 19F, 21F and 31F)</li> <li>- Impatient (08M and 31F)</li> <li>- Happy (26F)</li> </ul> <p><b>APPETITE INCREASED and APPETITE DECREASED</b></p> <ul style="list-style-type: none"> <li>- Increased (08M and 26F)</li> <li>- Decreased (02M, 08M, 10M, 21F,</li> </ul>	<ul style="list-style-type: none"> <li>- Will-being (12F, 05F, 03F, 01F, 04F, 17F and 19M)</li> </ul> <p><b>CONFIDENCE/ LACK OF CONFIDENCE</b></p> <ul style="list-style-type: none"> <li>- Confidence (01F and 03F)</li> <li>- Lack of confidence (03F and 05F)</li> </ul> <p><b>MENTAL ACTIVITY: HYPER/ HYPO-ACTIVE/ ENERGY</b></p> <ul style="list-style-type: none"> <li>- Hyperactive (18F, 01F, 19M and 05F)</li> <li>- Hypoactive (05F, 18F and 15M)</li> </ul> <p><b>CONFUSION/ CALM and CHAOS/ FRAGMENTED (DREAM THEME)</b></p> <ul style="list-style-type: none"> <li>- Confused (05F and 19M)</li> <li>- Calm (19M, 05F and 17F)</li> <li>- Chaos/ fragmented (15M and 12F)</li> </ul> <p><b>INCREASED APPETITE and DECREASED APPETITE</b></p> <ul style="list-style-type: none"> <li>- Increased (01F, 05F, 03F, 13M)</li> <li>- Decreased (10F and 05F)</li> </ul>	<ul style="list-style-type: none"> <li>- Aversion to company (06M, 08M, 18F, 19F and 23M)</li> <li>- Desire for company (03F and 19F)</li> </ul> <p><b>FOCUS</b></p> <ul style="list-style-type: none"> <li>- Focussed (06M and 27F)</li> <li>- Unfocussed (19F)</li> </ul> <p><b>FOCUS and DIFFICULTY IN CONCENTRATION, LAZY</b></p> <ul style="list-style-type: none"> <li>- Focus (06M and 27F)</li> <li>- Difficulty in concentration (03F, 18F, 06M, 19F, 20F and 25F)</li> <li>- Lazy (02F and 06M)</li> </ul> <p><b>ATTENTION, VANITY AND APPEARANCE and INADEQUATE AND DISSATISFIED</b></p> <ul style="list-style-type: none"> <li>- Attention (02F and 03F)</li> <li>- Vanity and appearance (02F, 04M and 17F)</li> <li>- Inadequate and dissatisfied (03F, 04M, 18F, 19F and 23M)</li> </ul> <p><b>VANITY AND APPEARANCE</b></p> <ul style="list-style-type: none"> <li>- Wants attention (02F, 04M and 17F)</li> </ul>
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	<p>26F, 31F, 34F and 04F)</p> <p><b>THIRSTY and THIRSTLESS</b></p> <ul style="list-style-type: none"> <li>- Thirsty (02M, 08M, 31F and 34F)</li> <li>- Thirstless (26F)</li> </ul>		<ul style="list-style-type: none"> <li>- Embarrassed by self (19F)</li> </ul> <p><b>APPETITE INCREASED and APPETITE DECREASED</b></p> <ul style="list-style-type: none"> <li>- Increased (02F, 15F, 20F, 24F and 25F)</li> <li>- Decreased (03F, 18F, 20F, 25F, 30F, 33F and 35M)</li> </ul> <p><b>THIRSTY and THIRSTLESS</b></p> <ul style="list-style-type: none"> <li>- Thirsty (06M, 15F, 19F, 20F, 23M and 25F)</li> <li>- Thirstless (02F and 03F)</li> </ul>
<b><u>HAEMORRAGES</u></b>	<p><b>FEMALE GENITALIA/ SEX</b></p> <ul style="list-style-type: none"> <li>- (16F, 31F and 04F)</li> </ul>	Nothing to report on	<p><b>FEMALE</b></p> <ul style="list-style-type: none"> <li>- (02F, 19F, 25F)</li> </ul>
<b><u>ONE-SIDED SYMPTOMS</u></b>	<p><b>AFFINITY FOR THE LEFT SIDE</b></p> <ul style="list-style-type: none"> <li>- Head (07M, 21F)</li> <li>- Eye (07M, 08M and 26F)</li> <li>- Hearing (26F and 08M)</li> <li>- External throat (16F)</li> <li>- Abdomen (10M)</li> <li>- Back and neck (26F)</li> <li>- Extremities (08M and 10M)</li> </ul>	<p><b>AFFINITY FOR THE LEFT SIDE</b></p> <ul style="list-style-type: none"> <li>- Head (09F, 18F, 15M, 19M, 01F, 12F, 18F and 20F)</li> <li>- Eye (01F, 10F and 15M)</li> <li>- Ear (15M and 18M)</li> <li>- Nose (09F, 15M, 10F and 19M)</li> <li>- Female genitalia/ sex (01F)</li> <li>- Back (15M and 01F)</li> <li>- Extremities (03F, 13M, 05F and 19M)</li> </ul>	<p><b>AFFINITY FOR THE LEFT SIDE</b></p> <ul style="list-style-type: none"> <li>- Throat (02F and 25F)</li> <li>- Chest (02F, 03F and 35M)</li> <li>- Head (02F, 32F, 15F, 19F, 33F, 35M and 04M)</li> <li>- External throat (02F)</li> <li>- Back (02F and 19F)</li> <li>- Eye (02F, 33F and 19F)</li> <li>- Neck (02F and 35M)</li> <li>- Extremities (02F and 27F)</li> </ul>

			<ul style="list-style-type: none"> <li>- Ear (02F, 27F and 34F)</li> <li>- Nose (03F, 30F, 33F, 02F and 34F)</li> <li>- Face (02F and 19F)</li> <li>- Skin (02F)</li> </ul>
<b><u>PERSECUTION</u></b>	<b>MOTHERS, CHILDREN AND VIOLENCE</b> <ul style="list-style-type: none"> <li>- (19F and 26F)</li> </ul>	<b>PARENTS/ RELATIVES</b> <ul style="list-style-type: none"> <li>- (17F)</li> </ul>	<b>CRITICAL</b> <ul style="list-style-type: none"> <li>- (03F and 19F)</li> </ul> <b>INDIGNATION</b> <ul style="list-style-type: none"> <li>- (02F and 03F)</li> </ul> <b>INADEQUATE AND DISSATISFIED</b> <ul style="list-style-type: none"> <li>- (03F, 04M, 18F, 19F and 23M)</li> </ul> <b>RECIPROCATION</b> <ul style="list-style-type: none"> <li>- (19F)</li> </ul>
<b><u>SPEECH</u></b>	<b>DIFFICULTY IN SPEAKING</b> <ul style="list-style-type: none"> <li>- (10M and 31F)</li> </ul> <b>TALKATIVE</b> <ul style="list-style-type: none"> <li>- (26F)</li> </ul> <b>CONVERSATION</b> <ul style="list-style-type: none"> <li>- (10M and 26F)</li> </ul>	Nothing to report on	<b>DIFFICULTY WITH WORDS</b> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <b>DIFFICULTY IN SPEAKING</b> <ul style="list-style-type: none"> <li>- (06M)</li> </ul>

<b><u>SUSPICIOUSNESS</u></b>	Nothing to report on	Nothing to report on	<b>ANTAGONISM WITH ONESELF</b>  - (03F)  <b>CONNECTING</b>  - (03F)
<b><u>THERMAL REGULATION</u></b>	<b>FACE</b>  - (26F)  <b>EXTREMITIES</b>  - (04F and 26F)  <b>GENERALS</b>  - Temperature (04F, 10M, 19F, 26F, 31F and 02M)	<b>FACE</b>  - (03F and 05F)  <b>GENERALS</b>  - (01F, 08M and 15M)	<b>GENERALS</b>  - Heat/ warmth (02F, 04M and 17F)  <b>EYE</b>  - (02F)  <b>EXTREMITIES</b>  - (02F and 19F)  <b>RECTUM</b>  - (02F)  <b>CHILL</b>  - (02F, 04M, 18F and 20F)  <b>NOSE</b>  - (02F)  <b>FEVER</b>  - (08M, 15F, 18F and 19F)

			<b>FACE</b>  - (02F and 04M)  <b>SKIN</b>  - (02F and 25F)
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#### 4.6.2 Comparison of themes with the themes postulated by Thakar

The following table represents the data that was extracted from the *Bitis spp.* remedies and was then reviewed for similarities to the themes that was postulated by Thakar.

Table 4.34: Comparison of emerged themes with themes by Thakar

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (Thomson 2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>THAKAR</b></u>  <u><b>THEMES</b></u>  (Schonfield 2013)			
<u><b>AGGRESSIVE</b></u>	<b>ANXIETY WHILE DRIVING</b>  - Fear of aggression (08M)	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b>  - (01F and 03F)  <b>IRRITABLE</b>  - (05F, 01F, 03F, 10F and 18F)	<b>ANGER</b>  - (15F, 18F, 20F, 24F and 25F)  <b>IRRITABILITY</b>  - (08M, 18F, 20F, 23M, 24F, 32F, 33F, 34F, 03F, 19F and 27F)



<b><u>DRY SKIN</u></b>	<b>MOUTH</b> - (02F, 07M and 26F)	<b>SKIN</b> - (05F) <b>EXTREMITIES</b> - (13M) <b>MOUTH</b> - (05F)	<b>MOUTH</b> - (19F and 25F) <b>SKIN</b> - (20F) <b>FACE</b> - (02F and 20F)
<b><u>BOILS</u></b>	<b>FACE</b> - (16F)	<b>EYE</b> - (09F) <b>EXTREMITIES</b> - (19M)	<b>SKIN</b> - (02F)
<b><u>DRYNESS OF THE EYE</u></b>	<b>EYE</b> - (26F)	<b>EYE</b> - (03F)	<b>EYE</b> - (03F, 25F, 33F and 35M)
<b><u>HEART BURN</u></b>	<b>STOMACH</b> - (10M)	<b>STOMACH</b> - (01F and 19M)	<b>STOMACH</b> - (13M)
<b><u>INCREASED APPETITE</u></b>	<b>STOMACH</b> - (08M and 26F)	<b>STOMACH</b> - (01F, 05F, 03F and 13M)	<b>STOMACH</b> - (02F, 15F, 20F, 24F and 25F)
<b><u>INABILITY TO TOLERATE HUNGER</u></b>	<b>STOMACH</b> - (08M)	<b>STOMACH</b> - (01F and 13M)	<b>STOMACH</b> - (20F and 02F)
<b><u>ASTHMA</u></b>	<b>RESPIRATION</b> - (16F and 31F)	<b>RESPIRATION</b> - (03F)	<b>RESPIRATION</b> - (04M and 35M)
<b><u>SENSITIVE TO TEMPERATURE CHANGE</u></b>	<b>GENERALS</b>	Nothing to report on	<b>GENERALS</b>

	<ul style="list-style-type: none"> <li>- Temperature (10M)</li> </ul>		<ul style="list-style-type: none"> <li>- Heat/ warmth (02F, 04M and 17F)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (02F and 19F)</li> </ul> <p><b>RECTUM</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>CHILL</b></p> <ul style="list-style-type: none"> <li>- (02F, 04M, 18F and 20F)</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>FEVER</b></p> <ul style="list-style-type: none"> <li>- (08M, 15F, 18F and 19F)</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- (02F and 04M)</li> </ul> <p><b>SKIN</b></p> <ul style="list-style-type: none"> <li>- (02F and 25F)</li> </ul>
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### 4.6.3 Comparison of themes with the themes postulated by Sankaran

The following table represents the data that was extracted from the *Bitis spp.* remedies and was then reviewed for similarities to themes that was postulated by Sankaran

Table 4.35: Comparison of emerged themes with themes by Sankaran

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>SANKARAN</u></b> <b><u>THEMES</u></b> (Sankaran 2010b)			
<b><u>DEFENCELESS/</u></b> <b><u>DISADVANTAG/</u></b> <b><u>WEAK/</u></b> <b><u>POWERLESS</u></b>	<p><b>DEPRESSION</b></p> <ul style="list-style-type: none"> <li>- (02M, 10M, 19F, 21F, 31F and 34F)</li> </ul> <p><b>ANXIETY WHILE DRIVING</b></p> <ul style="list-style-type: none"> <li>- (08M and 34F)</li> </ul> <p><b>LAZINESS</b></p> <ul style="list-style-type: none"> <li>- (08M, 19F, 21F and 31F)</li> </ul> <p><b>DIFFICULTY IN SPEAKING</b></p> <ul style="list-style-type: none"> <li>- (10M and 31F)</li> </ul> <p><b>DIFFICULTY IN READING</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul> <p><b>DIFFICULTY IN WRITING</b></p>	<p><b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b></p> <ul style="list-style-type: none"> <li>- (10F, 01F, 03F, 04F, 19M and 08M)</li> </ul> <p><b>PANIC/ FEELING THREATENED</b></p> <ul style="list-style-type: none"> <li>- (01F, 03F and 17F)</li> </ul> <p><b>DEPRESSION/ SADNESS/ CRYING</b></p> <ul style="list-style-type: none"> <li>- (10F, 04F, 05F, 08M, 19M, 01F and 03F)</li> </ul> <p><b>SENSITIVE</b></p> <ul style="list-style-type: none"> <li>- (03F and 18F)</li> </ul>	<p><b>ABSENT MINDED AND FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- (06M, 19F, 03F, 15F and 18F)</li> </ul> <p><b>ANXIETY</b></p> <ul style="list-style-type: none"> <li>- (18F, 20F and 35M)</li> </ul> <p><b>CRITICAL</b></p> <ul style="list-style-type: none"> <li>- (19F)</li> </ul> <p><b>DIFFICULTY</b></p> <ul style="list-style-type: none"> <li>- Concentrating (03F, 18F, 06M, 19F, 20F and 25F)</li> <li>- Words (02F and 06M)</li> <li>- Speaking (06M)</li> </ul> <p><b>HOME SICK</b></p>

	<ul style="list-style-type: none"> <li>- (19F and 10M)</li> </ul> <p><b>NO MOTIVATION/ DIFFICULTY IN WORKING OR STUDYING</b></p> <ul style="list-style-type: none"> <li>- (08M, 10M and 19F)</li> </ul> <p><b>EXHAUSTION AND SLOWING DOWN</b></p> <ul style="list-style-type: none"> <li>- (07M, 10M, 18F and 19F)</li> </ul> <p><b>ABSENT MINDED AND FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- (10M and 26F)</li> </ul> <p><b>MEMORY POOR</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul> <p><b>PERIODICITY</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul>	<p><b>MISTAKES/ POOR CONCENTRATION/ FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- (01F, 03F, 18F and 13M)</li> </ul> <p><b>CONFIDENCE/ LACK OF CONFIDENC</b></p> <ul style="list-style-type: none"> <li>- (03F and 05F)</li> </ul> <p><b>ISOLATION</b></p> <ul style="list-style-type: none"> <li>- (03F and 17F)</li> </ul>	<ul style="list-style-type: none"> <li>- (14F and 33F)</li> </ul> <p><b>INADEQUATE AND DISSATISFIED</b></p> <ul style="list-style-type: none"> <li>- (03F, 04M, 18F, 19F and 23M)</li> </ul> <p><b>LAZINESS</b></p> <ul style="list-style-type: none"> <li>- (02F and 06M)</li> </ul> <p><b>SADNESS</b></p> <ul style="list-style-type: none"> <li>- (03F, 04M, 14F, 19F and 30F)</li> </ul>
<b><u>HIDE/ ESCAPE/ ATTACK</u></b>	<p><b>INTOXICATED</b></p> <ul style="list-style-type: none"> <li>- (02M, 10M and 18F)</li> </ul> <p><b>REMOVED REALITY</b></p> <ul style="list-style-type: none"> <li>- (10M and 30M)</li> </ul> <p><b>DISCONNECTED FROM SELF</b></p> <ul style="list-style-type: none"> <li>- (02M, 04F and 31F)</li> </ul> <p><b>SOCIALLY DETACHED/ LEFT OUT</b></p> <ul style="list-style-type: none"> <li>- (02M, 07M, 08M, 10M and 19F)</li> </ul>	<p><b>PANIC/ THREAT/ EXCITEMENT (DREAM)</b></p> <ul style="list-style-type: none"> <li>- (08M, 19M, 01F and 17F)</li> </ul> <p><b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b></p> <ul style="list-style-type: none"> <li>- (10F, 01F, 03F, 04F, 19M and 08M)</li> </ul> <p><b>SEPERATED FROM SELF/ SCATTERED</b></p> <ul style="list-style-type: none"> <li>- (08M, 03F, 18F, 12F)</li> </ul>	<p><b>ALONE-AVERSION TO COMPANY</b></p> <ul style="list-style-type: none"> <li>- (06M, 08M, 18F, 19F and 23M)</li> </ul> <p><b>INADEQUATE AND DISSATISFIED</b></p> <ul style="list-style-type: none"> <li>- (03F and 19F)</li> </ul> <p><b>ANGER</b></p> <ul style="list-style-type: none"> <li>- (15F, 18F, 20F, 24F and 25F)</li> </ul> <p><b>IRRITABILITY</b></p>

			- (08M, 18F, 20F, 23M, 24F, 32F, 33F, 34F, 03F, 19F and 27F)
<b><u>DRY SKIN</u></b>	<b>MOUTH</b> - (02F, 07M and 26F)	<b>SKIN</b> - (05F)  <b>EXTREMITIES</b>  - (13M)  <b>MOUTH</b>  - (05F)	<b>MOUTH</b> - (19F and 25F)  <b>SKIN</b> - (20F)  <b>FACE</b> - (02F and 20F)
<b><u>CONSTRICTING/</u></b> <b><u>TIGHTENING/</u></b> <b><u>STRANGLING/</u></b> <b><u>SUFFOCATING/</u></b> <b><u>SQUEEZING/</u></b> <b><u>OPPRESSIVE</u></b>	<b>HEAD</b> - Squeezing (07M)  - Tightening/ stiff/ tense (07M, 08M and 10M)  - Oppressive/ heavy (10M, 19F and 31F)  <b>EYE</b>  - Oppressive/ heavy (10M)   <b>FACE</b>  - Tightening (26F)   <b>THROAT</b>  - Constricting (02M)   <b>RESPIRATION</b>	<b>HEAD</b> - Oppressive (10F)  - Tension (12F)  - Tightness (18F and 01F)  - Heavy (10F, 20F)  <b>EYE</b>  - Heavy (10F, 03F and 05F)  <b>EAR</b>  - Blocked (12F)  <b>NOSE</b>  - Blocked (15M, 05F, 06F, 09F, 10F, 18F, 19M, )  - Congestion (01F)	<b>CHEST</b> - (02F, 30F, 04M and 33F)  <b>HEAD</b> - (33F, 02F and 08M)  <b>BACK</b> - (02F)  <b>EYE</b> - (02F)  <b>NECK</b> - (02F, 33F, 08M and 32F)  <b>EXTREMITIES</b> - (19F, 20F)  <b>EAR</b> - (03F, 02F, 34F and 33F)

	<ul style="list-style-type: none"> <li>- Suffocating (16F)</li> <li>- Tightness (31F, 10M and 26F)</li> <li>- Squeezing (31F)</li> <li>- Oppressive (07M)</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- Oppressive (07M)</li> </ul> <p><b>BACK AND NECK</b></p> <ul style="list-style-type: none"> <li>- Tightness (04F, 07M, 08M, 19F, 26F, 31F, 10M)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- Tightness (19F, 10M, 02M)</li> <li>- Oppressive (19F, 26F)</li> </ul>	<p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- Tight (18F)</li> </ul> <p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- Tight (18F)</li> </ul> <p><b>EXTERNAL THROAT</b></p> <ul style="list-style-type: none"> <li>- Tight (18F)</li> </ul> <p><b>ABDOMEN</b></p> <ul style="list-style-type: none"> <li>- Distended (01F)</li> <li>- Bloated (03F, 05F and 12F)</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- Constriction (03F)</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- Oppressive (01F and 10F)</li> <li>- Heavy (04F)</li> <li>- Constriction (03F)</li> <li>- Tight (03F and 15M)</li> </ul> <p><b>BACK</b></p> <ul style="list-style-type: none"> <li>- Stiffness (09F, 19M, 03F and 05F)</li> <li>- Tension (01F, 03F, 19M and 05F)</li> </ul>	<p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- (03F, 15F, 19F, 30F, 33F and 35M)</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- (02F and 04M)</li> </ul>
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		- Tight (12F)	
<b><u>COMPETITION</u></b>	Nothing to report on	Nothing to report on	<b>ATTENTION (DREAM)</b>  - (09F)  <b>VANITY AND APPEARANCE</b>  - (02F)  <b>MISCELLANEOUS DREAM SYMPTOMS (DREAM)</b>  - (06M)
<b><u>CONSPIRACY</u></b>	Nothing to report on	Nothing to report on	<b>ATTENTION</b>  - (02F)  <b>INDIGNATION</b>  - (02F)  <b>CRITICAL</b>  - (03F)
<b><u>PLANNING/ CALCULATIVE/ SCHEMING</u></b>	<b>DREAMS</b>  - Gambling (07M and 18F)  - Getting things which are not really yours (19F)	Nothing to report on	<b>CRITICAL</b>  - (03F)  <b>FOCUS</b>  - (06M)  <b>MONEY</b>  - (03F)

<b><u>DECEITFUL</u></b>	<b>DREAMS</b> <ul style="list-style-type: none"> <li>- Gambling (07M and 18F)</li> <li>- Getting things which are not really yours (19F)</li> </ul>	Nothing to report on	<b>CRITICAL</b> <ul style="list-style-type: none"> <li>- (03F)</li> </ul>
<b><u>LOQUACITY</u></b>	<b>TALKATIVE</b> <ul style="list-style-type: none"> <li>- (26F)</li> </ul> <b>CONVERSATION</b> <ul style="list-style-type: none"> <li>- (10M)</li> </ul>	Nothing to report on	<b>CHEERFUL</b> <ul style="list-style-type: none"> <li>- (27F)</li> </ul> <b>LOQUACITY</b> <ul style="list-style-type: none"> <li>- (27F and 34F)</li> </ul>
<b><u>PERSECUTED</u></b>	<b>MOTHERS, CHILDREN AND VIOLENCE</b> <ul style="list-style-type: none"> <li>- (19F and 26F)</li> </ul>	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b> <ul style="list-style-type: none"> <li>- (10F, 01F, 03F, 04F, 19M and 08M)</li> </ul> <b>PANIC/ FEELING THREATENED</b> <ul style="list-style-type: none"> <li>- (01F, 03F and 17F)</li> </ul> <b>SENSITIVE</b> <ul style="list-style-type: none"> <li>- (03F and 18F)</li> </ul> <b>PARENTS/ RELATIVES (DREAMS)</b> <ul style="list-style-type: none"> <li>- (17F)</li> </ul>	<b>CRITICAL</b> <ul style="list-style-type: none"> <li>- (03F and 19F)</li> </ul> <b>INDIGNATION</b> <ul style="list-style-type: none"> <li>- (02F and 03F)</li> </ul> <b>INADEQUATE AND DISSATISFIED</b> <ul style="list-style-type: none"> <li>- (03F, 04M, 18F, 19F and 23M)</li> </ul> <b>RECIPROCATION</b> <ul style="list-style-type: none"> <li>- (19F)</li> </ul>



<b><u>PURSUED</u></b>	<b>DREAMS</b> <ul style="list-style-type: none"> <li>- Shooting, pursuit, impending danger, detached and helpless (08M)</li> <li>- Ambiguous sexuality (13F)</li> </ul>	<b>PANIC/ THREAT/ EXCITEMENT</b> <ul style="list-style-type: none"> <li>- (08M and 01F)</li> </ul>	<b>PURSUED (DREAM)</b> <ul style="list-style-type: none"> <li>- (35M, 23M and 34F)</li> </ul>
<b><u>HEARS VOICES</u></b>	Nothing to report on	Nothing to report on	Nothing to report on
<b><u>DESIRE TO BE FAMOUS/ RECOGNIZED</u></b>	Nothing to report on	<b>CONFIDENCE/ LACK OF CONFIDENCE</b> <ul style="list-style-type: none"> <li>- (05F)</li> </ul>	<b>ATTENTION</b> <ul style="list-style-type: none"> <li>- (02F and 03F)</li> </ul> <b>VANITY AND APPEARANCE</b> <ul style="list-style-type: none"> <li>- (02F, 04M and 17F)</li> </ul>
<b><u>GLAMOUR/ FASHION/ ADVERTISING</u></b>	Nothing to report on	Nothing to report on	<b>ATTENTION</b> <ul style="list-style-type: none"> <li>- (02F and 03F)</li> </ul> <b>VANITY AND APPEARANCE</b> <ul style="list-style-type: none"> <li>- (02F, 04M and 17F)</li> </ul>
<b><u>THROAT SENSITIVITY</u></b>	<b>THROAT</b> <ul style="list-style-type: none"> <li>- (02M and 07M)</li> </ul>	<b>THROAT</b> <ul style="list-style-type: none"> <li>- (03F, 09F and 18F)</li> </ul>	<b>THROAT</b> <ul style="list-style-type: none"> <li>- (08M, 33F and 32F)</li> </ul>

		<b>EXTERNAL THROAT</b>  - (18F)	
<b><u>THERMAL</u></b> <b><u>SENSITIVITY</u></b>	<b>FACE</b>  - (26F)  <b>GENERALS</b>  - Temperature (04F, 10M, 19F, 26F, 31F and 02M) - Extremities (04F and 26F)	<b>FACE</b>  - (03F and 05F)  <b>MOUTH</b>  - (05F)  <b>EXTREMITIES</b>  - (05F and 01F)  <b>TEMPERATURE</b>  - (01F, 08M and 15M)	<b>GENERALS</b>  - Heat/ warmth (02F, 04M and 17F)  <b>EYE</b>  - (02F)  <b>EXTREMITIES</b>  - (02F and 19F)  <b>RECTUM</b>  - (02F)  <b>CHILL</b>  - (02F, 04M, 18F and 20F)  <b>NOSE</b>  - (02F)  <b>FEVER</b>  - (08M, 15F, 18F and 19F)  <b>FACE</b>  - (02F and 04M)

			<b>SKIN</b> - (02F and 25F)
<b><u>CAMOURFLAGE</u></b>	<b>SOCIALLY DETACHED/ LEFT OUT</b> - (02M, 07M, 08M, 10M and 19F)	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b> - (10F, 01F, 03F, 04F, 19M and 08M)	<b>ALONE-AVERSION TO COMPANY</b> - (06M, 08M, 18F, 19F and 23M)
<b><u>HIBERNATION</u></b>	<b>SLEEP</b> - (19F and 26F)	<b>SLEEP</b> - (01F and 05F)	<b>ALONE-AVERSION TO COMPANY</b> - (18F)
<b><u>THREATENING</u></b>	<b>IRRITABILITY</b> - (19F and 21F) <b>IMPATIENT</b> - (08M and 31F)	<b>IRRITABLE</b> - (05F, 01F, 03F, 10F and 18F)	<b>ANGER</b> - (15F, 18F, 20F, 24F and 25F) <b>IRRITABILITY</b> - (08M, 18F, 20F, 23M, 24F, 32F, 33F, 34F, 03F, 19F and 27F)

#### 4.6.4 Comparison of themes with the themes postulated by Master

The following table represents the data that was extracted from the *Bitis spp.* remedies and was then reviewed for similarities to themes that was postulated by Master.

Table 4.36: Comparison of emerged themes with themes by Master

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>MASTER</u></b> <b><u>THEMES</u></b> (Master 2008)			
<b><u>COMPETITIVENESS</u></b> <b><u>AND POWER</u></b>	<b>SENSITIVE TO THE OPINION OF OTHERS</b>  - (10M)	<b>CONFIDENCE/ LACK OF CONFIDENCE</b>  - (01F and 03F)	<b>ATTENTION (DREAM)</b>  - (09F)  <b>VANITY AND APPEARANCE</b>  - (02F)  <b>MISCELLANEOUS DREAM SYMPTOMS (DREAM)</b>  - (06M)
<b><u>ATTACK AND DEFENCE</u></b>	<b>IRRITABLE</b>  - (19F and 21F)  <b>IMPATIENT</b>  - (08M and 31F)	<b>CONFIDENCE/ LACK OF CONFIDENCE</b>  - (01F and 03F)  <b>IRRITABLE</b>  - (03F and 05F)  <b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b>  - (01F and 03F)	<b>ALONE-AVERSION TO COMPANY</b>  - (06M, 08M, 18F, 19F and 23M)  <b>INADEQUATE AND DISSATISFIED</b>  - (03F and 19F)   <b>ANGER</b>

			<ul style="list-style-type: none"> <li>- (15F, 18F, 20F, 24F and 25F)</li> </ul> <p><b>IRRITABILITY</b></p> <ul style="list-style-type: none"> <li>- (08M, 18F, 20F, 23M, 24F, 32F, 33F, 34F, 03F, 19F and 27F)</li> </ul>
<b><u>PASSIONATE AND WORKAHOLIC</u></b>	<p><b>ENERGETIC AND OVERSTIMULATED</b></p> <ul style="list-style-type: none"> <li>- (04F, 08M, 10M and 26F)</li> </ul> <p><b>CLEANING AND TIDYING</b></p> <ul style="list-style-type: none"> <li>- (07M and 26F)</li> </ul>	<p><b>WELL-BEING</b></p> <ul style="list-style-type: none"> <li>- (12F, 05F, 03F, 01F, 04F, 17F and 19M)</li> </ul>	<p><b>ANXIOUS</b></p> <ul style="list-style-type: none"> <li>- (20F)</li> </ul> <p><b>FOCUS</b></p> <ul style="list-style-type: none"> <li>- (06M)</li> </ul>
<b><u>EGOTISM</u></b>	<p><b>IMPATIENT</b></p> <ul style="list-style-type: none"> <li>- (31F)</li> </ul> <p><b>SOCIALLY DETACHED/ LEFT-OUT</b></p> <ul style="list-style-type: none"> <li>- (08M)</li> </ul>	Nothing to report on	<p><b>MISCELLANEOUS MIND SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>- (03F)</li> </ul> <p><b>ATTENTION</b></p> <ul style="list-style-type: none"> <li>- (02F and 03F)</li> </ul> <p><b>VANITY AND APPEARANCE</b></p> <ul style="list-style-type: none"> <li>- (02F, 04M and 17F)</li> </ul> <p><b>ATTENTION (DREAM)</b></p> <ul style="list-style-type: none"> <li>- (09F)</li> </ul>
<b><u>DUALITY AND SECRETIVENESS</u></b>	<b>SPACINESS/ SPACED-OUT</b>	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b>	<b>ANGER, IRRITABILITY, RECIPROCATION, SADNESS</b>

	<ul style="list-style-type: none"> <li>- (02M, 07M, 10M, 19F, 26 and 31F)</li> </ul> <p><b>INTOXICATED</b></p> <ul style="list-style-type: none"> <li>- (02M, 10M and 18F)</li> </ul> <p><b>REMOVED FROM REALITY</b></p> <ul style="list-style-type: none"> <li>- (10M and 30M)</li> </ul> <p><b>CONCENTRATION DIFFICULTY</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul> <p><b>DISCONNECTED FROM SELF</b></p> <ul style="list-style-type: none"> <li>- (02M, 04F and 31F)</li> </ul> <p><b>ENERGETIC/ OVERSTIMULATED and LAZINESS</b></p> <ul style="list-style-type: none"> <li>- Energy (04F, 08M, 10M and 26F)</li> <li>- Lazy (08M, 19F, 21F and 31F)</li> </ul> <p><b>COMPANY and SOCIALLY DETACHED/ LEFT OUT and TALKATIVE</b></p> <ul style="list-style-type: none"> <li>- Company (31F)</li> <li>- Unsociable (02M, 07M, 08M, 10M and 19F)</li> <li>- Talkative (26F)</li> </ul>	<ul style="list-style-type: none"> <li>- Wants company (03F and 01F)</li> <li>- Do not want company (08M, 10F and 03F)</li> </ul> <p><b>SEPERATED FROM SELF/ SCATTERED</b></p> <ul style="list-style-type: none"> <li>- (08M, 03F, 18F and 12F)</li> </ul> <p><b>DEPRESSED, IRRITABLE, SENSITIVE and WELL-BEING</b></p> <ul style="list-style-type: none"> <li>- Depressed (10F, 04F, 05F, 08M, 19M, 01F and 03F)</li> <li>- Irritable (05F, 01F, 03F, 10F and 18F)</li> <li>- Sensitive (03F and 18F)</li> <li>- Will-being (12F, 05F, 03F, 01F, 04F, 17F and 19M)</li> </ul> <p><b>CONFIDENCE/ LACK OF CONFIDENCE</b></p> <ul style="list-style-type: none"> <li>- Confidence (01F and 03F)</li> <li>- Lack of confidence (03F and 05F)</li> </ul> <p><b>MENTAL ACTIVITY: HYPER/ HYPO-ACTIVE/ ENERGY</b></p> <ul style="list-style-type: none"> <li>- Hyperactive (18F, 01F, 19M and 05F)</li> <li>- Hypoactive (05F, 18F and 15M)</li> </ul>	<p>and <b>CHEERFUL, LOQUACITY</b></p> <ul style="list-style-type: none"> <li>- Anger (15F, 18F, 20F, 24F and 25F)</li> <li>- Irritability (08M, 18F, 20F, 23M, 24F, 32F, 33F, 34F, 03F, 19F and 27F)</li> <li>- Reciprocation (19F)</li> <li>- Sadness (03F, 04M, 14F, 19F and 30F)</li> <li>- Cheerful (02F, 06M, 18F, 27F and 34F)</li> <li>- Loquacity (27F and 34F)</li> </ul> <p><b>AVERSION TO COMPANY and DESIRE FOR COMPANY</b></p> <ul style="list-style-type: none"> <li>- Aversion to company (06M, 08M, 18F, 19F and 23M)</li> <li>- Desire for company (03F and 19F)</li> </ul> <p><b>FOCUS</b></p> <ul style="list-style-type: none"> <li>- Focussed (06M and 27F)</li> <li>- Unfocussed (19F)</li> </ul> <p><b>FOCUS and DIFFICULTY IN CONCENTRATION, LAZY</b></p> <ul style="list-style-type: none"> <li>- Focus (06M and 27F)</li> <li>- Difficulty in concentration (03F, 18F, 06M, 19F, 20F and 25F)</li> <li>- Lazy (02F and 06M)</li> </ul>
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	<p><b>DEPRESSION, IRRITABILITY, IMPATIENT and HAPPINESS</b></p> <ul style="list-style-type: none"> <li>- Depression (02M, 10M, 19F, 21F, 31F and 34F)</li> <li>- Irritable (08M, 10M, 19F, 21F and 31F)</li> <li>- Impatient (08M and 31F)</li> <li>- Happy (26F)</li> </ul> <p><b>APPETITE INCREASED and APPETITE DECREASED</b></p> <ul style="list-style-type: none"> <li>- Increased (08M and 26F)</li> <li>- Decreased (02M, 08M, 10M, 21F, 26F, 31F, 34F and 04F)</li> </ul> <p><b>THIRSTY and THIRSTLESS</b></p> <ul style="list-style-type: none"> <li>- Thirsty (02M, 08M, 31F and 34F)</li> <li>- Thirstless (26F)</li> </ul>	<p><b>CONFUSION/ CALM and CHAOS/ FRAGMENTED (DREAM THEME)</b></p> <ul style="list-style-type: none"> <li>- Confused (05F and 19M)</li> <li>- Calm (19M, 05F and 17F)</li> <li>- Chaos/ fragmented (15M and 12F)</li> </ul> <p><b>INCREASED APPETITE and DECREASED APPETITE</b></p> <ul style="list-style-type: none"> <li>- Increased (01F, 05F, 03F, 13M)</li> <li>- Decreased (10F and 05F)</li> </ul>	<p><b>ATTENTION, VANITY AND APPEARANCE and INADEQUATE AND DISSATISFIED</b></p> <ul style="list-style-type: none"> <li>- Attention (02F and 03F)</li> <li>- Vanity and appearance (02F, 04M and 17F)</li> <li>- Inadequate and dissatisfied (03F, 04M, 18F, 19F and 23M)</li> </ul> <p><b>VANITY AND APPEARANCE</b></p> <ul style="list-style-type: none"> <li>- Wants attention (02F, 04M and 17F)</li> <li>- Embarrassed by self (19F)</li> </ul> <p><b>CONNECTING</b></p> <ul style="list-style-type: none"> <li>- Wants to connect (34F and 03F)</li> <li>- Does not want to connect (02F and 03F)</li> </ul> <p><b>APPETITE INCREASED and APPETITE DECREASED</b></p> <ul style="list-style-type: none"> <li>- Increased (02F, 15F, 20F, 24F and 25F)</li> <li>- Decreased (03F, 18F, 20F, 25F, 30F, 33F and 35M)</li> </ul> <p><b>THIRSTY and THIRSTLESS</b></p> <ul style="list-style-type: none"> <li>- Thirsty (06M, 15F, 19F, 20F, 23M and 25F)</li> <li>- Thirstless (02F and 03F)</li> </ul>
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<b><u>DRUG AND ALCOHOL ABUSE</u></b>	<b>SPACINESS/ SPACED- OUT</b> <ul style="list-style-type: none"> <li>- (02M, 07M, 10M, 19F, 26F and 31F)</li> </ul> <b>INTOXICATED</b> <ul style="list-style-type: none"> <li>- (02M, 10M and 18F)</li> </ul> <b>REMOVED FROM REALITY</b> <ul style="list-style-type: none"> <li>- (10M and 30M)</li> </ul> <b>DISCONNECTED FROM SELF</b> <ul style="list-style-type: none"> <li>- (02M, 04F and 31F)</li> </ul> <b>ENERGETIC/ OVERSTIMULATED</b> <ul style="list-style-type: none"> <li>- (26F)</li> </ul> <b>PERCEPTIONS</b> <ul style="list-style-type: none"> <li>- (02M)</li> </ul>	<b>SEPERATED FROM SELF/ SCATTERED</b> <ul style="list-style-type: none"> <li>- (08M, 03F, 18F and 12F)</li> </ul> <b>PANIC/ FEELING THREATENED</b> <ul style="list-style-type: none"> <li>- (01F)</li> </ul>	<b>ABSENT MINDED AND FORGETFUL</b> <ul style="list-style-type: none"> <li>- (19F)</li> </ul> <b>FREEDOM</b> <ul style="list-style-type: none"> <li>- (04M)</li> </ul>
<b><u>AFFECTION OF SPEECH</u></b>	<b>DIFFICULTY IN SPEAKING</b> <ul style="list-style-type: none"> <li>- (10M and 31F)</li> </ul>	Nothing to report on	<b>DIFFICULTY WITH WORDS</b> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <b>DIFFICULTY IN SPEAKING</b> <ul style="list-style-type: none"> <li>- (06M)</li> </ul>
<b><u>SENSATION OF CONSTRICTION</u></b>	<b>HEAD</b> <ul style="list-style-type: none"> <li>- Squeezing (07M)</li> </ul>	<b>HEAD</b> <ul style="list-style-type: none"> <li>- Oppressive (10F)</li> <li>- Tension (12F)</li> </ul>	<b>CHEST</b> <ul style="list-style-type: none"> <li>- (02F, 30F, 04M and 33F)</li> </ul>



	<ul style="list-style-type: none"> <li>- Tightening/ stiff/ tense (07M, 08M and 10M)</li> <li>- Oppressive/ heavy (10M, 19F and 31F)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- Oppressive/ heavy (10M)</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- Tightening (26F)</li> </ul> <p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- Constricting (02M)</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- Suffocating (16F)</li> <li>- Tightness (31F, 10M and 26F)</li> <li>- Squeezing (31F)</li> <li>- Oppressive (07M)</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- Oppressive (07M)</li> </ul> <p><b>BACK AND NECK</b></p>	<ul style="list-style-type: none"> <li>- Tightness (18F and 01F)</li> <li>- Heavy (10F, 20F)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- Heavy (10F, 03F and 05F)</li> </ul> <p><b>EAR</b></p> <ul style="list-style-type: none"> <li>- Blocked (12F)</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- Blocked (15M, 05F, 06F, 09F, 10F, 18F, 19M, )</li> <li>- Congestion (01F)</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- Tight (18F)</li> </ul> <p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- Tight (18F)</li> </ul> <p><b>EXTERNAL THROAT</b></p> <ul style="list-style-type: none"> <li>- Tight (18F)</li> </ul> <p><b>ABDOMEN</b></p> <ul style="list-style-type: none"> <li>- Distended (01F)</li> <li>- Bloated (03F, 05F and 12F)</li> </ul> <p><b>RESPIRATION</b></p>	<p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- (33F, 02F and 08M)</li> </ul> <p><b>BACK</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>NECK</b></p> <ul style="list-style-type: none"> <li>- (02F, 33F, 08M and 32F)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (19F, 20F)</li> </ul> <p><b>EAR</b></p> <ul style="list-style-type: none"> <li>- (03F, 02F, 34F and 33F)</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- (03F, 15F, 19F, 30F, 33F and 35M)</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- (02F and 04M)</li> </ul>
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	<ul style="list-style-type: none"> <li>- Tightness (04F, 07M, 08M, 19F, 26F, 31F, 10M)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- Tightness (19F, 10M, 02M)</li> <li>- Oppressive (19F, 26F)</li> </ul>	<ul style="list-style-type: none"> <li>- Constriction (03F)</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- Oppressive (01F and 10F)</li> <li>- Heavy (04F)</li> <li>- Constriction (03F)</li> <li>- Tight (03F and 15M)</li> </ul> <p><b>BACK</b></p> <ul style="list-style-type: none"> <li>- Stiffness (09F, 19M, 03F and 05F)</li> <li>- Tension (01F, 03F, 19M and 05F)</li> <li>- Tight (12F)</li> </ul>	
<b><u>SWOLLEN SENSATION</u></b>	<p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (04F, 08M, 10M and 02M)</li> </ul>	<p><b>BLOATING/ EXPANSION</b></p> <ul style="list-style-type: none"> <li>- (01F)</li> </ul> <p><b>EYES</b></p> <ul style="list-style-type: none"> <li>- (01F, 03F, 10F and 09F)</li> </ul>	<p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- (33F)</li> </ul> <p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>EXTERNAL THROAT</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul>

			<p><b>EYES</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (20F)</li> </ul>
<b><u>AGGRAVATION FROM SLEEP</u></b>	<p><b>SLEEP</b></p> <ul style="list-style-type: none"> <li>- (19F)</li> </ul>	<p><b>SLEEP</b></p> <ul style="list-style-type: none"> <li>- (03F)</li> </ul>	<p><b>SLEEP</b></p> <ul style="list-style-type: none"> <li>- (02F and 18F)</li> </ul>
<b><u>AGGRAVATION FROM TOUCH</u></b>	Nothing to report on	Nothing to report on	Nothing to report on
<b><u>THERMAL REGULATION</u></b>	<p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- (26F)</li> </ul> <p><b>GENERALS</b></p> <ul style="list-style-type: none"> <li>- Temperature (04F, 10M, 19F, 26F, 31F and 02M)</li> <li>- Extremities (04F and 26F)</li> </ul>	<p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- (03F and 05F)</li> </ul> <p><b>MOUTH</b></p> <ul style="list-style-type: none"> <li>- (05F)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (05F and 01F)</li> </ul> <p><b>TEMPERATURE</b></p> <ul style="list-style-type: none"> <li>- (01F, 08M and 15M)</li> </ul>	<p><b>GENERALS</b></p> <ul style="list-style-type: none"> <li>- Heat/ warmth (02F, 04M and 17F)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (02F and 19F)</li> </ul> <p><b>RECTUM</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>CHILL</b></p> <ul style="list-style-type: none"> <li>- (02F, 04M, 18F and 20F)</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul>

			<p><b>FEVER</b></p> <ul style="list-style-type: none"> <li>- (08M, 15F, 18F and 19F)</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- (02F and 04M)</li> </ul> <p><b>SKIN</b></p> <ul style="list-style-type: none"> <li>- (02F and 25F)</li> </ul>
<b><u>PERIODICITY</u></b>	<p><b>PERIODICITY</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul> <p><b>POLARITY</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul>	Nothing to report on	Nothing to report on
<b><u>TREMBLING</u></b>	Nothing to report on	Nothing to report on	<p><b>TREMBLING</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul>
<b><u>AFFINITY FOR THE CARDIOVASCULAR SYSTEM</u></b>	<p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- (07M)</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- (34F and 07M)</li> </ul>	<p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- (15M and 01F)</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- (10F and 12F)</li> </ul>	<p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- (04M, 25F, 32F and 35M)</li> </ul> <p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- (09F, 23M and 02F)</li> </ul> <p><b>EAR</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul>

			<b>MISCELLANEOUS DREAM SYMPTOMS</b>  - (23M)
<b><u>PULSE</u></b>	<b>HEAD</b>  - (07M)  <b>CHEST</b>  - (34F and 07M)	<b>HEAD</b>  - (15M and 01F)  <b>CHEST</b>  - (10F and 12F)	<b>CHEST</b>  - (04M, 25F, 32F and 35M)  <b>HEAD</b>  - (09F, 23M and 02F)  <b>EAR</b>  - (02F)  <b>MISCELLANEOUS DREAM SYMPTOMS</b>  - (23M)
<b><u>PARALYSIS</u></b>	Nothing to report on	Nothing to report on	<b>DELUSIONS</b>  - (02F)  <b>EYE</b>  - (02F)
<b><u>WEAKNESS</u></b>	<b>DEPRESSION</b>  - (02M, 10M, 19F, 21F, 31F and 34F)  <b>ANXIETY WHILE DRIVING</b>	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b>  - (10F, 01F, 03F, 04F, 19M and 08M)  <b>PANIC/ FEELING THREATENED</b>	<b>ABSENT MINDED AND FORGETFUL</b>  - (06M, 19F, 03F, 15F and 18F)  <b>CONNECTING</b>  - (02F, 03F and 34F)

	<ul style="list-style-type: none"> <li>- (08M and 34F)</li> </ul> <p><b>LAZINESS</b></p> <ul style="list-style-type: none"> <li>- (08M, 19F, 21F and 31F)</li> </ul> <p><b>DIFFICULTY IN SPEAKING</b></p> <ul style="list-style-type: none"> <li>- (10M and 31F)</li> </ul> <p><b>DIFFICULTY IN READING</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul> <p><b>DIFFICULTY IN WRITING</b></p> <ul style="list-style-type: none"> <li>- (19F and 10M)</li> </ul> <p><b>NO MOTIVATION/ DIFFICULTY IN WORKING OR STUDYING</b></p> <ul style="list-style-type: none"> <li>- (08M, 10M and 19F)</li> </ul> <p><b>EXHAUSTION AND SLOWING DOWN</b></p> <ul style="list-style-type: none"> <li>- (07M, 10M, 18F and 19F)</li> </ul> <p><b>ABSENT MINDED AND FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- (10M and 26F)</li> </ul> <p><b>MEMORY POOR</b></p> <ul style="list-style-type: none"> <li>- (10M)</li> </ul> <p><b>PERIODICITY</b></p>	<ul style="list-style-type: none"> <li>- (01F, 03F and 17F)</li> </ul> <p><b>DEPRESSION/ SADNESS/ CRYING</b></p> <ul style="list-style-type: none"> <li>- (10F, 04F, 05F, 08M, 19M, 01F and 03F)</li> </ul> <p><b>SENSITIVE</b></p> <ul style="list-style-type: none"> <li>- (03F and 18F)</li> </ul> <p><b>MISTAKES/ POOR CONCENTRATION/ FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- (01F, 03F, 18F and 13M)</li> </ul> <p><b>CONFIDENCE/ LACK OF CONFIDENC</b></p> <ul style="list-style-type: none"> <li>- (03F and 05F)</li> </ul> <p><b>ISOLATION</b></p> <ul style="list-style-type: none"> <li>- (03F and 17F)</li> </ul> <p><b>PANIC/ THREAT/ EXCITEMENT (DREAM)</b></p> <ul style="list-style-type: none"> <li>- (01F)</li> </ul>	<p><b>DELUSIONS</b></p> <ul style="list-style-type: none"> <li>- (02F, 18F, 19F, 20F and 33F)</li> </ul> <p><b>DIFFICULTY</b></p> <ul style="list-style-type: none"> <li>- (03F, 18F, 06M, 19F, 20F, 25F and 02F)</li> </ul> <p><b>FOCUS</b></p> <ul style="list-style-type: none"> <li>- (19F)</li> </ul> <p><b>HOMESICK</b></p> <ul style="list-style-type: none"> <li>- (14F and 33F)</li> </ul> <p><b>INADEQUATE AND DISSATISFIED</b></p> <ul style="list-style-type: none"> <li>- (03F, 04M, 18F, 19F and 23M)</li> </ul> <p><b>LAZINESS</b></p> <ul style="list-style-type: none"> <li>- (02F and 06M)</li> </ul> <p><b>SADNESS</b></p> <ul style="list-style-type: none"> <li>- (03F, 04M, 14F, 19F and 30F)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul>
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	- (10M)		
<b><u>ONE-SIDEDNESS OF COMPLAINTS</u></b>	<b>AFFINITY FOR THE LEFT SIDE</b> <ul style="list-style-type: none"> <li>- Head (07M, 21F)</li> <li>- Eye (07M, 08M and 26F)</li> <li>- Hearing (26F and 08M)</li> <li>- External throat (16F)</li> <li>- Abdomen (10M)</li> <li>- Back and neck (26F)</li> <li>- Extremities (08M and 10M)</li> </ul>	<b>AFFINITY FOR THE LEFT SIDE</b> <ul style="list-style-type: none"> <li>- Head (09F, 18F, 15M, 19M, 01F, 12F, 18F and 20F)</li> <li>- Eye (01F, 10F and 15M)</li> <li>- Ear (15M and 18M)</li> <li>- Nose (09F, 15M, 10F and 19M)</li> <li>- Female genitalia/ sex (01F)</li> <li>- Back (15M and 01F)</li> <li>- Extremities (03F, 13M, 05F and 19M)</li> </ul>	<b>AFFINITY FOR THE LEFT SIDE</b> <ul style="list-style-type: none"> <li>- Throat (02F and 25F)</li> <li>- Chest (02F, 03F and 35M)</li> <li>- Head (02F, 32F, 15F, 19F, 33F, 35M and 04M)</li> <li>- External throat (02F)</li> <li>- Back (02F and 19F)</li> <li>- Eye (02F, 33F and 19F)</li> <li>- Neck (02F and 35M)</li> <li>- Extremities (02F and 27F)</li> <li>- Ear (02F, 27F and 34F)</li> <li>- Nose (03F, 30F, 33F, 02F and 34F)</li> <li>- Face (02F and 19F)</li> </ul>
<b><u>DIRECTION OF SYMPTOMS</u></b>	<b>AFFINITY FOR THE LEFT SIDE</b> <ul style="list-style-type: none"> <li>- Head (07M, 21F)</li> <li>- Eye (07M, 08M and 26F)</li> <li>- Hearing (26F and 08M)</li> <li>- External throat (16F)</li> <li>- Abdomen (10M)</li> <li>- Back and neck (26F)</li> <li>- Extremities (08M and 10M)</li> </ul>	<b>AFFINITY FOR THE LEFT SIDE</b> <ul style="list-style-type: none"> <li>- Head (09F, 18F, 15M, 19M, 01F, 12F, 18F and 20F)</li> <li>- Eye (01F, 10F and 15M)</li> <li>- Ear (15M and 18M)</li> <li>- Nose (09F, 15M, 10F and 19M)</li> <li>- Female genitalia/ sex (01F)</li> <li>- Back (15M and 01F)</li> <li>- Extremities (03F, 13M, 05F and 19M)</li> </ul>	<b>AFFINITY FOR THE LEFT SIDE</b> <ul style="list-style-type: none"> <li>- Throat (02F and 25F)</li> <li>- Chest (02F, 03F and 35M)</li> <li>- Head (02F, 32F, 15F, 19F, 33F, 35M and 04M)</li> <li>- External throat (02F)</li> <li>- Back (02F and 19F)</li> <li>- Eye (02F, 33F and 19F)</li> <li>- Neck (02F and 35M)</li> <li>- Extremities (02F and 27F)</li> <li>- Ear (02F, 27F and 34F)</li> </ul>

			<ul style="list-style-type: none"> <li>- Nose (03F, 30F, 33F, 02F and 34F)</li> <li>- Face (02F and 19F)</li> </ul>
<u><b>GREAT TENDENCY TO DEVELOP INFECTIONS</b></u>	Nothing to report on	<p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (09F)</li> </ul> <p><b>MOUTH</b></p> <ul style="list-style-type: none"> <li>- (17F)</li> </ul> <p><b>FEMALE GENITALIA/ SEX</b></p> <ul style="list-style-type: none"> <li>- (09F)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (19M and 13M)</li> </ul>	<p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- (20F)</li> </ul> <p><b>EXTERNAL THROAT</b></p> <ul style="list-style-type: none"> <li>- (02F and 08M)</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- (02F)</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- (04M, 27F, 19F)</li> </ul> <p><b>FEVER</b></p> <ul style="list-style-type: none"> <li>- (08M, 15F, 18F and 19F)</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- (19F and 20F)</li> </ul> <p><b>SKIN</b></p> <ul style="list-style-type: none"> <li>- (02F, 04M, 20F and 24F)</li> </ul>
<u><b>ACTION ON THE EYE</b></u>	<b>EYE</b>	<b>EYE</b>	<b>EYE</b>



	<ul style="list-style-type: none"> <li>- (02M, 07M, 08M, 19F, 10M, 26F and 31F)</li> </ul> <p><b>VISION</b></p> <ul style="list-style-type: none"> <li>- (19F, 26F and 02M)</li> </ul>	<ul style="list-style-type: none"> <li>- (01F, 03F, 10F, 09F, 19M, 05F, 18F, 17F and 15M)</li> </ul>	<ul style="list-style-type: none"> <li>- (02F, 04M, 03F, 25F, 33F, 35M, 17F, 19F and 33F)</li> </ul> <p><b>VISION</b></p> <ul style="list-style-type: none"> <li>- (20F and 02F)</li> </ul>
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#### 4.7 Comparison of Doctrine of Signatures with the *Bitis spp.* remedies

The following table represents the data that was extracted from the *Bitis spp.* remedies that related specifically to the Doctrine of Signatures. Each remedy was compared individually to a theme that was deduced e.g. Venom

Table 4.37: Doctrine of signatures as per extracted data from *Bitis spp.* remedies

<u>DOCTRINE OF SIGNATURES</u>	<u><i>BITIS ARIETANS</i> ARIETANS</u>	<u><i>BITIS GABONICA</i> GABONICA</u>	<u><i>BITIS ATROPOS</i></u>
<u>VENOM</u>	<p><u>Toxicology</u> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Haemotoxic</li> </ul> <p><u>Homoeopathic similarity</u> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Head; slow heartbeat (07M), coursing blood (07M)</li> <li>- Face; flushed (26F)</li> </ul>	<p><u>Toxicology</u> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Haemotoxic</li> </ul> <p><u>Homoeopathic similarity</u> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Face; flushed (03F, 05F)</li> <li>- Chest; palpitation (12F)</li> </ul>	<p><u>Toxicology</u> (Brijnath and Schonfield 2013):</p> <ul style="list-style-type: none"> <li>- Neurotoxic</li> </ul> <p><u>Homoeopathic similarity</u> (Brijnath and Schonfield 2013):</p> <ul style="list-style-type: none"> <li>- Extremities; electric shock (02F)</li> </ul>

	<ul style="list-style-type: none"> <li>- Female; heavy menses (16F, 04F, 31F), clotting (16F)</li> <li>- Chest; palpitations (34F and 07M)</li> </ul>		
<b><u>SWELLING</u></b>	<p><b><u>Toxicology</u></b> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Excessive swelling</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Extremities; swelling (04F, 08M, 10M and 02M)</li> </ul>	<p><b><u>Toxicology</u></b> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Swelling</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Mind; bloating/ expansion (01F)</li> <li>- Eyes; (01F, 03F, 10F and 09F)</li> </ul>	<p><b><u>Toxicology</u></b> (Brijnath and Schonfield 2013):</p> <ul style="list-style-type: none"> <li>- Swelling</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Brijnath and Schonfield 2013):</p> <ul style="list-style-type: none"> <li>- Throat; (33F)</li> <li>- Head; (02F)</li> <li>- External throat; (02F)</li> <li>- Eyes; (02F)</li> <li>- Extremities; (20F)</li> </ul>
<b><u>SLUGGISH</u></b>	<p><b><u>Physically</u></b> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Sluggish</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Mind; Laziness (31F, 08M, 19F and 21F) and exhaustion and slowing down (07M, 10M, 18F, 19F)</li> </ul>	<p><b><u>Physically</u></b> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Sluggish</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Mental activity: hyper/ hypo-active/ energy; (18F, 15M)</li> <li>- Sleep; (01F, 13M, 05F, 10F)</li> </ul>	<p><b><u>Physically</u></b> (Brijnath and Schonfield 2013):</p> <ul style="list-style-type: none"> <li>- Quick</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Brijnath and Schonfield 2013):</p> <ul style="list-style-type: none"> <li>- Loquacity (27F and 34F)</li> </ul>

	<ul style="list-style-type: none"> <li>- Sleep; (10M, 18F, 16F, 31F, 19F, 26F)</li> </ul>		
<b><u>CONSTRICTOR</u></b>	<p><b><u>Behaviour</u></b> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Constrictor</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Wright 1999):</p> <ul style="list-style-type: none"> <li>- Head; Squeezing (07M), tightening/ stiff/ tense (07M, 08M and 10M) and oppressive/ heavy (10M, 19F and 31F)</li> <li>- Eye; Oppressive/ heavy (10M)</li> <li>- Face; Tightening (26F)</li> <li>- Throat; Constricting (02M)</li> <li>- Respiration; Suffocating (16F), tightness (31F, 10M and 26F), squeezing (31F) and oppressive (07M)</li> <li>- chest; Oppressive (07M)</li> <li>- back and neck; Tightness (04F,</li> </ul>	<p><b><u>Behaviour</u></b> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Constrictor</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Thomson 2004):</p> <ul style="list-style-type: none"> <li>- Head; Oppressive (10F), tension (12F), tightness (18F and 01F) and heavy (10F, 20F)</li> <li>- Eye; Heavy (10F, 03F and 05F)</li> <li>- Ear; Blocked (12F)</li> <li>- Nose; Blocked (15M, 05F, 06F, 09F, 10F, 18F, 19M) and Congestion (01F)</li> <li>- Face; Tight (18F)</li> <li>- Throat; Tight (18F)</li> <li>- Extrenal throat; Tight (18F)</li> <li>- Abdomen; Distended (01F) and bloated (03F, 05F and 12F)</li> <li>- Respiration; Constriction (03F)</li> </ul>	<p><b><u>Behaviour</u></b> (Brijnath and Schonfield 2013):</p> <ul style="list-style-type: none"> <li>- Constrictor</li> </ul> <p><b><u>Homoeopathic similarity</u></b> (Brijnath and Schonfield 2013)</p> <ul style="list-style-type: none"> <li>- Chest; (02F, 30F, 04M and 33F)</li> <li>- Head; (33F, 02F and 08M)</li> <li>- Back; (02F)</li> <li>- Eye; (02F)</li> <li>- Neck; (02F, 33F, 08M and 32F)</li> <li>- Extremities; (19F, 20F)</li> <li>- Ear; (03F, 02F, 34F and 33F)</li> <li>- Nose; (03F, 15F, 19F, 30F, 33F and 35M)</li> <li>- Respiration; (02F and 04M)</li> </ul>

	07M, 08M, 19F, 26F, 31F, 10M) - extremities; Tightness (19F, 10M, 02M) and Oppressive (19F, 26F)	- Chest; Oppressive (01F and 10F), Heavy (04F), Constriction (03F) and Tight (03F and 15M) - Back; Stiffness (09F, 19M, 03F and 05F), Tension (01F, 03F, 19M and 05F) and Tight (12F)	
<b><u>THERMOREGULATION</u></b>	<b><u>Behaviour</u></b> (Wright 1999): - Cold  <b><u>Homoeopathic similarity</u></b> (Wright 1999): - Face; (26F) - Generals; Temperature (04F, 10M, 19F, 26F, 31F and 02M) - Extremities (04F and 26F)	<b><u>Behaviour</u></b> (Thomson 2004): - Cold  <b><u>Homoeopathic similarity</u></b> (Thomson 2004): - Face; (03F and 05F) - Mouth; (05F) - Extremities; (05F and 01F) - Temperature; (01F, 08M and 15M)	<b><u>Behaviour</u></b> Brijnath and Schonfield 2013): - Cold  <b><u>Homoeopathic similarity</u></b> (Brijnath and Schonfield 2013) - Heat/ warmth (02F, 04M and 17F) - Eye; (02F) - Extremities; (02F and 19F) - Rectum; (02F) - Chill; (02F, 04M, 18F and 20F) - Nose; (02F) - Fever; (08M, 15F, 18F and 19F) - Face; (02F and 04M) - Skin; (02F and 25F)

## 4.8 Comparison of the common sensations

Sensations were extracted from the provings of the *Bitis spp.* remedies that related to both the mental and physical aspects of the remedies. These sensations were then reviewed to give possible active and passive reactions with added compensations.

### 4.8.1 Mind

The following table represents data that was extracted from the *Bitis spp.* remedies. This data specifically pertained to the mind sensations.

**Table 4.38: Sensation pertaining to the mind themes**

	<b><u>BITIS ARIETANS</u></b> <b><u>ARIETANS</u></b> (Wright 1999)	<b><u>BITIS GABONICA</u></b> <b><u>GABONICA</u></b> (Thomson 2004)	<b><u>BITIS ATROPOS</u></b> (Brijnath and Schonfield 2013)
<b><u>EMERGED SENSATIONS</u></b>	<b>SPACINESS/ SPACED-OUT</b> <ul style="list-style-type: none"> <li>- Spaced-out</li> <li>- Large space in head</li> <li>- Awareness shifting</li> <li>- Perception distorted</li> <li>- Veil between mind and reality</li> <li>- Spacedness</li> <li>- Dislocation in head</li> <li>- Buzzing tone</li> <li>- Displaced feeling</li> <li>- Spaciness</li> <li>- Unreal conversation</li> <li>- Dreamy feeling</li> <li>- Light sensation</li> </ul>	<b>ISOLATION/ ALONE/ DESIRE TO BE ALONE</b> <ul style="list-style-type: none"> <li>- Alone</li> <li>- Disconnected</li> <li>- Wants own space</li> <li>- Isolation</li> <li>- Anger</li> <li>- Confused</li> <li>- Overwhelmed</li> <li>- Self-pity</li> <li>- Tired</li> <li>- Despondant</li> <li>- Distanced</li> <li>- Depressed</li> <li>- Lonely</li> </ul>	<b>ABSENT MINDED AND FORGETFUL</b> <ul style="list-style-type: none"> <li>- Confused</li> <li>- Forgetful</li> <li>- Absent minded</li> <li>- Errors</li> <li>- Silent</li> <li>- Powerful</li> <li>- Still</li> <li>- Quiet</li> <li>- Introspective</li> <li>- Mental amnesia</li> <li>- Dazed</li> <li>- Dullness</li> </ul>

	<ul style="list-style-type: none"> <li>- Disconnected</li> <li>- Lightheaded</li> </ul> <p><b>INTOXICATED</b></p> <ul style="list-style-type: none"> <li>- Trippy feeling</li> <li>- Boundaries expanding</li> <li>- Intoxicated</li> <li>- Unsteady</li> <li>- Drunk-like</li> </ul> <p><b>REMOVED FROM REALITY</b></p> <ul style="list-style-type: none"> <li>- Removed from reality</li> <li>- Unreality</li> <li>- Distantness</li> </ul> <p><b>THINKING BACK</b></p> <ul style="list-style-type: none"> <li>- Sentimental</li> <li>- Emotional</li> <li>- Melancholy</li> <li>- Sad</li> <li>- Far away</li> <li>- Wandering mind</li> </ul> <p><b>CONCENTRATION DIFFICULT</b></p> <ul style="list-style-type: none"> <li>- Distracted</li> <li>- Sleepy</li> <li>- Brain fog</li> <li>- Head feels thick</li> <li>- Mind foggy</li> <li>- Mind goes blank</li> <li>- Cotton wool in head</li> <li>- Clouded thinking</li> </ul> <p><b>DULLNESS</b></p> <ul style="list-style-type: none"> <li>- Dull</li> <li>- Sleepy</li> <li>- Cotton wool in head</li> </ul>	<ul style="list-style-type: none"> <li>- Hiding</li> <li>- Unsociable</li> </ul> <p><b>PANIC/ FEELING THREATENED</b></p> <ul style="list-style-type: none"> <li>- Panic attacks</li> <li>- Disoriented</li> <li>- Terrified</li> <li>- Alone</li> <li>- Violence</li> </ul> <p><b>SEPERATED FROM SWLF/ SCATTERED</b></p> <ul style="list-style-type: none"> <li>- Distant from self</li> <li>- Cotton wool in head</li> <li>- Alone</li> <li>- Not all there</li> <li>- Scattered</li> <li>- Short of patience</li> <li>- Dizzy</li> <li>- Spaced-out</li> </ul> <p><b>DEPRESSION/ SADNESS/ CRYING</b></p> <ul style="list-style-type: none"> <li>- Depressed</li> <li>- Frustrated</li> <li>- Sadness</li> <li>- Upset</li> <li>- Tired</li> <li>- Sensitive</li> <li>- Lonely</li> <li>- Unhappy</li> <li>- Low self-esteem</li> <li>- Snappy</li> <li>- Sighing</li> <li>- Negative</li> <li>- Melancholy</li> <li>- Unmotivated</li> <li>- Disoriented</li> </ul>	<ul style="list-style-type: none"> <li>- Suspended</li> </ul> <p><b>ALONE-AVERSION TO COMPANY</b></p> <ul style="list-style-type: none"> <li>- Solitude</li> <li>- Irritable</li> <li>- Hibernate</li> <li>- Sweet sadness</li> <li>- Pain of existence</li> <li>- Separate</li> <li>- Stressed</li> </ul> <p><b>ANGER</b></p> <ul style="list-style-type: none"> <li>- Snappish</li> <li>- Aggressive</li> <li>- Angry</li> <li>- Frustrated</li> <li>- Rage</li> <li>- Annoyed</li> <li>- Attack</li> <li>- Road rage</li> <li>- Bad mood</li> <li>- Begrudging</li> </ul> <p><b>ANTAGONISM WITHY ONESELF</b></p> <ul style="list-style-type: none"> <li>- Fight with self</li> <li>- Opposing self</li> </ul> <p><b>ANXIOUS</b></p> <ul style="list-style-type: none"> <li>- Anxious</li> <li>- Stressed</li> <li>- Rushed</li> <li>- Worry</li> </ul> <p><b>ATTENTION</b></p> <ul style="list-style-type: none"> <li>- Shine</li> <li>- Spotlight</li> <li>- Want to be noticed</li> </ul>
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	<p><b>DISCONNECTED FROM SELF</b></p> <ul style="list-style-type: none"> <li>- Uncomfortable</li> <li>- Disconnected</li> <li>- Uneasy</li> <li>- Detached</li> <li>- Trippy</li> <li>- Anxiety</li> <li>- Out of body</li> <li>- Not all there</li> <li>- Spaced-out</li> </ul> <p><b>ENERGETIC/ OVERSTIMULATED</b></p> <ul style="list-style-type: none"> <li>- Energetic</li> <li>- Manic</li> <li>- Energised</li> <li>- Excitable</li> <li>- Sharp</li> <li>- Hyperactive</li> <li>- Overstimulated</li> </ul> <p><b>COMPANY</b></p> <ul style="list-style-type: none"> <li>- Mind wandering</li> <li>- Depressed</li> </ul> <p><b>CLUMSY</b></p> <ul style="list-style-type: none"> <li>- Unco-ordinated</li> <li>- Clumsy</li> <li>- Slow</li> </ul> <p><b>DEPRESSION</b></p> <ul style="list-style-type: none"> <li>- Explosive depression</li> <li>- Morbid</li> <li>- Apathetic</li> <li>- Despairing</li> <li>- Unable to cope</li> <li>- Grey</li> <li>- Heavy</li> </ul>	<ul style="list-style-type: none"> <li>- Crying</li> <li>- Humiliated</li> </ul> <p><b>WELL-BEING</b></p> <ul style="list-style-type: none"> <li>- Well</li> <li>- Relaxed</li> <li>- Loads of energy</li> <li>- Happy</li> <li>- Confident</li> <li>- Excited</li> <li>- Calm</li> <li>- Well-being</li> <li>- Peace</li> <li>- Positive</li> <li>- Motivated</li> </ul> <p><b>IRRITABLE</b></p> <ul style="list-style-type: none"> <li>- Foul mood</li> <li>- Grumpy</li> <li>- Irritable</li> <li>- Agitation</li> <li>- Lost temper</li> <li>- Snappy</li> <li>- Drained</li> <li>- Unsettled</li> </ul> <p><b>SENSITIVE</b></p> <ul style="list-style-type: none"> <li>- Worthless</li> <li>- &lt; Reprimand</li> <li>- Offended easily</li> <li>- Sensitive to criticism</li> <li>- Unloved</li> </ul> <p><b>MISTAKES/ POOR CONCENTRATION/ FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- Errors</li> <li>- Confusion</li> <li>- Difficulty</li> </ul>	<ul style="list-style-type: none"> <li>- Daring</li> <li>- Potential</li> <li>- Love</li> <li>- Talent</li> <li>- Care</li> <li>- Warmth</li> <li>- Kindness</li> <li>- Laughter</li> <li>- Smile</li> <li>- Stand out</li> <li>- Stand up</li> </ul> <p><b>CHEERFUL</b></p> <ul style="list-style-type: none"> <li>- Smile</li> <li>- Flying</li> <li>- Freedom</li> <li>- Jovial</li> <li>- Dancing</li> <li>- Singing</li> <li>- Playful</li> <li>- Joy</li> <li>- Solitude</li> <li>- Quietness</li> <li>- Inner joy</li> <li>- Happy</li> <li>- Light hearted</li> <li>- Care free</li> <li>- Cheerful</li> <li>- Good mood</li> <li>- Wholesome</li> <li>- Calm</li> <li>- Collective</li> <li>- Positivity</li> <li>- Chirpy</li> <li>- Talkative</li> <li>- Relaxed</li> <li>- Alive</li> </ul> <p><b>CONNECTING</b></p> <ul style="list-style-type: none"> <li>- Difficulty connecting</li> </ul>
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	<ul style="list-style-type: none"> <li>- Struggling</li> <li>- Crying</li> <li>- Irritable</li> <li>- Drained</li> </ul> <p><b>ANXIETY</b></p> <ul style="list-style-type: none"> <li>- Anxiety</li> <li>- Spacey</li> </ul> <p><b>OUTDOORS</b></p> <ul style="list-style-type: none"> <li>- Trippy</li> <li>- Happy</li> <li>- Wants to be outdoors</li> <li>- Nature</li> </ul> <p><b>LAZINESS</b></p> <ul style="list-style-type: none"> <li>- Lethargic</li> <li>- Lazy</li> <li>- Unmotivated</li> <li>- Untidy</li> <li>- Indolence</li> <li>- Irritable</li> </ul> <p><b>CLEANING AND TIDYING</b></p> <ul style="list-style-type: none"> <li>- Dusting</li> <li>- Cleaning</li> <li>- Polising</li> <li>- Chaos</li> <li>- No energy</li> <li>- Order</li> </ul> <p><b>SENSITIVE TO THE OPINIONS OF OTHERS</b></p> <ul style="list-style-type: none"> <li>- Less sensitive</li> </ul> <p><b>SOCIALLY DETACHED/ LEFT-OUT</b></p> <ul style="list-style-type: none"> <li>- Detached</li> <li>- Introverted</li> </ul>	<ul style="list-style-type: none"> <li>- No concentration</li> <li>- Distracted</li> <li>- Forgetful</li> </ul> <p><b>CONFIDENCE/ LACK OF CONFIDENCE</b></p> <ul style="list-style-type: none"> <li>- Not being bullied</li> <li>- Secure</li> <li>- Not as jealous</li> <li>- Not intimidated</li> <li>- Confident</li> <li>- Connected</li> <li>- Relaxed</li> <li>- Centred</li> <li>- Strong</li> <li>- Unattractive</li> <li>- Anxiety</li> <li>- Useless</li> <li>- Ignorant</li> <li>- Insecure</li> <li>- Indecisive</li> <li>- Unappreciated</li> </ul> <p><b>MENTAL ACTIVITY: HYPER/ HYPO-ACTIVE/ ENERGY</b></p> <ul style="list-style-type: none"> <li>- Racing thoughts</li> <li>- Optimistic</li> <li>- Anxious</li> <li>- Unhopeful</li> <li>- Mental energy</li> <li>- Energetic</li> <li>- Hyperactive</li> <li>- Tense</li> <li>- Unfocussed</li> <li>- Incapable</li> <li>- Stupid</li> <li>- Slow</li> <li>- Overwhelmed</li> <li>- Tired</li> </ul>	<ul style="list-style-type: none"> <li>- Barrier</li> <li>- Blockage</li> <li>- Not listening</li> <li>- Shutting down</li> <li>- Ignoring</li> <li>- Vulnerable</li> <li>- Weak</li> <li>- On guard</li> <li>- Watchful</li> <li>- Avoid contact</li> <li>- Free</li> <li>- Nature</li> <li>- Unhibited</li> <li>- Mischievous</li> <li>- Child-like</li> <li>- Distrustful</li> <li>- Suspicious careful</li> <li>- Guarded</li> <li>- Detach</li> </ul> <p><b>DESIRE FOR COMPANY</b></p> <ul style="list-style-type: none"> <li>- Wants comfort</li> <li>- Wants company</li> </ul> <p><b>CRITICAL</b></p> <ul style="list-style-type: none"> <li>- Judgemental</li> <li>- Dissipated</li> <li>- Unfriendly</li> <li>- Unscrupulous</li> <li>- Prying</li> <li>- Undermining</li> <li>- Self-conscious</li> </ul> <p><b>INDIGNATION</b></p> <ul style="list-style-type: none"> <li>- Being accused</li> <li>- Angry</li> <li>- Hurt</li> <li>- Innocence</li> <li>- Palpitations</li> </ul>
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	<ul style="list-style-type: none"> <li>- Claustrophobic</li> <li>- Restlessness</li> <li>- Withdrawn</li> <li>- Far away</li> <li>- Cynical</li> <li>- Isolated</li> <li>- Alone</li> <li>- Disconnected</li> <li>- Left-out</li> <li>- Neglected</li> <li>- Excluded</li> <li>- Outsider</li> </ul> <p><b>DIFFICULTY IN SPEAKING</b></p> <ul style="list-style-type: none"> <li>- Mistakes</li> <li>- Incorrect words</li> <li>- Disconnection from brain</li> <li>- Stuttered</li> <li>- Slurred</li> </ul> <p><b>DIFFICULTY IN READING</b></p> <ul style="list-style-type: none"> <li>- Difficulty</li> <li>- Cannot concentrate</li> </ul> <p><b>DIFFICULTY IN WRITING</b></p> <ul style="list-style-type: none"> <li>- Unco-ordinated</li> <li>- Shaky</li> <li>- Mistakes</li> </ul> <p><b>NO MOTIVATION/ DIFFICULTY WORKING OR STUDYING</b></p> <ul style="list-style-type: none"> <li>- Unmotivated</li> <li>- Fatigue</li> <li>- Overwhelmed</li> <li>- Pessimistic</li> </ul> <p><b>HAPPINESS</b></p>	<ul style="list-style-type: none"> <li>- Flat</li> </ul> <p><b>CONFUSION/ CALM</b></p> <ul style="list-style-type: none"> <li>- Confused</li> <li>- Relaxed</li> <li>- Calm</li> <li>- Order</li> </ul> <p><b>BLOATING/ EXPANSION</b></p> <ul style="list-style-type: none"> <li>- Body bigger</li> </ul>	<ul style="list-style-type: none"> <li>- Anxious</li> <li>- Stressing</li> <li>- Cheated</li> <li>- Mistreated</li> <li>- Lied</li> <li>- Taken advantage of</li> <li>- Fighting</li> <li>- Courage</li> <li>- Laughed at</li> <li>- Trembling</li> <li>- Almost crying</li> <li>- Defend</li> <li>- Singled out</li> <li>- Tense</li> <li>- Cannot relax</li> <li>- On guard</li> <li>- Independent</li> </ul> <p><b>DELUSIONS</b></p> <ul style="list-style-type: none"> <li>- Bruised</li> <li>- Sensitive</li> <li>- Sore</li> <li>- Worse for touch</li> <li>- Paralysed</li> <li>- Hanging down</li> <li>- Loose</li> <li>- Heavy</li> <li>- Vulnerable</li> <li>- Dullness</li> <li>- Time moving faster</li> <li>- Odourous</li> </ul> <p><b>DIFFICULTY</b></p> <ul style="list-style-type: none"> <li>- Concentrating; cannot focus, cannot concentrate, confused, misunderstanding, think through porridge, busy mind.</li> </ul>
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	<ul style="list-style-type: none"> <li>- Happy</li> <li>- Friendly</li> <li>- Good</li> <li>- Clear</li> <li>- Constructive</li> <li>- Focussed</li> <li>- Tolerant</li> </ul> <p><b>TALKATIVE</b></p> <ul style="list-style-type: none"> <li>- Talkative</li> <li>- Scattered thoughts</li> <li>- Mind jumping</li> </ul> <p><b>CONVERSATION</b></p> <ul style="list-style-type: none"> <li>- Quick speaking</li> <li>- Separated in conversation</li> <li>- Distant mind</li> </ul> <p><b>IRRITABLE</b></p> <ul style="list-style-type: none"> <li>- Irritable</li> <li>- Tired</li> <li>- Angry</li> <li>- Edgy</li> <li>- Moody</li> <li>- Snappy</li> <li>- Easy aggravation</li> <li>- Stressed</li> <li>- Restless</li> </ul> <p><b>IMPATIENT</b></p> <ul style="list-style-type: none"> <li>- Short-tempered</li> <li>- Impatient</li> </ul> <p><b>EXHAUSTION AND SLOWING DOWN</b></p> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Lethargic</li> <li>- Fatigue</li> </ul>		<ul style="list-style-type: none"> <li>- Words; incoherent, opposite, confused.</li> <li>- Speaking; confused, errors.</li> </ul> <p><b>FOCUS</b></p> <ul style="list-style-type: none"> <li>- Planning</li> <li>- Increased</li> <li>- Organised</li> <li>- Productive</li> <li>- High energy</li> <li>- Cannot focus</li> <li>- Focused</li> </ul> <p><b>FREEDOM</b></p> <ul style="list-style-type: none"> <li>- Free</li> <li>- Goal</li> <li>- No inhibition</li> <li>- Flying</li> <li>- Clouds</li> </ul> <p><b>INADEQUATE AND DISSATISFIED</b></p> <ul style="list-style-type: none"> <li>- Distrustful</li> <li>- Embarrassed</li> <li>- Shame</li> <li>- Inadequacy</li> <li>- Self-conscious</li> <li>- Unattractive</li> <li>- Hopelessness</li> <li>- Sadness</li> </ul> <p><b>INDIFFERENT</b></p> <ul style="list-style-type: none"> <li>- Do not care</li> <li>- Indifferent</li> </ul> <p><b>IRRITABILITY</b></p> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Irritable</li> </ul>
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	<ul style="list-style-type: none"> <li>- Apathetic</li> <li>- Disinterested</li> <li>- Stagnation</li> <li>- Exhausted</li> </ul> <p><b>ABSENTMINDED AND FORGETFUL</b></p> <ul style="list-style-type: none"> <li>- Forgetful</li> <li>- Absentminded</li> <li>- Cannot remember</li> </ul> <p><b>MEMORY POOR-NAMES</b></p> <ul style="list-style-type: none"> <li>- Memory asleep</li> </ul> <p><b>PERCEPTIONS</b></p> <ul style="list-style-type: none"> <li>- Hallucinatory</li> <li>- Out of body</li> <li>- Profundity</li> <li>- Reptile</li> <li>- Light sensation</li> <li>- Buzzy</li> <li>- Tingly</li> <li>- Bloated</li> </ul>		<ul style="list-style-type: none"> <li>- Short tempered</li> <li>- Annoyed</li> <li>- Snappy</li> <li>- Crabby</li> <li>- Grumpy</li> <li>- Frustrated</li> </ul> <p><b>LAZINESS</b></p> <ul style="list-style-type: none"> <li>- Lazy</li> <li>- Groggy</li> <li>- Lethargic</li> </ul> <p><b>LOQUACITY</b></p> <ul style="list-style-type: none"> <li>- Happy</li> <li>- Talkative</li> </ul> <p><b>MONEY</b></p> <ul style="list-style-type: none"> <li>- Independent</li> <li>- Astute</li> <li>- Business</li> <li>- Good with money</li> <li>- Calculative</li> </ul> <p><b>QUIET</b></p> <ul style="list-style-type: none"> <li>- Quiet</li> <li>- Introverted</li> <li>- Silence</li> <li>- Solitude</li> <li>- Still</li> </ul> <p><b>RECIPROCATATION</b></p> <ul style="list-style-type: none"> <li>- Sensitive</li> <li>- Unappreciated</li> <li>- Depressed</li> </ul> <p><b>SADNESS</b></p> <ul style="list-style-type: none"> <li>- Sadness</li> <li>- Grief</li> <li>- Despair</li> </ul>
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			<ul style="list-style-type: none"> <li>- Lonely</li> </ul> <p><b>STIMULATION</b></p> <ul style="list-style-type: none"> <li>- Tired</li> <li>- Restless</li> </ul> <p><b>VANITY AND EXPERIENCE</b></p> <ul style="list-style-type: none"> <li>- Beauty</li> <li>- Pretty</li> <li>- Vain</li> <li>- Aesthetics</li> <li>- Egotistical</li> </ul>
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## 4.8.2 Physicals

The following table represents data that was extracted from the *Bitis spp.* remedies. This data specifically pertained to the physical sensations.

**Table 4.39: Sensation pertaining to the physical themes**

	<u><b>BITIS ARIETANS</b></u> <u><b>ARIETANS</b></u> (Wright 1999)	<u><b>BITIS GABONICA</b></u> <u><b>GABONICA</b></u> (2004)	<u><b>BITIS ATROPOS</b></u> (Brijnath and Schonfield 2013)
<u><b>EMERGED SENSATIONS</b></u>	<p><b>VERTIGO</b></p> <ul style="list-style-type: none"> <li>- Unbalanced</li> <li>- Swaying</li> <li>- Dizzy</li> <li>- Unsteadiness</li> <li>- Light sensation</li> <li>- Falling</li> <li>- Giddiness</li> <li>- Unstable</li> </ul>	<p><b>VERTIGO</b></p> <ul style="list-style-type: none"> <li>- Falling</li> <li>- Light headed</li> <li>- Dizzy</li> <li>- Faint</li> <li>- Spongy brain</li> </ul> <p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- Sharp</li> <li>- Ache</li> </ul>	<p><b>VERTIGO</b></p> <ul style="list-style-type: none"> <li>- Dizziness</li> <li>- Floating</li> <li>- Dazed</li> <li>- Black out</li> <li>- Light headed</li> <li>- Vibrating</li> <li>- Flying</li> <li>- Loss of balance</li> </ul>

	<p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- Congested</li> <li>- Foggy</li> <li>- Heavy</li> <li>- Exhausted</li> <li>- Stuffy</li> <li>- Hot</li> <li>- Tight</li> <li>- Throbbing</li> </ul> <p><b>HEAD-PAIN</b></p> <ul style="list-style-type: none"> <li>- Band-like</li> <li>- Pressure</li> <li>- Squeezing</li> <li>- Tight</li> <li>- Aching</li> <li>- Stiff</li> <li>- Tense</li> <li>- Dull &gt; stretching</li> <li>- Throbbing</li> <li>- Heavy</li> <li>- Weight</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- Itching &gt; rubbing and washing with cold water</li> <li>- Watery</li> <li>- Aching</li> <li>- Tired</li> <li>- Strained</li> <li>- Fatigued</li> <li>- Heavy &gt; closing eyes and forced blinking</li> <li>- Sore</li> <li>- Burning</li> <li>- Blurry</li> <li>- Dry</li> </ul>	<ul style="list-style-type: none"> <li>- Dull</li> <li>- Pressing</li> <li>- Congestion</li> <li>- Burning</li> <li>- Pain</li> <li>- Oppression</li> <li>- Heaviness</li> <li>- Cracking</li> <li>- Pulling</li> <li>- Throbbing</li> <li>- Radiating</li> <li>- Explosive</li> <li>- Tension</li> <li>- Tight</li> <li>- Sore</li> <li>- Pressure</li> <li>- Cold sensitive</li> <li>- Stuffy</li> <li>- Light headed</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- Tender</li> <li>- Swollen</li> <li>- Blurry</li> <li>- Puffy</li> <li>- Heavy</li> <li>- Grit</li> <li>- Scratchy</li> <li>- Dry</li> <li>- Inflammation</li> <li>- Itchy</li> <li>- Irritated</li> <li>- Burning</li> <li>- Tired</li> <li>- Anxiety</li> <li>- Strained</li> <li>- Aching</li> </ul> <p><b>EAR</b></p> <ul style="list-style-type: none"> <li>- Itchy</li> </ul>	<p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>- Heaviness</li> <li>- Throbbing</li> <li>- Lightning</li> <li>- Heat</li> <li>- Sharp</li> <li>- Dull</li> <li>- Warmth</li> <li>- Bulging</li> <li>- Constricted</li> <li>- Ache</li> <li>- Bruised</li> <li>- Congested</li> <li>- Pulsating</li> <li>- Explosive</li> <li>- Tight</li> </ul> <p><b>EYE</b></p> <ul style="list-style-type: none"> <li>- Glued</li> <li>- Watery</li> <li>- Discharging</li> <li>- Dryness</li> <li>- Tired</li> <li>- Heavy</li> <li>- Burning</li> <li>- Itchy</li> <li>- Sand sensation</li> <li>- Tenderness</li> <li>- Twitching</li> <li>- Warmth</li> <li>- Pulsating</li> <li>- Sore</li> <li>- Hot</li> <li>- Bruising</li> <li>- Stitching</li> <li>- Skin peeled off</li> <li>- Weight</li> <li>- Photophobia</li> <li>- Constriction</li> </ul>
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	<p><b>VISION</b></p> <ul style="list-style-type: none"> <li>- Difficulty focussing</li> <li>- Blurred</li> <li>- Photosensitive</li> </ul> <p><b>EAR</b></p> <ul style="list-style-type: none"> <li>- Unequal ears</li> </ul> <p><b>HEARING</b></p> <ul style="list-style-type: none"> <li>- Echoes</li> <li>- Sounds louder than actuality</li> <li>- Blocked</li> <li>- Disconnected</li> <li>- Distant</li> <li>- Ringing</li> <li>- Rushing sound</li> <li>- Tingling</li> <li>- Buzzing</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- Itchy</li> <li>- Irritation</li> <li>- Congestion</li> <li>- No discharge</li> <li>- Fullness</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- Pain</li> <li>- Hot flush</li> <li>- Skin tight</li> </ul> <p><b>MOUTH</b></p> <ul style="list-style-type: none"> <li>- Dry</li> <li>- Itchy</li> <li>- Thirsty</li> <li>- Stale taste</li> <li>- Sticky</li> <li>- Dirty</li> </ul>	<ul style="list-style-type: none"> <li>- Ache</li> <li>- Buzzing</li> <li>- Blocked</li> <li>- Sharp pain</li> <li>- Tender</li> <li>- Soreness</li> <li>- Throbbing</li> <li>- Soreness</li> <li>- Something moving</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- Discharge</li> <li>- Burns</li> <li>- Sneezing</li> <li>- Congestion</li> <li>- Blocked</li> <li>- Tender</li> <li>- Soreness</li> <li>- Dry</li> <li>- Pain</li> <li>- Pressure</li> <li>- Popping</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- Hot flushes</li> <li>- Itchy</li> <li>- Dry</li> <li>- Cold sweat</li> <li>- Pressure</li> <li>- Sore</li> <li>- Tight</li> </ul> <p><b>MOUTH</b></p> <ul style="list-style-type: none"> <li>- Salty mucus</li> <li>- Metallic taste</li> <li>- Excess saliva</li> <li>- Sharp</li> <li>- Bruised</li> <li>- Radiating</li> </ul>	<ul style="list-style-type: none"> <li>- Unstable</li> <li>- Paralyzed</li> <li>- Strained</li> <li>- Swollen</li> <li>- Aching</li> </ul> <p><b>EAR</b></p> <ul style="list-style-type: none"> <li>- Blocked</li> <li>- Itching</li> <li>- Sore</li> <li>- Tightness</li> <li>- Pulsating</li> <li>- Full of warm water</li> <li>- Burning</li> <li>- Shooting</li> </ul> <p><b>NOSE</b></p> <ul style="list-style-type: none"> <li>- Blocked</li> <li>- Popping</li> <li>- Congested</li> <li>- Stuffy</li> <li>- Burning</li> <li>- Itching</li> <li>- Dry</li> <li>- Icy</li> </ul> <p><b>FACE</b></p> <ul style="list-style-type: none"> <li>- Itchy</li> <li>- Pulsating</li> <li>- Ice</li> <li>- Sore</li> <li>- Dry</li> <li>- Warmth</li> </ul> <p><b>MOUTH</b></p> <ul style="list-style-type: none"> <li>- Dry</li> </ul> <p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- Dryness</li> </ul>
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	<ul style="list-style-type: none"> <li>- Swollen flabby</li> <li>- Burned</li> <li>- Cold</li> </ul> <p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- Tight</li> <li>- Constricted</li> <li>- Tense</li> <li>- Lump</li> <li>- Closed</li> <li>- Pain</li> <li>- Rawness &gt; swallowing and warm drinks</li> <li>- Soreness</li> <li>- Aching</li> </ul> <p><b>EXTERNAL THROAT</b></p> <ul style="list-style-type: none"> <li>- Cramps</li> </ul> <p><b>STOMACH</b></p> <ul style="list-style-type: none"> <li>- Thirsty</li> <li>- Dry</li> <li>- Dehydrated</li> <li>- Thirstless</li> <li>- No appetite</li> <li>- Nausea</li> <li>- Increased appetite</li> <li>- Burning</li> <li>- Eructations</li> </ul> <p><b>ABDOMEN</b></p> <ul style="list-style-type: none"> <li>- Distended</li> <li>- Bloating</li> <li>- Urging for stool</li> <li>- Flatulence</li> <li>- Full of gas</li> <li>- Cramping &lt; running</li> <li>- Constricting</li> </ul>	<ul style="list-style-type: none"> <li>- Itchy</li> <li>- Soreness</li> <li>- Dry</li> </ul> <p><b>THROAT</b></p> <ul style="list-style-type: none"> <li>- Burning</li> <li>- Difficult swallowing</li> <li>- Cold sensation</li> <li>- Lump sensation</li> <li>- Anxiety</li> <li>- Scratchy</li> <li>- Soreness</li> <li>- Dry</li> <li>- Tight</li> </ul> <p><b>EXTERNAL THROAT</b></p> <ul style="list-style-type: none"> <li>- Tight</li> <li>- Tender</li> </ul> <p><b>STOMACH</b></p> <ul style="list-style-type: none"> <li>- Burning</li> <li>- Knot</li> <li>- Ache</li> <li>- Increased appetite</li> <li>- Decreased appetite</li> <li>- Thirsty</li> <li>- Spasms</li> <li>- Belching</li> </ul> <p><b>ABDOMEN</b></p> <ul style="list-style-type: none"> <li>- Distended</li> <li>- Bloating</li> <li>- Sharp pain</li> <li>- Chronic pain</li> <li>- Cramp</li> </ul> <p><b>RECTUM</b></p> <ul style="list-style-type: none"> <li>- Flatulence</li> <li>- Bloating</li> </ul>	<ul style="list-style-type: none"> <li>- Rough</li> <li>- Itchy</li> <li>- Cutting</li> <li>- Razors</li> <li>- Beating</li> <li>- Sore</li> <li>- Raw</li> <li>- Tickling</li> <li>- Tender</li> <li>- Sticky</li> <li>- Slimy</li> <li>- Spiny</li> <li>- Scratchy</li> <li>- Burning</li> <li>- Splinters</li> <li>- Pins and needles</li> <li>- Swollen</li> <li>- Air</li> <li>- Tenacious</li> </ul> <p><b>STOMACH</b></p> <ul style="list-style-type: none"> <li>- Increased appetite</li> <li>- Decreased appetite</li> <li>- Overfull</li> <li>- Nausea</li> <li>- Gassy</li> <li>- Tingling</li> <li>- Pins</li> <li>- Poking</li> <li>- Heartburn</li> <li>- Ache</li> <li>- Sore</li> <li>- Thirsty</li> <li>- Dehydrated</li> </ul> <p><b>ABDOMEN</b></p> <ul style="list-style-type: none"> <li>- Bloating</li> <li>- Soft</li> <li>- Flabby</li> <li>- Enlarged</li> </ul>
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	<ul style="list-style-type: none"> <li>- Severe</li> <li>- Aching</li> <li>- Warm</li> <li>- Indigestion</li> <li>- Painful</li> <li>- Tenderness</li> </ul> <p><b>RECTUM</b></p> <ul style="list-style-type: none"> <li>- Desire to pass stool</li> <li>- Distention</li> <li>- Tenesmus</li> <li>- Urgency</li> <li>- Incomplete</li> <li>- Pushing hard</li> <li>- Difficulty</li> <li>- Bearing down sensation</li> </ul> <p><b>BLADDER</b></p> <ul style="list-style-type: none"> <li>- Incomplete</li> <li>- Ineffectual</li> <li>- Bearing down</li> <li>- Frequent</li> </ul> <p><b>MALE GENITALIA/ SEX</b></p> <ul style="list-style-type: none"> <li>- Libido increased</li> <li>- Libido decreased</li> </ul> <p><b>FEMALE GENITALIA/ SEX</b></p> <ul style="list-style-type: none"> <li>- Heavy</li> <li>- Sudden</li> <li>- Painless</li> <li>- Tired</li> <li>- Lethargic</li> <li>- Uncomfortable</li> <li>- Dysmenorrhoea</li> <li>- Contents falling out</li> <li>- Bloating</li> <li>- Cramping</li> </ul>	<ul style="list-style-type: none"> <li>- Urge</li> </ul> <p><b>FEMALE GENITALIA/ SEX</b></p> <ul style="list-style-type: none"> <li>- Sharp pain</li> <li>- Bruised</li> <li>- Increased libido</li> <li>- Decreased libido</li> <li>- Cramps; grabbing, wringing, twisting.</li> <li>- Achy</li> <li>- Abdomen in vice</li> <li>- Tender</li> <li>- Sore</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- Constriction</li> <li>- Sighing</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- Oppressive</li> <li>- Weight</li> <li>- Heavy</li> <li>- Constriction</li> <li>- Tight</li> <li>- Anxiety</li> <li>- Pain</li> <li>- Pulse quick</li> <li>- Dry</li> </ul> <p><b>BACK AND NECK</b></p> <ul style="list-style-type: none"> <li>- Stiff</li> <li>- Pain</li> <li>- Tight</li> <li>- Tension</li> <li>- Tense</li> <li>- Aching</li> <li>- Burning</li> <li>- Sharp pain</li> </ul>	<ul style="list-style-type: none"> <li>- Cramps</li> <li>- Grabbing</li> <li>- Twisting</li> <li>- Ache</li> <li>- Flicking</li> <li>- Darting</li> <li>- Shooting</li> <li>- Tingling</li> </ul> <p><b>RECTUM</b></p> <ul style="list-style-type: none"> <li>- Flatulence</li> <li>- Cramping</li> <li>- Warm</li> <li>- Urgency</li> </ul> <p><b>FEMALE GENITALIA/ SEX</b></p> <ul style="list-style-type: none"> <li>- Itching</li> <li>- High libido</li> <li>- Cramps</li> <li>- Dragging down</li> <li>- Weak</li> <li>- Dull</li> <li>- Ache</li> </ul> <p><b>MALE</b></p> <ul style="list-style-type: none"> <li>- High libido</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- Air feels cold</li> <li>- Trachea squashed and glued</li> <li>- Pulsating</li> <li>- Breathless</li> <li>- Suffocating</li> <li>- Tight</li> <li>- Burning</li> <li>- Pain</li> </ul> <p><b>CHEST</b></p>
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	<ul style="list-style-type: none"> <li>- Aching</li> <li>- Enlarged</li> <li>- Abdomen</li> <li>- Discharge</li> <li>- Burning</li> <li>- Libido increased</li> </ul> <p><b>RESPIRATION</b></p> <ul style="list-style-type: none"> <li>- Secretions</li> <li>- Itching &gt; rubbing</li> <li>- Blocked</li> <li>- Stuffy</li> <li>- Anxiety</li> <li>- Frustrated</li> <li>- Suffocate</li> <li>- Dyspnoea</li> <li>- Tightness</li> <li>- Squeezing &gt; standing still and moving air</li> <li>- Heavy</li> <li>- Weight</li> <li>- Closed</li> <li>- Tight</li> <li>- Sighing</li> <li>- Congested</li> <li>- Coldness</li> </ul> <p><b>CHEST</b></p> <ul style="list-style-type: none"> <li>- Weight</li> <li>- Heaviness</li> <li>- Constricted</li> <li>- Congested &gt; warm</li> <li>- Palpitations</li> <li>- Adrenaline high</li> </ul> <p><b>BACK AND NECK</b></p> <ul style="list-style-type: none"> <li>- Stiff</li> <li>- Aching</li> <li>- Knotted</li> </ul>	<p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- Numb</li> <li>- Twitch</li> <li>- Sore</li> <li>- Cold sensitive</li> <li>- Dull pain</li> </ul> <p><b>GENERALS</b></p> <ul style="list-style-type: none"> <li>- Temperature; heat all over, warmth, cold.</li> <li>- Energy; tired, energetic, high energy, shaky, exhausted, malaise, drained.</li> </ul>	<ul style="list-style-type: none"> <li>- Spasms</li> <li>- Constricted</li> <li>- Tetani</li> <li>- Stuck</li> <li>- Constricting</li> <li>- Bruised</li> <li>- Gnawing</li> <li>- Ache</li> <li>- Sore</li> <li>- Tight</li> <li>- Nausea</li> <li>- Warm</li> <li>- Burning</li> <li>- Tingling</li> </ul> <p><b>NECK</b></p> <ul style="list-style-type: none"> <li>- Tense</li> <li>- Tight</li> <li>- Bruised</li> <li>- Stiffness</li> <li>- Sore</li> <li>- Burning</li> <li>- Ache</li> <li>- Pulsating</li> <li>- Paralyzed</li> <li>- Hanging down</li> <li>- Loose</li> <li>- Heavy</li> </ul> <p><b>BACK</b></p> <ul style="list-style-type: none"> <li>- Itch</li> <li>- Contracted</li> <li>- Spasm</li> <li>- Sore</li> <li>- Twitching</li> <li>- Trembling</li> <li>- Bruised</li> <li>- Ache</li> <li>- Pulling</li> <li>- Pressure</li> </ul>
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	<ul style="list-style-type: none"> <li>- Dull</li> <li>- Tension</li> <li>- Sore</li> <li>- Pain</li> <li>- Numb</li> </ul> <p><b>EXTREMETIES</b></p> <ul style="list-style-type: none"> <li>- Sprain &gt; movement</li> <li>- Swelling</li> <li>- Twisting</li> <li>- Pain</li> <li>- Radiating</li> <li>- Cramp-like</li> <li>- Shooting</li> <li>- Aching</li> <li>- Sore</li> <li>- Sharp</li> <li>- Stitching</li> <li>- Tender</li> <li>- Stiffness</li> <li>- Heavy</li> <li>- Tightness</li> <li>- Coldness</li> <li>- Pins and needles</li> <li>- Shaky</li> </ul> <p><b>SLEEP</b></p> <ul style="list-style-type: none"> <li>- Fatigue</li> <li>- Tired</li> <li>- Heavy eyelids</li> <li>- Burning eyes</li> <li>- Difficulty sleeping</li> <li>- Dullness</li> <li>- Coma</li> <li>- Deep sleep</li> </ul> <p><b>GENERALS</b></p> <ul style="list-style-type: none"> <li>- Enegry; weariness, tired, bouncy, no</li> </ul>		<ul style="list-style-type: none"> <li>- Dislocated</li> </ul> <p><b>EXTREMITIES</b></p> <ul style="list-style-type: none"> <li>- Burning</li> <li>- Coldness</li> <li>- Ice</li> <li>- Cramps</li> <li>- Ache</li> <li>- Electric shock</li> <li>- Itch</li> <li>- Heavy</li> <li>- Loose</li> <li>- Stabbing</li> <li>- Warmth</li> <li>- Bruised</li> <li>- Swollen</li> <li>- Numb</li> <li>- Pulsating</li> <li>- Sore</li> <li>- Lamé</li> <li>- Tightness</li> <li>- Cutting</li> <li>- Aching</li> </ul> <p><b>GENERALS</b></p> <ul style="list-style-type: none"> <li>- Exhaustion; tired, low energy, exhaustion, drowsy, weak.</li> <li>- Heat/ warmth; freezing, heat.</li> <li>- Increased energy; energised.</li> <li>- Weakness; weak and tired.</li> </ul>
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	<p>energy, lazy, pain-sensitive, drained, bored, energyless, lead feeling, sleepiness, lethargy, exhausted.</p> <ul style="list-style-type: none"> <li>- Stiffness; stiff.</li> <li>- Charged; vibrating, tingling, buzzing, static, electric, excess energy, bouncy, pulse fast, heart palpitations, overstimulated.</li> <li>- Temperature; hot layer, cold sensitive, chilliness.</li> </ul>		
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#### 4.9 Miasmatic classification

The *Bitis spp.* remedies was analysed with regard to allocating the remedies to a specific miasm. After a complete comparative analysis the *Bitis spp.* remedies was determined to be within the **Sycotic** miasm.

The table below reflects the correlation of some characteristic features of the sycotic miasm (Choudhury 1995) with the features of the three *Bitis spp.* remedies.

**Table 4.40: Correlation of miasmatic characteristics**

<b>Features of the sycotic miasm are (Choudhury 1995)</b>	<b>Correlating symptoms from the three <i>Bitis spp</i> remedies.</b>
Incoordination and instability.	Overstimulation in the mind. Vertigo.

	<p>Forgetfulness.</p> <p>Absentmindedness.</p> <p>Spaced out feeling.Spacey, dizziness</p> <p>Drugged like state.</p> <p>Lacking co-ordination.</p>
Proliferation, hyperplasia, hypertrophy of tissues. A general feature of excess in all expressions of the organism.	<p>Increased appetite</p> <p>Excess energy, bouncy, pulse fast, heart palpitations, overstimulated.</p>
Chronic catarrh of mucous membranes. The discharges are yellow to green in colour and are malodorous. The upper respiratory tract, lungs and urogenital system are affected predominantly.	<ul style="list-style-type: none"> <li>• Rheumatism of the neck and back region- stiffness and tension.</li> <li>• Dysmenorrhoea with cramping and aching</li> <li>• Bloating sensation with a sensation of an enlarged abdomen</li> <li>• Chronic urethral discharge</li> <li>• Fluctuations in libido-Libido increased and decreased in some cases in both male and female.</li> <li>• Breathing affected with feelings of suffocation, oppression, weighted and heaviness.</li> <li>• Discharges described as glued,watery,discharging</li> </ul>

There is evidence of water retention, oedema and cellulitis.	Bloated feeling. Distension and enlarged feeling of abdomen.
There are various eruptions such as warts and pedunculated fig –warts and raised eruptions and tumours.	Dermatitis Boils
There is cold sensitivity experienced. There is also aggravation from damp and humidity.	Cold sensitive, chilliness

## Chapter 5: Discussion

### 5.1 Introduction

The objectives of this group analysis study have been conducted which were namely to review, extract and compare the materia medica of the three *Bitis spp.* remedies namely, *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*, to extract common characteristic sensations and themes amongst the indigenous *Bitis spp.* remedies and to compare the remedies of repertorial similarity to the three indigenous *Bitis spp.* remedies. The following chapter will discuss results of the proposed objectives as well as other areas of research that was conducted.

### 5.2 Materia medica

#### 5.2.1 Mind

The mind themes after analysis were as follows:

#### **Mental**

##### **Affection of awareness or consciousness**

This theme was derived, based on the consciousness of the individual being affected and each remedy produced themes of an area where the individual was either delusionally impaired or experienced a feeling of a drug-like state. *Bitis arietans arietans* was a remedy that proved many of the symptoms with sixteen provers who contributed to the theme, symptoms that were produced included a spaciness and intoxicated feelings which pointed to the drug-like state of the prover. Many provers of

*Bitis arietans arietans* even mention that they felt spacey (02M), while some mentioned having an intoxicated sensation (10M). *Bitis gabonica gabonica* and *Bitis atropos* also had a few provers that experienced similar situations, but it does not compare to *Bitis arietans arietans* which had more traits of an affected awareness. *Bitis gabonica gabonica* had four provers and *Bitis atropos* had five provers that contributed to this theme. When looking at *Bitis gabonica gabonica* mental symptoms of being separated from the self or scattered were noted which showed how the individual felt a sense of not being all together with the self (03F) pointing to the notion of being disillusioned and as if drugged. *Bitis atropos* had a theme of being absent minded and forgetful with provers even mentioning that they felt confused (06M) with their thought processes being affected (06M).

## **Nostalgia**

A theme of nostalgia based on all three *Bitis spp.* remedies were deduced. This theme however had a stronger influence from *Bitis arietans arietans* who had three provers. *Bitis gabonica gabonica* had one prover and *Bitis atropos* had one prover that allowed for the theme of nostalgia to be deduced. In *Bitis arietans arietans* a theme of thinking back was postulated by the researcher which clearly outlines nostalgia with reflecting on past memories being mentioned by the prover (31F). In *Bitis gabonica gabonica* thoughts on childhood memories was reminisced by the prover (19M) which brought back emotions. Although not overt, a prover mentioned nostalgia brought back memories of sadness (03F) in *Bitis atropos*.

## **Difficulty in concentration**

Difficulty in concentration involved all three remedies, with *Bitis arietans arietans* having produced more themes of affected concentration, with a total of four provers

who contributed to the theme. *Bitis gabonica gabonica* had four provers and *Bitis atropos* had seven provers. *Bitis arietans arietans* experienced a difficulty in concentration that adversely affected the provers and caused a difficulty in function (10M). *Bitis gabonica gabonica* had a theme of mistakes/ poor concentration/ forgetful that caused the prover to lack concentration (03F) and caused them to procrastinate (13M). In *Bitis atropos* the provers experienced many misunderstandings when speaking (06M) and their mind felt overworked (20F).

### **Cotton wool**

A cotton wool feeling in the head involved only *Bitis arietans arietans* and *Bitis gabonica gabonica* that caused a feeling almost similar to the spaced-out theme. *Bitis arietans arietans* and *Bitis gabonica gabonica* both had one prover each. In *Bitis arietans arietans* the thinking of the prover was sluggish (30M) and in *Bitis gabonica gabonica* they experienced a cotton wool sensation with an added sensation of being scattered or in other words separated from themselves (08M).

### **Energy and overstimulation**

In this theme all remedies were involved. This theme had an overt sense of being energetic and hyper-active. *Bitis arietans arietans* had four provers, *Bitis gabonica gabonica* had six provers and *Bitis atropos* had four provers. When studying *Bitis arietans arietans* it was important to note that some provers experienced this overstimulated state at night (04F) or in the early parts of the morning (08M). A prover was so hyperactive that they experienced a 'spacey' sensation (26F). *Bitis gabonica gabonica* became anxious and with an overactive mind (18F) and *Bitis atropos* was similar to the other *Bitis* remedies and became mentally energetic (20F). This overall hyperactivity led to the postulation of energy and overstimulation as a theme.



## **Desire for company**

*Bitis arietans arietans* and *Bitis atropos* proved a theme of desire for company. This theme had two provers each from both remedies. In *Bitis arietans arietans* a mental theme of company contributed to this theme with an intense desire for company (31F). In *Bitis atropos* the remedy had a similar feeling of being better for company (19M).

## **Aversion to company**

*Bitis gabonica gabonica* and *Bitis atropos* proved a theme of aversion to company. *Bitis gabonica gabonica* had three provers and *Bitis atropos* had five provers that contributed to the theme. It was quite interesting to note that as a group mental symptoms of a desire and an aversion to company occurred which suggests a confused state of the *Bitis* group as a whole. In *Bitis gabonica gabonica* the provers felt a sense of isolation and a desire to be alone (10F). In *Bitis atropos* it shared a similarity with a desire to be alone (06M).

## **Placebo**

All remedies thought that they were on placebo. *Bitis arietans arietans* had three provers, *Bitis gabonica gabonica* had one prover and *Bitis atropos* had three provers. A theme of placebo suggests that there is distrust in others due to the fact that they came to conclusions that they had to be on placebo. *Bitis arietans arietans* had a prover who completely thought that they were on placebo (26F). *Bitis gabonica gabonica* similarly assumed that they were on placebo (12F) and *Bitis atropos* like the other *Bitis* remedies had sensations that they had to be on placebo (02F).

## Depression

The theme of depression appeared to be a big theme in all three remedies. Which caused an uneasiness in the provers. *Bitis arietans arietans* had six provers, *Bitis gabonica gabonica* had nine provers and *Bitis atropos* had five provers that allowed for the deduction of this theme from the remedies. Due to the many provers that contributed to this theme it is of the understanding that this mental symptom is quiet pronounced and is overtly expressed. *Bitis arietans arietans* experienced many emotions of sadness and discomfort with provers mentioning that the depression was of an explosive nature (02M) and left them feeling drained (21F). In *Bitis gabonica gabonica* the depression seemed to occur all day (05F) and in others who experienced an onset at night (10F). In *Bitis atropos* the symptom of sadness or depression was not as intense as the other two *Bitis* remedies in question but did show a nostalgic depression (03F) which caused sadness from old memories that the prover had experienced.

## Anxiety

All three remedies experienced some sort of anxiety. *Bitis arietans arietans* had three provers, *Bitis gabonica gabonica* had three provers and *Bitis atropos* had three provers that contributed to this picture. Each remedy felt anxiety in their unique way with *Bitis arietans arietans* having their concentration affected because of their anxiety (02M) with an added anxiety while driving which caused uneasiness in the individual and brought upon fear and discomfort (34F). In *Bitis gabonica gabonica* there were sensations of panic that caused the patient to become filled with terror which occurred mainly at night (01F). In *Bitis atropos* the sensation of anxiety was not overt in its expression but simply caused some form of stress (18F).

## **Laziness**

The theme of laziness was deduced based on all the remedies. Each remedy experienced a lethargic and lazy feeling that caused them to not want to do anything. *Bitis arietans arietans* had eleven provers, *Bitis gabonica gabonica* had three provers and *bitis atropos* had two provers. In *Bitis arietans arietans* a lot of provers allowed for the theme of laziness to be deduced, the remedy specifically experienced laziness in many areas of daily function with provers not being able to exercise (08M) and with provers being so exhausted that they became sleepy (19F). *Bitis gabonica gabonica* became tired easily (18F). In *Bitis atropos* the provers experienced a feeling of lethargy (06M).

## **Sensitive to the opinions of others**

The theme of being sensitive to the opinions of others was common amongst the three remedies. *Bitis arietans arietans* had one prover. While *Bitis gabonica gabonica* and *Bitis atropos* had two provers each. When looking at *Bitis arietans arietans* the sensitivity to the opinion of others was no longer a problem to the prover because they felt empowered to overcome their emotions (10M). *Bitis gabonica gabonica*, however had still succumbed to their emotions which caused them to feel insignificant (03F). When looking at *Bitis atropos* they felt accused of something they did not do which caused them to stand up for themselves (02F)

## **Socially detached**

The socially detached theme was deduced from all three remedies. *Bitis arietans arietans* had five provers, *Bitis gabonica gabonica* had eight provers and *Bitis atropos* had nine provers. The theme of socially detached caused the provers to feel isolated

and alone. In *bitis arietans arietans* there was a feeling of a difficulty in forming bonds with people (02M) with a difficulty in communicating with people (19F). When looking at *Bitis gabonica gabonica* provers related feelings or strong emotions of being insecure (10F) with feelings of being distanced (18F). In *Bitis atropos* the provers had a longing to be by themselves (06M).

### **Difficulty in speaking**

Only *Bitis arietans arietans* and *Bitis atropos* experienced a difficulty in speaking. *Bitis arietans arietans* had six provers and *Bitis atropos* had four provers. The theme of difficulty in speaking shows how the remedy experiences confusion in trying to express themselves through the spoken word due to their mental confusion and absent-mindedness. In *Bitis arietans arietans* there is a specific account of how the mind or memory of the prover causes them to make errors when speaking (10M) and in *Bitis atropos* provers had made many mental errors when speaking like excluding syllables (06M).

### **Difficulty in reading**

A difficulty in reading was deduced from both *Bitis arietans arietans* and *Bitis atropos*. *Bitis arietans arietans* had one prover and *Bitis atropos* had two provers. This theme of difficulty in reading shares a similarity with the theme of difficulty in speaking as it outlines the confused state of the remedy. *Bitis arietans arietans* feels that their concentration is adversely affected which causes a difficulty in reading (10M) and *Bitis atropos* experiences a deficit in their understanding which prevents them from being able to read and fully comprehend the meanings of words (19F).

## Difficulty in writing

Both *Bitis arietans arietans* and *Bitis gabonica gabonica* proved themes of a difficulty in writing of which both had two provers. This theme also shares a similarity with a difficulty in speaking and reading regardless of whether *Bitis atropos* presented with this theme in question. This theme further iterates the confusion that pervades the group *Bitis* which causes a lack of understanding in everything they do. *Bitis arietans arietans* had a difficulty in writing as there was a confusion in how words were actually spelt (10M) and in *Bitis gabonica gabonica* there was an almost exact similarity as *Bitis arietans arietans* because the prover mixed up words (01F).

## Happiness

The theme of happiness was a common theme that all three remedies had experienced. *Bitis arietans arietans* had one prover, *Bitis gabonica gabonica* had eight provers and *Bitis atropos* had five provers. It is important to note that this theme of happiness directly opposes the theme of depression. This theme and others alike have a contrast or polarity which suggests greatly how there is confusion within the *Bitis spp.* group as a whole and it also suggests that the *Bitis* remedies are so unsure and irresolute in their emotions and feelings. In *Bitis arietans arietans* the prover relates how their happiness causes them to become friendlier in their disposition (26F). In *Bitis gabonica gabonica* there is an increase in happiness (12F) with an added boost of energy (05F). When studying *Bitis atropos* it was also interesting to note that there was perpetual smiling (02F) that was experienced.

## Loquacity

*Bitis arietans arietans* and *Bitis atropos* proved a theme of loquacity or excessive talking. Both of which had two provers that contributed. This theme bares some similarity with regard to the mental state of the individual, in *Bitis arietans arietans* the prover becomes loquacious due to their mind being so overworked and this therefore results in their thoughts becoming overwhelming with the only escape being their mouth (26F). *Bitis atropos* denotes a desire to talk (34F).

## Irritability

All remedies had an excessive amount of irritability. *Bitis arietans arietans* had five provers, *Bitis gabonica gabonica* had five provers and *Bitis atropos* had eleven provers. This theme of irritability outlines the nature of the *Bitis spp.* group. In *Bitis arietans arietans* the concept of irritability is generalised, they felt irritable due to being tired (10M) and some felt irritable due to stress (21F). The concept of irritability that *Bitis gabonica gabonica* had experienced are the mood swings (05F) and in *Bitis atropos* the irritability was a general irritability which often was absolutely irrational (32F).

## Impatient and anger

*Bitis arietans arietans* and *Bitis atropos* proved themes of impatience and anger. *Bitis arietans arietans* had two provers and *Bitis atropos* had five provers. This theme shares a similarity with the theme of irritability and outlines how the remedies respond to their irritability. In *Bitis arietans arietans* the provers felt a sense of being impatient, this impatience was menial, but it showed that even normal tasks caused them to feel as if it were tedious (31F). In *Bitis atropos* there is a general anger that occurs (25F).

## **Dreams**

### **Overbearing parents**

Both *Bitis arietans arietans* and *Bitis gabonica gabonica* contributed to the theme of overbearing parents. This theme was based upon what the provers had experienced in their dreams. In *Bitis arietans arietans* a prover relates of how they dreamt of a parent abusing their child and being overly protective, this caused the prover a great discomfort and they did not know how to intervene (19F). In *Bitis gabonica gabonica* the prover dreams of being intimidated by their parents, from deduction it seems as if the parent of the prover was probably an overbearing parent (17F). From these dreams it shows an underlying fear and mental state of being in families that were abusive, overbearing and non-conducive for forming meaningful relationships with their parents. Which could also point to the reason why the remedy is so distrustful and also so mentally confused.

### **Violence**

All three remedies, *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos* contributed to this theme of violence. This theme of violence is very prominent in the *Bitis spp.* group as many dream themes related to the concept of violence. In *Bitis arietans arietans* there are dreams of gun violence that was experienced by a prover (26F), another dream of not being able to help somebody in trouble (02M), In a dream a prover relates on how they see somebody in the ocean that is trying to get out (07M), the dream of abusive parents was also experienced (19F). In *Bitis gabonica gabonica* there was a dream of being pursued by an animal which suggests violence (08M) and in *Bitis atropos* there was a dream of a prover who was pursued by somebody with a weapon. All these themes suggest violence in which ever way they were presented or portrayed in the dream. The dreams of violence suggest an intense fear that the

remedy presents with that subconsciously affects them causing them to have these intense dream patterns.

## **Fears**

### **Violence/ death**

All three remedies experienced a theme of violence or death which were contributed from *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*. *Bitis arietans arietans* had provers who visualized an accident and being in a fight, while also being harmed (08M). *Bitis gabonica gabonica* had a prover who thought they were going to die a violent death and that they were being threatened (01F). *Bitis atropos* visualized themselves getting robbed (02F).

### **Claustrophobia**

Only *Bitis arietans arietans* and *Bitis gabonica gabonica* had a theme of claustrophobia that was experienced. *Bitis arietans arietans* had a prover who felt claustrophobic (07M). *Bitis gabonica gabonica* had a prover who felt that they were caged (17F).



## **Delusions**

### **Awareness of consciousness affected**

This delusion was a direct derivative of the mental theme that had an affection of the awareness or consciousness.

### **5.2.2 Physicals**

#### **Head**

The head section of the materia medica from the provings allowed for the deduction of a symptom of headache which was further analysed to give a complete breakdown and allow for a better understanding of the materia medica as a group.

#### **Headache**

The concomitant features of the headache of the *Bitis* remedies involved structures of the head and neck. *Bitis arietans arietans* had symptoms of neck stiffness, tension of the neck, tightness of the trapezius muscle and neck, jaw tightness, aching of the neck, aching of the upper cervical region and heaviness of the upper neck and torso. *Bitis gabonica gabonica* proved similar head and neck concomitants with neck tiredness, pain of the trapezius muscle that is understood to be left sided, there is involvement of the trigger points in the trapezius muscle, muscles of the neck can be painful and there is left sided pain at the back of the neck. When looking at *Bitis atropos* the only marked feature that adversely affected the head and neck region was stiffness of the neck. The other concomitant symptoms were affection of the vision and eyes with *Bitis*

*arietans arietans* having throbbing behind the eyes and heaviness of the eyes. *Bitis gabonica gabonica* expressed an unclear vision, there was pain on left eye, pain on left eye that pulled the eye inward and pain behind the left eye and with regard to *Bitis atropos* they experienced heaviness of the eyes, with eyes that are affected with warmth especially the left eye, retro-orbital pressure, eyes that become painful, dull aching behind the left and right eyes and with added photophobia. The other concomitant feature of the headache is nasal and sinus congestion. *Bitis arietans arietans* had sinus congestion, *Bitis gabonica gabonica* had nasal congestion and *Bitis atropos* had sinus pain at the bridge of the nose including a sinusitis headache.

The location of the headache of the the *Bitis* remedies included the forehead. *Bitis arietans arietans* involved the front of the forehead and the middle of the forehead while *Bitis gabonica gabonica* involved the left frontal area of the forehead, the right frontal area, the left brow and the region across the brow and above the eyes. *Bitis atropos* involved the frontal area and the left frontal area. There is involvement of the occipital area with *Bitis arietans arietans* involving the base of skull at the occiput and back of head and *Bitis atropos* that involved the back of head and the occiput. The temporal area is also affected including *Bitis arietans arietans* affecting the temporal, bi-temporal and left temporal areas. *Bitis gabonica gabonica* involved the region of both the left and right temples. *Bitis atropos* involved the bi-temporal area as well. There is an involvement of the vertex of both *Bitis arietans arietans* and *Bitis atropos*. The eyes of *Bitis gabonica gabonica* involved the area between the eyes, above the eyes, the left eye, the left ear to the left eye as well as the left orbit and *Bitis atropos* affects the left eye, inside the eye, the retro-orbital area, in-between the eyes and the area in front of the eye. A noticeable feature is an involvement or rather an affinity for the left side; *Bitis arietans arietans* affects the left temporal region and the left forehead. *Bitis gabonica gabonica* affects the left frontal area, the left eye, the left ear to the left eye, while radiating to the left cheek and teeth, the left orbit is also affected, as well as the left trapezius muscle, the back of the neck on left side, the back of head toward left ear and the left brow. *Bitis atropos* affects the left eye, the left temporal and left frontal area.

The aetiology of the headache is the sun including both *Bitis arietans arietans* and *Bitis atropos*.

The modalities are various symptoms that either made the remedy feel better or worse. These modalities included being better for pressure; in *Bitis arietans arietans* they felt better for tightly squeezing the face and in *Bitis atropos* there were simply better for pressure that was not specified. Another modality of the *Bitis* group was being better for rest which involved both *Bitis arietans arietans* and *Bitis gabonica gabonica*. The *Bitis spp.* remedies also experienced a feeling of being adversely affected by movement; in *Bitis arietans arietans* they felt worse for shaking the head while in *Bitis gabonica gabonica* they felt worse for moving too quickly and *Bitis atropos* was worse for movement. Adding to the modalities was being worse for heat/ sunlight; which *Bitis gabonica gabonica* had a specific feeling of being worse for heat and with *Bitis atropos* being worse for sunlight. An additional modality of worse for stooping was experienced by *Bitis gabonica gabonica* who was worse for lying face down and worse for bending forward and *Bitis atropos* who was worse for stooping.

There were various sensations that were recorded after the analysis. A sensation of tension occurred which involved *Bitis arietans arietans* that had a band-like sensation over the head, *Bitis gabonica gabonica* which had tension and tightness and *Bitis atropos* had a tight feeling overlying the head. There were sensations of pressure, congestion and constriction which involved all three *Bitis* remedies; with *Bitis arietans arietans* having pressure on the inside of the skull, with congestion and a foggy and stuffy sensation, in *Bitis gabonica gabonica* there was a pressing sensation, with oppression, a fluey type of headache, stuffiness and congestion that occurred. *Bitis atropos* had pressure sensations of the head feeling as if it were bulging because of being full of warm water, there were added sensations that resulted in a sensation of a pressure like feeling of being constricted, congested, with added sinusitis pain. A dull aching sensation involved *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*. This sensation of dullness in *Bitis gabonica gabonica* was either constant or intermittent. There was also sharp sensations experienced by the *Bitis* remedies with *Bitis arietans arietans* and *bitis atropos* feeling sharpness and *Bitis gabonica gabonica* feeling a sharp and a thorn-like sensation. Throbbing was a common sensation of the *Bitis* group as *Bitis arietans arietans* had pulsating sensations, with throbbing in the temples and a rushing of blood in the head with the sound being audible. *Bitis gabonica gabonica* similarly had throbbing and an added symptom of a migrainous headache. *Bitis atropos* had throbbing and pulsating sensations as well. There was a sensation

of heat that the *Bitis* remedies had felt with *Bitis arietans arietans* experiencing a hot head and face, *Bitis gabonica gabonica* had burning sensations and *Bitis atropos* had surges of heat and a warm water sensation. A bruised/ sore sensation had affected *Bitis gabonica gabonica* specifically with soreness and *Bitis atropos* with a bruised sensation. A feeling of heaviness involved *Bitis arietans arietans* with heaviness in which the neck could not support the weight of the head as the head felt like a heavy concrete block. This sensation of heaviness included *Bitis gabonica gabonica* and *Bitis atropos*.

The intensity of the headache was intermittent that involved *Bitis arietans arietans* which specifically had a slow oscillatory headache that would increase or decrease in the intensity, *Bitis gabonica gabonica* had an intermittent headache that would occur in waves when looking and in *Bitis atropos* the headache was simply of an intermittent type. There was also a mild intensity that affected *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*. A headache of a severe intensity occurred in all the *Bitis* remedies with *Bitis arietans arietans* experiencing intense points at the temples, *Bitis gabonica gabonica* experiencing constant, strong, cracking and explosive pain and *Bitis atropos* being intense and explosive.

The time involved the afternoon for all three remedies affected.

## **Eye**

The eye section of the materia medica from the provings allowed for the deduction of symptoms of itching, pain/ tenderness, heaviness, burning, dryness, swelling and redness, however upon further analysis only itching, pain/ tenderness and heaviness were detailed enough to provide an adequate breakdown and allow for a better understanding of the materia medica of the *Bitis* remedies as a group.

## Itching

A sensation of itching occurred in the *Bitis spp.* remedies that caused discomfort. The location was the eyeball itself in which *Bitis arietans arietans* and *Bitis gabonica gabonica* were affected. *Bitis atropos* was also affected, however the itching sensation occurred mainly in the right eye.

There were sensations of the eye being scratchy, which is a similar sensation when compared to the sensation of itching. This affected *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*.

## Pain/ tenderness

The location of the symptom of pain/ tenderness for the *Bitis* remedies was the right eye. There was also a left sided tendency that affected *Bitis arietans arietans* with itchiness of the eyes that was worse on left side, watery and itchy eyes on the left and a left eye that was sore, *Bitis gabonica gabonica* had a left eyeball that was tender, a left eye that was swollen and a left eye that is strained and *Bitis atropos* had a left eye that was gluey, a watery eye on the left, a left eye that was dry, itchiness of the left eye, left eye pain, left eye constriction, sensation of warmth on the left eye and a left lower lid that was paralysed.

The sensations involved were aching pain that affected *Bitis arietans arietans* with an ache that was of a deep aching quality, *Bitis gabonica gabonica* had a dull aching type of pain and *Bitis atropos* was affected by a simple aching type of pain.

## Heaviness

A symptom of heaviness was experienced by the *Bitis* remedies with a location of the left eye that involved all three *Bitis* remedies.

There were sensations of tiredness that affected all *Bitis* remedies involved. Symptoms or sensations of a strained eye involved *Bitis arietans arietans* and *Bitis gabonica gabonica*. *Bitis atropos* was also affected however the remedy had an added sensation of a paralyzed lower lid. There was also a sensation of a heavy feeling that affected all three remedies.

## Burning, dryness, swelling and redness

The remaining symptoms that did not produce many details where burning, dryness, swelling and redness. When looking at these symptoms mainly sensations were given. The sensation of burning affected all three *Bitis spp.* remedies. The sensation of dryness also affected all three *Bitis spp.* remedies, however in *Bitis arietans arietans* and *Bitis atropos* there was a sensation of scratchy contact lenses due to the dryness. In the symptom of swelling it caused swollen, puffy eyes and inflammation in *Bitis gabonica gabonica* and a swollen sensation in *Bitis atropos*. The discolouration or redness of the eyes affected *Bitis gabonica gabonica* and *Bitis atropos*.

## Vision

The vision section of the materia medica from the provings allowed for the deduction of symptoms of blurred vision and photophobia, however upon further analysis only a little amount of information was obtained from each symptom.

## **Blurry vision and photophobia**

After analysis the symptoms of blurry vision and photophobia were deduced. The resultant information was that the blurred vision affected *Bitis arietans arietans* with difficulty in focussing and therefore caused a blurred vision to occur and in *Bitis gabonica gabonica* there was also blurry vision with an addition of a difficulty in concentration and reading. The other symptom of photophobia affected all the *Bitis* remedies with photophobia and photosensitivity.

## **Ear**

The ear section of the materia medica from the provings allowed for the deduction of symptoms of blocked ears, itching and pain/ tenderness. The only symptom that produced the most amount of detail proved to be pain/ tenderness, with the symptoms of blocked ears and itching being too little to utilise.

## **Pain/ tenderness**

The symptom of pain or tenderness affected the inner ear from *Bitis gabonica gabonica* and *Bitis atropos*. There is also an involvement of both left and right ears by both *Bitis gabonica gabonica* and *Bitis atropos*. The sensation that resulted was soreness that affected both *Bitis gabonica gabonica* and *Bitis atropos*.

## **Blocked ears and Itching**

After doing a thorough comparison of all three *Bitis* remedies symptoms of blocked ears and a sensation of itching of the ears were deduced. The symptom of blocked ears affected all three *Bitis spp.* remedies and the symptom of itching resulted from involvement of only *Bitis gabonica gabonica* and *Bitis atropos*.

## **Hearing**

The hearing section of the materia medica from the provings allowed for the deduction of a symptom of tinnitus.

## **Tinnitus**

The symptom of tinnitus affected only *Bitis arietans arietans* and *Bitis gabonica gabonica* with *Bitis arietans arietans* experiencing a ringing in the ears that lasts about 10 min, with a rushing sound, a tingly buzzing sound and an added shuddering sound that lasts 10 sec. In *Bitis gabonica gabonica* there is a buzzing sound heard in the head by the prover.

## **Nose**

The nose section of the materia medica from the provings allowed for the deduction of symptoms of sneezing, itching, congestion, discharge, tenderness/ pain and a popping sensation. After studying the *Bitis* remedies comprehensively only symptoms



of congestion, discharge and tenderness/ pain allowed for a proper understanding of the remedies.

## **Congestion**

The symptom of congestion had concomitant symptoms of post-nasal discharge that resulted from *Bitis gabonica gabonica* and *Bitis atropos*.

The location involved the sinuses of *Bitis arietans arietans* with a specific involvement of the nasal and maxillary sinuses and *Bitis gabonica gabonica*. There was also involvement of the nostrils in *Bitis arietans arietans*, *Bitis gabonica gabonica* had specific involvement of the right nostril and the left nostril and similarly *Bitis atropos* had involvement of both nostrils.

There were sensations of a blocked nose in *Bitis arietans arietans* which had symptoms of nasal congestion, a stuffy nose, a sensation of a full nose inclusive of the maxillary sinus. *Bitis gabonica gabonica* had congestion and a blocked nose and *Bitis atropos* had a blocked, stuffy and congested nose. There was also a symptom of no discharge from both *Bitis arietans arietans* and *Bitis gabonica gabonica*.

## **Discharge**

After studying the the symptom of nasal discharge the location of the discharge proved to have an involvement of both nostrils in both *Bitis gabonica gabonica* and *Bitis atropos*.

The sensation of a runny nose involved *Bitis gabonica gabonica* with a runny nose that was profuse that became progressive and then resulted in a blocked nose which remained runny. *Bitis atropos* had a simple runny nose.

The discharge that did occur was clear from both *Bitis gabonica gabonica* and *Bitis atropos*. In *Bitis gabonica gabonica* the discharge was of a clear egg white colour, that could also be colourless and even clear. *Bitis atropos* had a clear mucus and a colourless mucus. Both *Bitis gabonica gabonica* and *Bitis atropos* had watery mucus. *Bitis gabonica gabonica* had mucus that was running like water which was also a free discharge. The discharge that occurred was also profuse with *Bitis gabonica gabonica* experiencing a profuse running of nose that was constant running and progressive. A yellow discharge could also be found in *Bitis gabonica gabonica* in which there was yellow mucus in the throat which was thick and bright yellow in colour. In *Bitis atropos* the colour of the mucus was yellow as well.

### **Tenderness/ pain**

The location of the pain included the nostrils of *Bitis gabonica gabonica* especially the left nostril and *Bitis atropos* which included the inside of the nose, the right nostril and the nasopharynx.

There was a sensation of pain and tenderness from *Bitis gabonica gabonica* that affected the nose causing tenderness, the postnasal cavity was sore, the nostrils became painful and there was pain on the bridge of the nose. In *Bitis atropos* there was soreness that caused pain when breathing in, there was an icy cold pain and opposing burning pain sensation and an added pain in the nasopharynx.

### **Sneezing, Itching and Popping sensation**

The symptoms of sneezing, itching and the popping sensations all had a little information that did not allow for a proper comparison to occur. The symptoms of sneezing and itching occurred in all three *Bitis* remedies. There was also a sensation of popping in the nose that occurred in *Bitis gabonica gabonica* and *Bitis atropos*.

## **Mouth**

The mouth section of the materia medica from the provings allowed for the deduction of symptoms of dryness, itching, saliva and mucous. Upon studying the mouth symptoms the details that were derived only allowed for a slight description to occur.

### **Dryness, Itching, saliva and mucous**

Sensations of dryness, itching, saliva and mucous occurred. The dryness was located on the lips and involved all three *Bitis* remedies. There is also direct involvement of the mouth that involved only *Bitis arietans arietans* and *Bitis atropos*. There was a sensation of itching that involved *Bitis arietans arietans* with itchy lips and *Bitis gabonica gabonica* with an itchy tongue. A thick saliva and mucus affected *Bitis arietans arietans* with brown-yellow sticky saliva and *Bitis gabonica gabonica* with thick mucus.

## **Face**

The face section of the materia medica from the provings allowed for the deduction of symptoms of pain, eruptions, flushed, itching, dryness and coldness. After the symptoms were compared only the symptom of pain proved to be comprehensive enough to give a full description.

## Pain

Pain affected the face and included the sinuses of *Bitis arietans arietans* which specifically affected the right frontal sinus. There was also involvement of the sinuses of *Bitis gabonica gabonica* which affected the area under the eyes and *Bitis atropos* which affected the left cheek and the inside of the cheek. The jaw was also affected, but only in *Bitis gabonica gabonica* which had soreness along the jawline and *Bitis atropos* which affected the left lower part of the jaw, the upper jaw and the right side of the jawline that was involved.

The modality of worse for pressure consisted of *Bitis arietans arietans* which was especially worse for diving down and *Bitis atropos*.

The sensation of soreness was experienced by *Bitis gabonica gabonica* and *Bitis atropos* who was sore as if bitten inside the mouth.

## Eruptions, flushed, itching, dryness and coldness

The symptoms of eruptions, flushed, itching, dryness and coldness affected the face as well. Only *Bitis arietans arietans* and *Bitis atropos* produced symptoms of eruptions, however the type of eruptions were very dissimilar. The sensation of heat occurred in *Bitis arietans arietans* with sensations of being hot, there was also involvement of *Bitis gabonica gabonica* with sudden flashes of heat, rushes of heat and burning cheeks and *Bitis atropos* who felt warm to touch, but feels icy cold and had a red face and felt warm. Only *Bitis gabonica gabonica* and *Bitis atropos* produced a symptom of itching, however too little was described to continue to find similarities. The location of the dryness involved the lips with both *Bitis gabonica gabonica* and *Bitis atropos* that proved symptoms. There was a sensation of coldness that involved *Bitis gabonica gabonica* with a cold sweat and *Bitis atropos* which affected the right side of the face, the left cheek also experienced a cold sensitivity.

## **Throat**

The throat section of the materia medica from the provings allowed for the deduction of symptoms of difficulty swallowing, lump sensation, tightness, pain, dryness, itching and mucus. The resultant symptom of pain that occurred after completion of the analysis was the only symptom that was effective in providing a proper description.

## **Pain**

Within the symptom of pain there was a concomitant symptom of dryness from *Bitis gabonica gabonica* and *Bitis atropos*.

The sensations experienced were aching by *Bitis arietans arietans* and *Bitis gabonica gabonica*. A sharp sensation was felt by *Bitis gabonica gabonica* and *bitis atropos* which specifically experienced sharp sensations as if razors were cutting, there was also sensations of a sticky or slimy, but spiny thing in the throat and feelings of splinters. Soreness was felt by *Bitis arietans arietans* and *Bitis gabonica gabonica*. *Bitis atropos* also had soreness of the throat and a symptom of pharyngitis. A sensation of burning occurred in *Bitis gabonica gabonica* who felt as if they swallowed something hot or was walking in a dry windy place and *Bitis atropos* who felt as if they had eaten chillies. There is also a sensation of rawness experienced by *Bitis arietans arietans* and *Bitis atropos*.

## **Difficulty swallowing, lump sensation, tightness, dryness, itchiness and mucus**

The symptoms of difficulty in swallowing, lump sensation, tightness, dryness, itchiness and mucus all occurred after the group analysis, but the information obtained was not effective to provide a proper understanding and description. There were sensations of difficulty swallowing that involved all three *Bitis* remedies. There is also a sensation of

tightness that involved *Bitis arietans arietans* and *Bitis gabonica gabonica*. A sensation of a lump in the throat was felt by all three *Bitis* remedies with *Bitis atropos* that had experienced a sensation of air in the throat. A sensation of tightness affected *Bitis arietans arietans* and *Bitis gabonica gabonica* which affected the throat with tightness and constriction. Dryness was deduced from *Bitis gabonica gabonica* and *Bitis atropos*. An itchy sensation was deduced from *Bitis gabonica gabonica* which experienced a scratchy throat and *Bitis atropos* that experienced an itchiness and scratchy throat. There was a feeling of mucus in the throat of *Bitis gabonica gabonica* and *Bitis atropos*.

### **External throat**

The external throat section of the materia medica from the provings allowed for the deduction of the symptom of pain. The resultant symptom of pain, although not detailed enough provides an insight into the external throat.

### **Pain**

The pain that occurred was located below the jawline in both *Bitis gabonica gabonica* and *Bitis atropos* which precisely affected the submandibular lymph nodes. A sensation of pain/ tenderness was in *Bitis gabonica gabonica* and *Bitis atropos*.

### **Stomach**

The stomach section of the materia medica from the provings allowed for the deduction of the symptoms of thirst, decreased appetite, increased appetite, nausea,

eructations and pain. The resultant symptoms of thirst, decreased appetite, increased appetite and nausea, were the only symptoms of the symptoms derived that provided the best description.

## **Thirst**

There is an increase in thirst in *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos* which specifically felt an increase in thirst, they also drank water but was not satisfied and they felt as if they craved water. There was also dehydration from *Bitis arietans arietans* and *Bitis atropos*.

The time involved was increased thirst and dehydration at night of both *Bitis arietans arietans* and *Bitis atropos*.

## **Decreased appetite**

There is a loss of appetite in *Bitis arietans arietans* that felt appetite loss, but continued eating, *Bitis gabonica gabonica* had no appetite, was averse to food, did not feel hungry and *Bitis atropos*; missed meals, was unable to eat, was not willing to eat, was not hungry, felt no need to eat, felt that food is off putting, did not want to think about food and had no desire for food. Force feeding was another symptom affecting *Bitis arietans arietans* who forced supper down throat and *Bitis gabonica gabonica* that had to forcefully eat. There was a feeling of the stomach being full in *Bitis arietans arietans* in which the stomach felt full and *Bitis atropos* in which the stomach felt a sense of over fullness on eating.

## Increased appetite

There is an increase in appetite involving *Bitis arietans arietans* who was hungry, but did not know what to eat, they could not satisfy their hunger, they had an increased sense of hunger, but for nothing in particular. *Bitis gabonica gabonica* experienced a ravenous hunger, they were also hungry, but could not decide what they wanted, they also felt that they had a huge appetite with a big appetite for breakfast, they felt as if food is very important, they become unhappy when food is not right, they can eat a lot and they become desperate when they are hungry. *Bitis atropos* was hungry all the time, they were even hungry while eating, they become hungry after eating, they start to snack after meals and they have an excessive hunger.

## Nausea

A sensation of nausea from *Bitis arietans arietans*, *Bitis gabonica gabonica* that specifically had a wave of nausea and felt queasy and *Bitis atropos* with deep heavy aching nausea that did not have an immediate desire to vomit, had shallow nausea as if a bone was stuck in the back of the throat, was subtle with persistent queasiness occurred.

## Eructations and pain

A sensation of eructations and belching was found in all three *Bitis* remedies with frequent eructations occurring in only *Bitis arietans arietans* and *Bitis atropos*. An aching quality of pain was found in both *Bitis gabonica gabonica* and *Bitis atropos*.



## **Abdomen**

The abdomen section of the materia medica from the provings allowed for the deduction of the symptoms of bloating/ distention, pain/ cramps and flatulence. The symptoms of bloating/ distention and pain/ cramps were full of information that allowed for a good description to be discussed.

### **Bloating/ distention**

There are various sensations that affected the abdomen. A gassy sensation resulted from *Bitis arietans arietans* which experienced a feeling of being full of gas with *Bitis gabonica gabonica* having a similar symptomatology of being full of gas. *Bitis atropos* experienced gassiness as well. In some individuals the bloating/ distention can be painless and this happened in *Bitis arietans arietans* and *Bitis atropos*, however the bloating and distention did affect all three *Bitis* remedies.

### **Pain/ cramps**

The concomitant features of the pain was a symptom of gassiness which affected *Bitis arietans arietans* with bloating, distention, flatulence and desire to pass flatus and *Bitis gabonica gabonica* that simply had increased abdominal gas.

The location involved much of the lower abdominal area in *Bitis arietans arietans* which especially affected the lower abdomen and pelvic region, *Bitis gabonica gabonica* was affected in the area above the left hip, laterally and lower abdomen and *Bitis atropos* involved the pubic symphysis, the sacrum, the lower part of the abdomen and the area below the umbilicus.

The sensations involved cramping that was found in *Bitis arietans arietans* with a cramping sensation on eating, *Bitis gabonica gabonica* and *Bitis atropos*. There was a sensation of constriction in the abdomen involving *Bitis arietans arietans* and in *Bitis atropos* specifically in which it felt like hands grabbing and twisting the intestines and like a snake was twisting the intestine. There was an aching type of pain that affected *Bitis arietans arietans* and *Bitis atropos*.

The intensity was of severity that involved all the *Bitis* remedies.

## **Flatulence**

The sensation of flatulence was a symptom that occurred in the abdomen which had limited information, however it caused bloating that involved all the *Bitis* remedies involved.

## **Rectum**

The rectum section of the materia medica from the provings allowed for the deduction of the symptoms of an urgency to pass stool, constipation and diarrhoea. However after a proper study only the symptom of an urgency to pass stool showed the best description.

## **Urgency to pass stool**

An urgency to pass stool was found in which the provers experienced a sudden urge in *Bitis arietans arietans* in which the remedy experienced a sudden urge and in *Bitis atropos* in which the urge was so great that defaecation occurs before reaching the

toilet. There was also tenesmus in *Bitis arietans arietans* that left an unfinished feeling after stool is passed, *Bitis gabonica gabonica* experienced a feeling like there is still stool left after defecating. This unfinished feeling also involved *Bitis atropos*.

## **Constipation and diarrhoea**

Symptoms of constipation and diarrhoea were present in the *Bitis spp.* remedies. The constipation involved all the *Bitis* remedies in question. The diarrhoea resulted from all the *Bitis* remedies with an increase in the frequency of stool in *Bitis arietans arietans* with soft stools and in *Bitis gabonica gabonica* there was excessive stools. The symptom of diarrhoea also affected *Bitis atropos* as well.

## **Stool**

The stool section of the materia medica from the provings allowed for the deduction of the symptoms of diarrhoea, constipation and discoloured stool. However after a proper study none of the symptoms could be effectively described as little information was obtained.

## **Diarrhoea, constipation and discoloured stool**

The symptomatology of diarrhoea, constipation and discoloured stool gave little information, despite this there were still similarities of the occurrence of these symptoms within the *Bitis* remedies which gives an idea of some sort of similarity. There was a symptom of diarrhoea that affected all the *Bitis* remedies. A constipation

that affected all the *Bitis* remedies. The appearance of the stool was dark in *Bitis arietans arietans* and *Bitis atropos*.

## **Bladder**

The bladder section of the materia medica from the provings allowed for the deduction of the symptoms of increased frequency. However after a proper study none of the symptom like the bladder section could be effectively described as little information was obtained.

### **Increased frequency**

There was an increased frequency in urination that involved *Bitis arietans arietans* with profuse urination that occurred frequently and there was also an involvement of *Bitis atropos*.

## **Urine**

The urine section of the materia medica from the provings allowed for the deduction of the symptom of profuse urination. However after a proper study none of the symptoms like the stool and bladder section could be effectively described as little information was obtained.

## **Profuse urination**

Despite the little information provided, there is an understanding that profuse urination affected all three *Bitis* remedies.

## **Male genitalia/ sex**

The male genitalia/ sex section of the materia medica from the provings allowed for the deduction of the symptoms of high libido. However after an analysis little descriptive understanding could be obtained for all the *Bitis* remedies involved.

## **High libido**

The high libido that occurred was highly increased in *Bitis arietans arietans* and *Bitis atropos*.

## **Female genitalia/ sex**

The female genitalia/ sex section of the materia medica from the provings allowed for the deduction of the symptom of menses, pain, discharge and libido. With completion of the comparison between the *Bitis* remedies only symptoms of menses and pain was adequately detailed to provide a proper description.

## Menses

The menstrual flow was heavy in *Bitis arietans arietans* that experienced heavy bleeding as if the menstrual contents would fall out if walking and in *Bitis atropos* there was a similarity of a heavy flow that gushed, the flow messed the clothes and similar to *Bitis arietans arietans* it was as if the contents would escape through private parts. There was also clotting that occurred in *Bitis arietans arietans* that had many clots which were dark red or black cots and *Bitis atropos* that had granular clots. The colour of the blood was dark coloured in which *Bitis arietans arietans* and *Bitis atropos* shared a similarity. Cramping from *Bitis arietans arietans* where mainly abdominal cramps and in *Bitis atropos* there was cramping in the uterus.

## Pain

The pain involved the abdominal area in which *Bitis arietans arietans* and *Bitis gabonica gabonica* where affected. The lower abdomen was affected in *Bitis gabonica gabonica*.

The type of pain was a cramping pain that involved *Bitis arietans arietans* and *Bitis gabonica gabonica* which specifically had cramps as if something was grabbing the uterus and was wringing or twisting it and these cramps precede the menstrual flow and there was also involvement of *Bitis atropos* with cramping of the uterus. There was also a feeling as if the abdominal contents would fall out in *Bitis arietans arietans* and *Bitis atropos* in which the sensation was as if things are going to escape from the vagina.

## Discharge and Libido

The symptoms of discharge and libido was little to describe and give a detailed discussion, however it does show an outline of which remedies were involved. There was discharge that involved *Bitis arietans arietans* and *Bitis gabonica gabonica*. An increase in libido involved all three *Bitis* remedies.

## Respiration

The respiration section of the materia medica from the provings allowed for the deduction of the symptom of asthma, dyspnoea, tightness and cough. With completion of the comparison between the *Bitis* remedies only symptoms of asthma and dyspnoea was adequately detailed to provide a proper description.

## Asthma

When studying the asthma symptoms there were modalities of better sitting that was found in *Bitis arietans arietans* that had a desire to sit up and felt better for sitting and *Bitis atropos* that similarly felt better sitting up. An amelioration from standing occurred in *Bitis arietans arietans* and *Bitis atropos*. They are also worse lying down in both *Bitis arietans arietans* and *Bitis atropos*.

A sensation of tightness resulted from *Bitis arietans arietans* with tightness in the chest that felt as if someone was squeezing the lungs and an added tight diaphragm occurred and in *Bitis atropos* simply a tightness occurred. A wheeze resulted in *Bitis arietans arietans* with a high pitched expiratory wheeze with progression from itchy nose and sneezing to wheezing with fine rattling and then dyspnoea and wheezing on breathing out and in *Bitis atropos* there was wheezing. The chest secretions involved *Bitis arietans arietans* with fine rattling of secretions in chest, in which it was difficult to

cough deeply enough to clear out expectoration and *Bitis atropos* with a post-nasal drip that goes down to the chest and builds up. There was also a cough in *Bitis arietans arietans* that involved coughing with no expectoration and *Bitis atropos* in which the cough results in a wheeze.

## **Dyspnoea**

There is a difficulty in breathing in *Bitis arietans arietans* in which enough air could not get in and there was also shallow breathing and in *Bitis atropos* there was a sensation of having to forcefully breathe deeply as air could not go into the lungs, the trachea feels squashed and glued with a feeling of battling to breathe. An out of breath feeling is also felt by *Bitis arietans arietans* and *Bitis atropos*. A feeling of much sighing is felt by all three *Bitis* remedies involved.

## **Tightness and Cough**

Although little information was obtained a feeling of tightness was found in all three *Bitis* remedies and a hoarse non-productive cough affected *Bitis gabonica gabonica* and *Bitis atropos*.

## **Chest**

The chest section of the materia medica from the provings allowed for the deduction of the symptoms of weight sensation, pain and heart palpitations. After studying the materia medica of the *Bitis* remedies within the provings all three symptoms offered some sort of description with pain best described.



## **Pain**

The pain was located in the breast of *Bitis gabonica gabonica* and *Bitis atropos*. Other locations of *Bitis gabonica gabonica* was the left lower rib cage, the antero-lateral region and in *Bitis atropos* there was involvement of the left intercostal muscles and left lung. There were right sided symptoms in *Bitis gabonica gabonica* of which the upper right region was affected and in *Bitis atropos* the right side and lumbar region was involved.

The sensation of the pain was sharp in both *Bitis gabonica gabonica* and *Bitis atropos*.

## **Weight sensation and heart palpitation**

A heavy sensation was felt in *Bitis arietans arietans* which had heaviness on the chest and *Bitis gabonica gabonica* which had an oppressive sensation, a great weight was felt in the cardiac region and a heavy feeling in the chest. The palpitations were strong in *Bitis arietans arietans*, with *Bitis gabonica gabonica* experiencing a pounding heart beat as if the heart wants to escape and in *Bitis atropos* it was as if the heart is knocking against the ribs. In *Bitis arietans arietans* and *Bitis atropos* the heartbeat was quick.

## **Back**

The back section of the materia medica from the provings allowed for the deduction of the symptoms of tension/ stiffness and pain to be derived. After studying the materia medica of the *Bitis* remedies within the provings all two symptoms gave a good description.

## **Tension/ stiffness**

Tension and stiffness was located in the lumbar area of *Bitis arietans arietans* and *Bitis gabonica gabonica*.

The sensation of tightness, stiffness and tension resulted from involvement of *Bitis arietans arietans* which felt as if the ribs were stuck to the spine at T11 and T12 vertebra, there was also difficulty in breathing in deeply, with para-veterbral and posterior cervical muscles feeling tight and tender and added stiffness and in *Bitis gabonica gabonica* there was tightness, stiffness and tension.

## **Pain**

The location of the pain was the lumbar area of *Bitis arietans arietans* with involvement of the lower back and *Bitis atropos* which involved the lumbar area, the sacrum, the area above the iliac crest and the coccyx.

The sensation type was soreness that involved all three *Bitis* remedies. There was also an aching type of pain that involved *Bitis gabonica gabonica* and *Bitis atropos*.

## **NECK**

The neck section of the materia medica from the provings allowed for the deduction of the symptoms of stiffness and pain to be derived. After studying the materia medica of the *Bitis* remedies within the provings the symptom of stiffness provided a good detailed understanding.

## **Stiffness**

The stiffness of the neck mainly affected the right area of *Bitis arietans arietans* with specific involvement of the right shoulder as well as affecting *Bitis gabonica gabonica*.

There is a sensation of stiffness that affected *Bitis arietans arietans* with stiffness in the back of the neck, there was a feeling as if supporting a heavy head, *Bitis gabonica gabonica* and *Bitis atropos* were also affected with stiffness. A sensation of tightness and tension affected *Bitis arietans arietans* with knotted muscles and tension in the muscle and *Bitis atropos* with tightness, constriction and tension.

## **Pain**

The symptom of pain was of an aching type of pain that involved *Bitis arietans arietans* and *Bitis atropos*.

## **Extremities**

The extremities section of the materia medica from the provings allowed for the deduction of the symptoms of pain, swelling, cramps, coldness, eruptions and athlete's foot. After studying the materia medica of the *Bitis* remedies within the provings the symptom of pain was the only symptom that could properly be described.

## Pain

The location of the pain was various areas of involvement including the knee with *Bitis arietans arietans* affecting the right knee on the lateral surface and the deep parts of the right knee as well as the area above the knee and *Bitis gabonica gabonica* affected the right knee and the lateral and posterior surfaces of the right knee. There was involvement of the foot of *Bitis arietans arietans* affecting specifically the left foot and *Bitis atropos* affecting the big toe. The wrist was also affected in *Bitis arietans arietans* and *Bitis atropos*. The shoulders were affected in *Bitis arietans arietans*, *Bitis gabonica gabonica* which specifically affected the left shoulder and in *Bitis atropos* which affected the scapula, the left shoulder and the right shoulder. The gluteal/ hip region was also affected in *Bitis arietans arietans* specifically affecting the gluteal muscles, the quadriceps femoris and the extensor muscles of forearm, as well as the hips and buttock region, *Bitis gabonica gabonica* affected the antero-lateral surface of the right hip and *Bitis atropos* affected the hip only. The arms and forearms were involved as well with *Bitis arietans arietans* involvement and *Bitis atropos* which involved the left arm and triceps. The Ligaments, tendons, joints and muscles of *Bitis arietans arietans* were affected with involvement of the left tibialis anterior muscle and the achilles tendon, *Bitis gabonica gabonica* involved the ligaments and joints and *Bitis atropos* involved the joints as well.

The modalities of the *Bitis* remedies were worse for pressure and worse for movement in *Bitis arietans arietans* and *Bitis gabonica gabonica*.

The sensation of the pain type was aching in *Bitis arietans arietans* with bursts of aching shooting pain and deep aching pain, this also affected *Bitis gabonica gabonica* and *Bitis atropos*. There was also soreness that involved all *Bitis* remedies. Pain that was described as being sharp, shooting, stabbing, cutting and stitching affected *Bitis arietans arietans* with shooting bursts of aching pain, sharp pain and stitching pain and *Bitis atropos* with stabbing pain of the scapulae and cutting pain of hips.

## **Swelling, cramps, coldness, eruptions and athlete's foot**

Symptoms of swelling, cramps, coldness, eruptions and athlete's foot resulted which adversely affected the remedies. Swelling affected *Bitis arietans arietans* and *Bitis atropos*. The cramping involved *Bitis gabonica gabonica* and *Bitis atropos*. A cold sensation affected the *Bitis* remedies with a modality of better for warmth in *Bitis gabonica gabonica* and *Bitis atropos* being better for covering up, better for socks, better for closed shoes and better for using a blanket. The cold sensation affected all the *Bitis* remedies. Only the location of the eruptions had a similarity, there was no description to form a group analysis. The location of both eruptions included *Bitis gabonica gabonica* and *Bitis atropos* and it involved the upper limb and the lower limb. The athlete's foot was found in *Bitis gabonica gabonica* and *Bitis atropos*.

## **Sleep**

The sleep section of the materia medica from the provings allowed for the deduction of the symptoms of yawning, fatigue, difficulty falling asleep, disturbed sleep and oversleeping. After studying the materia medica of the *Bitis* remedies within the provings none of the symptoms provided proper details to derive a good discussion.

## **Yawning, fatigue, difficulty falling asleep, disturbed sleep and oversleeping**

The symptomatology derived were yawning, fatigue, difficulty falling asleep, disturbed sleep and oversleeping which provided little information, but gave an insight into how the remedies shared some similarity with regard to sleep patterns. There was yawning in the daytime by *Bitis arietans arietans* and *Bitis gabonica gabonica*. There was a feeling of needing more sleep by *Bitis arietans arietans* in which there was a difficulty staying awake and battling to stay awake and *Bitis gabonica gabonica* that needed

more sleep with a desire to stay in bed, they became drowsy and tired. A difficulty in sleeping due to a restless mind was deduced from the *Bitis* remedies in *Bitis arietans arietans* they had a mind that was too awake, *Bitis gabonica gabonica* could not sleep deeply and was restless at night that caused them to toss and turn and *Bitis atropos* had thoughts racing, with an overactive mind which caused them to become restless. A disturbed sleep was deduced from the *Bitis* remedies that involved all the *Bitis* remedies. A symptom of oversleeping was found in *Bitis arietans arietans* that caused a desire to sleep more than usual, *Bitis gabonica gabonica* wanted to stay in bed and overslept and so did *Bitis atropos*.

## **Generals**

The generals section of the materia medica from the provings allowed for the deduction of the sections of energy, food and drink and temperature to be derived. After studying the materia medica of the *Bitis* remedies within the provings all the sections that contributed to generals were properly described.

## **Energy**

Low energy resulted from the *Bitis* remedies with *Bitis arietans arietans* having weariness, tiredness, not having energy, inability to concentrate, difficulty staying awake, physically lazy, drained, energy being low, trouble waking up, eyelids that are heavy, feeling sleepy, lethargy, fatigue, putting in too much effort, a lack of stamina, worn-out feelings, exhaustion, lazy and crushed feeling, *Bitis gabonica gabonica* had similar sensations of being tired, energetic in the day and tired in the evening, tired in morning, exhaustion, malaise and drained and *Bitis atropos* felt exhaustion, tired, flu-like tiredness, low energy, a feeling of not wanting to getting out of bed, drained, cannot keep eyes open, had awoken tired, wants to sleep more, irritability, drowsiness, weakness and flat sensations.

High energy resulted from the *Bitis* remedies with *Bitis arietans arietans* feeling as if the body is vibrating, tingly feelings, buzzing sensations, feeling static; shocking fingers when in contact with objects, excess energy, bouncy feeling, pulse fast, heart palpitations and overstimulated feeling, in *Bitis gabonica gabonica* they feel energetic in the day and tired at night, energy high in evening and energy high at midday and in *Bitis atropos*; there is vibrancy, reverberation, burst of energy, no fatigue and sensation of being energised.

## **Food and drink**

### **Desire**

A desire for sweet foods was derived from *Bitis arietans arietans* with desire for ice-cream and sweet foods, *Bitis gabonica gabonica* desired sweets, milkshake and chocolate and *Bitis atropos* desired jam, chocolate nuts and chocolate. There is also a desire for spicy food from both *Bitis arietans arietans* and *Bitis atropos*. A desire for meat was found in *Bitis arietans arietans* and *Bitis atropos*. A desire for salty food was found in both *Bitis arietans arietans* which desired salty popcorn and *Bitis atropos*. A desire for hot drinks was found in all the *Bitis* remedies with *Bitis arietans arietans* desiring warm drinks like coffee or tea, *Bitis gabonica gabonica* having a thirst for hot drinks and *Bitis atropos* desiring coffee and tea.

### **Averse**

An aversion for bread was found in *Bitis arietans arietans* and *Bitis atropos*.

## Temperature

A cold sensitivity was found in the *Bitis* remedies this involved *Bitis arietans arietans* with chilliness all the time, being cold sensitive, being unable to warm the body, being better for the sun, the feet was especially cold and being better for a hot bath, *Bitis gabonica gabonica* sensed hot and cold and cold for 10min and *Bitis atropos* desired to bath with hot water and craved warmth from the sun.

There was also a sensation of heat in *Bitis arietans arietans* with a feeling of being hot as if layer of heat was around the body, *Bitis gabonica gabonica* experienced a sensation of heat all over the body, head and chest, with heat in the upper body with perspiration, being better for uncovering and *Bitis atropos* was feeling hot.

## Vertigo

The vertigo section of the materia medica from the provings allowed for the deduction of the symptoms of light headed, loss of balance, sensation of falling, syncope and dizziness. After studying the materia medica of the *Bitis* remedies within the provings all the sections that contributed to the derivation of vertigo was too little to be properly described.

### **Light headed, Loss of balance, Sensation of falling, syncope and dizziness**

Sensations of being light headed, loss of balance, sensations of falling, syncope and dizziness were deduced after comparative analysis. A sensation of being light headed was found amongst the *Bitis* remedies with *Bitis arietans arietans* experiencing a light feeling in the head, *Bitis gabonica gabonica* and *Bitis atropos* being light headed. A sensation of loss of balance was found in the *Bitis* remedies. *Bitis arietans arietans* experienced a sensation of being unbalanced and swaying when eyes closed, with



unsteadiness on one foot and *Bitis atropos* in which there was a loss of balance and feeling of falling. A feeling of falling was found in the *Bitis* remedies that *Bitis arietans arietans* expressed as a feeling of falling when stooping and feels as if moving or falling while sitting, *Bitis gabonica gabonica* and *Bitis atropos* sensed a falling over sensation. A sensation of syncope was in the *Bitis* remedies in which *Bitis arietans arietans* was affected by giddiness, *Bitis gabonica gabonica* was faint and *Bitis atropos* was dazed and blacked out. A feeling of a dizzy sensation was found in the *Bitis* remedies that included all three remedies.

### 5.3 Selected remedies pertaining to the rubric extraction

After a thorough repertory was conducted using manual repertorisation with the *Synthesis* (Schroyens 2014) three remedies were found to closely resemble the *Bitis spp.* remedies. *Chelidonium* (*Bitis arietans arietans*), *Agaricus muscarius* (*Bitis gabonica gabonica*) and *Apis mellifica* (*Bitis atropos*) were the selected remedies.

### 5.4 Comparison of the characteristic remedies

The remedies namely *Chelidonium*, *Agaricus muscarius* and *Apis mellifica* showed a close similarity with the *Bitis spp.* The best similarity was shown in the general, mind, head, nose and abdomen sections of the materia medica and it gave a clear picture of how these remedies can be used instead of the *Bitis spp.* as well. The materia medica used to describe symptomatology was the *Materia Medica of Homoeopathic Medicines* by Dr S.R. Phatak (Phatak 2015).

In *Chelidonium* there is a general feeling of lethargy and the patient tends to put very little effort in any given task (Phatak 2015) similarly *Bitis arietans arietans* has general weariness (02M) and tiredness (02M and 10M). The mind symptoms showed a great anxiety, this symptom was quiet pronounced in the proving (31F) as well as the materia

medica. The head sensation that was quiet pronounced was a feeling of heaviness in both *Chelidonium* and *Bitis arietans arietans*, according to Phatak (2015) the heavy sensation occurred mainly at the occiput in *Chelidonium*, while in *Bitis arietans arietans* it was more of a general heavy sensation that was experienced (31F). Abdominal symptoms showed tenderness and pain, Phatak (2015) writes on the epigastrium being tender specifically in *Chelidonium* while in *Bitis arietans arietans* there is an indication of right sided abdominal tenderness (26F). The nasal complications experienced by *Chelidonium* was a basic nasal obstruction (Phatak 2015), while *Bitis arietans arietans* had nasal as well as sinus congestion (30M).

In *Agaricus muscarius* there was a general symptomatology of twitching that was observed and this occurrence was also observed in the picture of *Bitis gabonica gabonica* (extremities-03F). The mind symptoms were identified as overthinking or rapid thinking, in *Agaricus muscarius* Phatak (2015) writes on how the patient changes from one subject to another. The mind symptom of *Bitis gabonica gabonica* shows a similarity of thinking too much (05F). A common head symptom was dullness or a dull headache, in *Agaricus muscarius* (Phatak 2015) a dull headache that causes a sensation of a need to move the head, while in *Bitis gabonica gabonica* a dull headache was simply experienced (01F). An abdominal symptom that was found common was noisy bowel sounds. *Agaricus muscarius* portrayed a rumbling and fermenting within the bowels (Phatak 2015) and *Bitis gabonica gabonica* portrayed noisy bowel sounds with the prover even mentioning a sensation of bubbles within the intestine (10F). A runny nose was simply experienced by both *Agaricus muscarius* and *Bitis gabonica gabonica*.

In *Apis mellifica* general sensations of constriction was experienced (Phatak 2015) and this was found to be common in *Bitis atropos* as well with tightness and constriction within the head region (33F). The mind portrayed a symptom of absent-mindedness in both *Apis mellifica* (Phatak 2015) and *Bitis atropos* (19M). The head symptomatology indicated occipital pain in the head of both *Apis mellifica* (Phatak 2015) and *Bitis atropos* (33F). In the abdomen there was a sensation of abdominal tightness and bloating that was experienced in *Apis mellifica* and this also occurred in the abdominal symptoms of *Bitis atropos* (19M). The nose symptom of *Apis mellifica* portrayed coryza (Phatak 2015) and in *Bitis atropos* there was a runny nose (02F).

## 5.5 Comparison of the Indigenous themes amongst the *Bitis spp.* remedies

### Drugs and alcohol

A theme of a drug like state seemed to appear throughout all three provings. Provers tended to feel as if they were in a drug like unreality. Within the South African context there is a common understanding that drug and alcohol abuse is rife in almost every community. Drugs and alcohol affects families and individuals alike. There is much concern with this substance abuse, many families are plagued with this crisis. It is quiet interesting to note how these indigenous *Bitis spp.* snakes when proven homoeopathically showed such a clear picture of a drug-like state. In *Bitis arietans arietans* the spaced-out sensation pervaded throughout the remedy, a prover stated an intoxicated feeling (02M), some provers experienced a drunk-like feeling (10M) which gives a conclusion of a drunk feeling. Some provers even mentioned that the feeling was if they had taken a drug (02M and 26F). In *Bitis gabonica gabonica* this spaced-out sensation proved to be a common emotion as a prover (12F) felt a 'dizzy spaced out feeling'. *Bitis atropos* showed absentmindedness and forgetfulness (15M). Many clear sensations experienced by provers led to the theme of *drugs and alcohol*.

### Violence

Themes of violence and anger was quiet profound and these emotions caused a great uneasiness in the provers. Violence and abuse is a common reality to individuals living in South Africa, many people suffer the effects of abuse in their daily lives. Individuals of every community struggle with this criminal act. *Bitis arietans arietans* showed that they started to feel aggravated and agitated (21F) and even had fears of being harmed (19F). *Bitis gabonica gabonica* experienced similar bouts of irritability and anger towards other people (05F). *Bitis atropos* had intense aggression (15M).

## **Weapons**

This theme shares a similarity with the theme of violence. As discussed previously violence and crime are common in numerous areas within South Africa. Many areas are plagued by the use of weapons to act out crime and create violence. Fear and intimidation are of great concern to many individuals who are faced with the use of weapons. In *Bitis arietans arietans* it was of interest to note that there were dreams of guns and violence (08M). *Bitis gabonica gabonica* dreamt of the use of spears (15M) and *Bitis atropos* had dreams of being persued by somebody with guns/knives (23M).

## **Freedom**

A theme of freedom was noted which can show a possible connection to post apartheid freedom. It was quiet interesting how each indigenous *Bitis* remedy proved symptoms or sensations of freedom. The sense of freedom pervaded the remedy picture to give clear evidence of freedom in the group picture of the indigenous *Bitis spp.* remedies. In *Bitis arietans arietans* there was a desire to be outdoors (02M). *Bitis gabonica gabonica* proved dreams of freedom (19M). In *Bitis atropos* there was an entire theme in the mind symptoms that showed how freedom affected the provers (02F, 04M and 06M).

## **Robbers**

A theme of robbers was also produced. This theme fits well within indigenous themes previously discussed as it touches on criminal aspects. Crime, robberies, fraud and theft all are present in this society nowadays and as the incidence of crime increase and becomes so rife it was most remarkable to see that a theme of robbers was depicted within the provings of the indigenous *Bitis spp.* remedies. In *Bitis arietans*

*arietans* there was a dream theme of stealing and theft (19F). In *Bitis gabonica gabonica* there was not an overt sense of robbery, however the prover dreamt of being in the presence of a stranger that entered the house (01F). In *Bitis atropos* there were delusions of thieves or robbers that entered the house (02F and 09F).

## **Money**

A theme of being calculative and good with money came up as well. This theme was inclusive of *Bitis arietans arietans* and *Bitis atropos*. Poverty is so rich in this land of South Africa and is present in almost every community. There is difficulty in finding work and some individual can lack skill sets to allow them to find employment. All these aspects can lead to a poverty cycle that seems altogether too difficult to escape. This indigenous theme of money was present in both aforementioned remedies. In *Bitis arietans arietans* it was important to note that a prover dreamt of gambling (07M) and another prover mentioned in a dream that they took the lottery (18F), both of these money games play an important role within the South African context as many individuals depend on these habits to make instant or quick money. In *Bits atropos*, however the prover tends to be tight fisted and calculative with money (03F). These two remedies contrast each other.

## **Fear/ panic**

This theme outlines the themes of violence and underlines the basic reactions or emotions of people who are faced with crime, violence, robbery and the list goes on. These individuals who are daily challenged with dire strains on their emotions live in a fearful and panic state. *Bitis arietans arietans* experienced many bouts of anxiety even while driving (08M, 34F and 02M), this remedy also proved a fear of being harmed (19F) and of being pursued (26F). *Bitis gabonica gabonica* had panic and terror that

caused distress to the prover (01F). In *Bitis atropos* there were delusions of thieves and robbers (02F and 09F) and sensations of being pursued (35M, 23M and 34F).

### **Learning affected**

Difficulties in many areas of learning was also proved common. As in any society learning difficulties is evident. Within the South African context difficulties in learning reading and writing plagues many communities. The indigenous *Bitis spp.* snakes gave a clear outline of how it presents within itself and as it is indigenous to South Africa showed how it can be useful for these ailments. *Bitis arietans arietans* had difficulty in speaking (10M and 31F), difficulty in reading (10M) and difficulty in writing (19F and 10M). In *Bitis gabonica gabonica* the provers experienced errors and mistakes in their activities (01F, 03F, 18F and 13M). *Bitis atropos* experienced a difficulty in speaking (06M) and concentration 03F, 06M, 18F, 19F, 20F and 25F).

## **5.6 Comparison of themes in relation to current Homoeopathic literature**

The aim of this section was to compare the data from the provings of the three indigenous *Bitis spp.* remedies to the extracted data obtained from four homoeopathic international practitioners that deduced themes of the snake family at large. This clearly showed similarities and comparisons between the *Bitis spp.* and the broader snake family.

### 5.6.1 Comparison of themes with the themes postulated by Mangialavori

The themes postulated by mangialavori reflect the snake group family. These themes were extracted from his book *Notes from the second three-year international postgraduate course knowledge, seduction and forsaken* (Mangialavori 2003). Themes of betrayal, congestion or constriction, discolouration, duality, haemorrhages, one-sided symptoms, persecution, speech, suspiciousness and thermal regulation were extracted and compared which showed similarities to the *Bitis spp.* snake remedies. Themes that stood out and showed the best similarity to all three *Bitis spp.* remedies were **congestion or constriction**, **discolouration** and **thermal regulation**. Congestion pervaded the remedy picture with symptomatology or sensations of congestion occurring in many areas of the materia medica picture. Discolouration was another theme that shared similarities with all three *Bitis* remedies involved, *Bitis atropos* compared well with mangialavori's postulated theme as discolouration involved the mind with delusions of discolouration (02F). Thermal regulation was a concept discussed by each practitioner and had an important role in each *Bitis* remedy. Each *Bitis* snake had a sensitivity to cold; *Bitis arietans arietans* (10M), *Bitis gabonica gabonica* (15M) and *Bitis atropos* (02F).

### 5.6.2 Comparison of themes with the themes postulated by Thakkar

Thakkar's postulated themes were extracted from her book *Into the consciousness of snakes* (Thakkar 2007). Many of Thakkar's themes were based on physical aspects of the materia medica rather than the mental aspects. Her postulated themes include being aggressive, dry skin, boils, dryness of the eyes, heartburn, increased appetite, inability to tolerate hunger, asthma and a sensitivity to temperature change. It is important to note that an increase in appetite and an inability to tolerate hunger are synonymous with each other. Out of all the themes that were compared the themes that best compared with all three *Bitis* remedies were **aggression**, **increased hunger** and **sensitive to temperature change**. The concept of aggression was prominent amongst the *Bitis* remedies. *Bitis arietans arietans* notably had aggression while

driving suggesting a common problem many face known as 'road rage'. An increase in appetite was common for all three *Bitis* remedies usually an intolerable hunger. As discussed previously, the *Bitis* remedies had a sensitivity to cold.

### 5.6.3 Comparison of themes with the themes postulated by Sankaran

When extracting postulated themes based on Sankaran's work, his book *Survival the reptile* (Sankaran 2010b) was used to conduct a comparative analysis. There were many themes that Sankaran postulated and they were defenceless/ disadvantaged/ weak/ powerless, hide/ escape/ attack, dry skin, constricting/ tightening/ struggling/ suffocating/ oppressive, competition, conspiracy, planning/ calculative/ scheming, deceitful, loquacity, persecuted, pursued, hears voices, desire to be famous, glamour/ fashion/ advertising, throat sensitivity, thermal sensitivity, camouflage, hibernation and threatening. Of these many themes the themes that best compared with all three *Bitis* snakes were **defenceless/ disadvantaged/ weak/ powerless, constricting/ tightening/ struggling/ suffocating/ oppressive** and **thermal sensitivity**. The notion of being defenceless was quite pronounced in all the *Bitis* remedies affecting mainly the mental picture of the remedy. Many areas of the provers functioning was affected in a negative way *Bitis arietans arietans* had laziness (21F), *Bitis gabonica gabonica* had a lack of confidence (03F) and *Bitis atropos* also produced mental symptoms of laziness (02F). The symptomatology of constriction was prominent throughout all three *Bitis* remedy pictures. Constriction adversely affected the individual causing discomfort and pain. Thermal sensitivity of the *Bitis* remedies was of a cold sensitivity.

### 5.6.4 Comparison of themes with the themes postulated by Master

Master similarly to Sankaran has postulated many snake family themes. His themes were extracted from his book *Snakes to simillimum* (Master 2008). These themes were



competitiveness and power, attack and defence, passionate and workaholic, egotism, duality and secretiveness, drug and alcohol abuse, affection of speech, sensation of constriction, swollen sensation, aggravation from sleep, aggravation from touch, thermal regulation, periodicity, trembling, affinity for the cardiovascular system, pulse, paralysis, weakness, one-sided complaints, direction of symptoms, tendency to develop infections and action on the eye. These symptoms compared well with the *Bitis* remedies and of those similarities **competitiveness and power**, **sensation of constriction** and **thermal regulation** was adequately prominent. Competition and power stood out amongst the *Bitis* remedies, but showed the best comparison in *Bitis atropos* (02F). As with the other postulated themes of practitioners the sensations of constriction and a cold sensitivity pervaded the remedy picture.

## 5.7 Comparison of the Doctrine of Signatures with the *Bitis* spp. remedies

When conducting the doctrine of signatures similarities were deduced based on the comparison between the physical characteristics that the snakes had and how these physical traits are somewhat produced in the materia medica of the remedy.

### Venom

In the venom of the *Bitis* spp. snakes, *Bitis arietans arietans* and *Bitis gabonica gabonica* showed haemotoxic properties and similarly in the materia medica, haemotoxic symptomatology was produced. *Bitis arietans arietans* produced many symptoms that related to the circulatory system of body which include; slowing of the heartbeat (07M) and even chest palpitations (34F) to name a few. *Bitis gabonica gabonica* similarly had chest palpitations (12F).

The *Bitis atropos* snake showed neurotoxic properties that affected the nervous system. The extremities section of the materia medica portrayed electric shock like symptoms (02F), this gives evidence of a neurotoxic property.

## **Swelling**

The swelling symptom was produced in an individual after being bitten by a snake due to the venom's mode of action. All three *Bitis* remedies studied had the property of swelling as a result of venom insertion. Quite interestingly, the symptom of swelling appeared in the materia medica of the provings as well. *Bitis arietans arietans* had swelling in the extremities (10M), *Bitis gabonica gabonica* had swelling in the eyes (03F) and *Bitis atropos* had swelling in the throat (33F) and head (02F) to name some of them.

## **Sluggishness**

The symptom of sluggishness was in both *Bitis arietans arietans* and *Bitis gabonica gabonica*, however *Bitis atropos* showed a contrast of a quick response. *Bitis arietans arietans* had mental symptoms of laziness (31F) and slowing down (10M). *Bitis gabonica gabonica* showed symptoms of mental hypo-activity (15M). The contrast of being quick in response was showed by *Bitis atropos* in the symptom of loquacity (34F).

## **Constriction**

Snakes in general are known for their constrictor trait, this trait was therefore common in all three *Bitis spp.* snakes. The symptom of constriction was interestingly common throughout the provings as well. Many symptoms of constriction was found in the materia medica. *Bitis arietans arietans* showed constriction of many areas as did the other *Bitis* remedies, but constriction of the throat (02M) and of the extremities (10M) stood out. In *Bitis gabonica gabonica* similarly there was constriction of the throat (18F). *Bitis atropos* also had a symptom of constriction in the neck region (02F).

## **Thermoregulation**

Temperature regulation plays an important role in the *Bitis spp.* snakes. So to did the thermoregulation affect the *Bitis* remedies. All the snakes in their physical nature were adversely affected by cold, this was portrayed within the remedy as well. *Bitis arietans arietans* had symptoms of being cold sensitive (10M). *Bitis gabonica gabonica* had cold sensitivity as well (15M). *Bitis atropos* had symptoms of being better for warmth as the cold affected them adversely (02M) which similarly show a sensitivity to the cold.

## **5.8 Comparison of the common sensations**

This section aimed to expand on various sensations that the remedies experienced and what their reactions to these sensations were and it included the compensation for the reaction. All data can be viewed in the tabulated data in the results under emerged sensations.

### **5.8.1 Mind**

This section of the emerged sensations explored sensations that affected the mental picture of the remedies. Various sensations were encountered by the *Bitis spp.* remedies. When indentifying the various sensations, synonomous words were recorded under a heading that encompassed the meaning of the words as a group.

### 5.8.1.1 *Bitis arietans arietans*

In *Bitis arietans arietans*. There were sensations of **spaciness**, **depression** and **anger** that the remedy had experienced, in addition to this there were subsequent active, passive and compensatory reactions.

#### 5.8.1.1.1 Spaciness

The predominant sensation that emerged on a mental level in *Bitis arietans arietans* was 'spaciness' and this was reflected as various adjectives as seen below. The active reactions to this sensation was being talkative, having quick speech and a scattering of thoughts. The passive reaction was being melancholic, being distracted and having brain fag. The proposed compensation to this sensation was to be socially detached to avoid embarrassment.

#### Sensation

Spaced-out, large space in head, spacedness, spaciness, trippy feeling, boundaries expanding, intoxicated, unsteady, drunk-like, removed from reality, unreality, distantness, disconnected, detached, trippy, out of body, spaced-out and not all there.

#### Active reaction

Talkative, scattered thoughts, mind jumping, quick speaking, separated in conversation, irritable, angry, moody, snappy, easily aggravated, short-tempered, impatient and edgy.

#### Passive reaction

Emotional, melancholy, sad, wandering mind, distracted, sleepy, brain fag, head feels thick, mind goes blank, cotton wool in head, clouded thinking, dull, lazy, lethargic, unmotivated, mistakes, slurred, stuttered, incorrect words, disconnection from brain,

fatigue, pessimistic, apathetic, disinterested, stagnation, exhausted, forgetful, memory and absentminded.

### **Compensation**

Socially detached to avoid embarrassment.

#### **5.8.1.1.2 Depression**

The sensation of an explosive, morbid, grey, heavy depression also emerged on a mental level and this was reflected as various adjectives as seen below. The active reactions to this sensation was being anxious, irritable, tired, angry, edgy, moody, snappy, stressed, restless, short tempered, impatient, and easily aggravated . The passive reaction was being sentimental, emotional, melancholy, sad, having a far away feeling, having a wandering mind, being distracted, being sleepy. They also experienced brain fag, a lazy, unmotivated feeling, being untidy, indolence, fatigue, a feeling of being overwhelmed, pessimistic, apathetic, disinterested, stagnation, absent-mindedness and forgetfulness.

The proposed compensation to this sensation was to be active, energetic and engaging in activities such as dusting and cleaning etc to avoid the heavy, indolent and lethargic depression experienced.

### **Sensation**

Explosive depression, morbid, apathetic, despairing, unable to cope, grey, heavy, struggling, crying and drained.

### **Active reaction**

Anxiety, irritable, tired, angry, edgy, moody, snappy, stressed, restless, short tempered, impatient, easy aggravated.

### **Passive reaction**

Sentimental, emotional, melancholy, sad, far away, wandering mind, distracted, sleepy, brain fag, head feels thick, mind foggy, mind goes blank, cotton wool in head, clouded thinking, lethargic, lazy, unmotivated, untidy, indolence, irritable, fatigue, overwhelmed, pessimistic, tired, lethargic, apathetic, disinterested, stagnation, exhausted, forgetful, absentminded and cannot remember.

### **Compensation**

Energetic, manic, energised, excitable, sharp, hyperactive, overstimulated, trippy, happy, wants to be outdoors, nature, dusting, cleaning, polishing, quick speaking and talkative.

#### **5.8.1.1.3 Anger**

The sensation of anger was expressed as a sensation of moodiness emerged on a mental level and this was reflected as various adjectives as seen below. The active reactions to this sensation was being edgy, snappy, easily aggravated, short-tempered and impatient.

The passive reaction was being isolated, alone, withdrawn, introverted and detached. The proposed compensation to this sensation was to become less sensitive to the opinions of others.

### **Sensation**

Anger and moody

### **Active reaction**

Edgy, snappy, easy aggravated, short tempered and impatient.

### **Passive reaction**

Isolated, alone, withdrawn, introverted, detached.

### **Compensation**

Less sensitive to the opinions of others.

#### **5.8.1.2 *Bitis gabonica gabonica***

In *Bitis gabonica gabonica*. There were sensations of **isolation/ alone, depression, spaced-out** and **anger** that the remedy had experienced, in addition to this there were subsequent active, passive and compensatory reactions.

##### **5.8.1.2.1 Isolation/ alone**

In *Bitis gabonica gabonica* the sensation of being isolated and alone was expressed as a sensation of feeling alone, disconnected, wanting their own space, isolation, feeling distanced, lonely, hiding and less sociable. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reactions to this sensation was experiencing a feeling of panic, being terrified, being in a foul mood, being grumpy, being irritable, feeling agitation, snappy, frustrated and upset.

The passive reaction was being confused, despondent, feeling self-pity, being depressed and unhappy.

The proposed compensation to this sensation was to become relaxed, calm, optimistic, secure and feeling confident and connected.

### **Sensation**

Alone, disconnected, wants own space, isolation, distanced, lonely, hiding and less sociable.

### **Active reaction**

Panic attacks, terrified, foul mood, grumpy, irritable, agitation, lost temper, snappy, frustrated and upset.

### **Passive reaction**

Confused, despondent, self-pity, depressed, unhappy, low self-esteem, sighing, negative, melancholy, unmotivated, unloved, offended easily, sensitive to criticism, worthless, incapable, stupid and tense.

### **Compensation**

Relaxed, calm, order, optimistic, hyperactive, energetic, secured, not being bullied, not intimidated, confident and connected.

#### **5.8.1.2.2 Depression**

In *Bitis gabonica gabonica* the sensation of being depressed was expressed as a sensation of feeling alone, disconnected, wanting their own space, isolation, feeling distanced, lonely, hiding and less sociable. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reaction to this sensation was experiencing a feeling of panic, being terrified, being in a foul mood, being grumpy, being irritable, feeling agitation, snappy, frustrated and upset. The passive reaction was feeling alone, disconnected, isolation, tired, despondent, distanced, depressed, hiding, unsociable and worthless. The proposed compensation to this sensation was to remain isolated and alone to avoid people.



### **Sensation**

Depressed, frustrated, sadness, upset, tired, sensitive, lonely, unhappy, low self-esteem, snappy, sighing, negative, melancholy, unmotivated, disoriented, crying and humiliated.

### **Active reaction**

Foul mood, grumpy, irritable, agitation, lost temper, snappy, drained and unsettled.

### **Passive reaction**

Alone, disconnected, wants own space, isolation, anger, confused, overwhelmed, self-pity, tired, despondent, distanced, depressed, lonely, hiding, unsociable, worthless, < reprimand, offended easily, sensitive to criticism, unloved, unattractive, anxiety, useless, ignorant, insecure, indecisive, unappreciated, unhelpful, tense, unfocussed, incapable, slow, overwhelmed, tired and flat.

### **Compensation**

They remained isolated and alone to avoid people.

#### **5.8.1.2.3 Spaced-out**

In *Bitis gabonica gabonica* the sensation of being spaced out was expressed as a sensation of being distant from self, not all there, scattered, and distanced. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reaction to this sensation was experiencing a feeling of being terrified, panicky, being irritable, being in a foul mood and feeling unsettled. The passive reaction was feeling despondent, depressed, frustrated, sad, tired, disoriented, being in a state of confusion, poor concentration, being distracted, forgetful, unfocussed and incapable. The proposed compensation to this sensation was to be alone and connected with themselves.

### **Sensation**

Distant from self, not all there, scattered, and distanced.

### **Active reaction**

Terrified, panic attacks, irritable, foul mood, grumpy, irritable, agitation, lost temper, snappy, drained, unsettled, hyperactive and energetic.

### **Passive reaction**

Despondent, depressed, frustrated, sadness, upset, tired, sensitive, lonely, unhappy, low self-esteem, snappy, sighing, negative, melancholy, unmotivated, disoriented, crying, humiliated, errors, confusion, difficulty, no concentration, distracted, forgetful, useless, ignorant, insecure, indecisive, unappreciated, unfocussed, incapable, stupid, slow, overwhelmed, tired and flat.

### **Compensation**

They prefer to be alone and connected with themselves.

#### **5.8.1.2.4 Anger**

In *Bitis gabonica gabonica* the sensation of anger was expressed as a sensation of being upset, in a foul mood and being irritable. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reaction to this sensation was experiencing violence, being grumpy, being frustrated, snappy, agitated and losing their temper. The passive reaction was feeling worse for reprimand, being offended easily and being sensitive to criticism. The proposed compensation to this sensation was to be alone and wanting their own space

### **Sensation**

Anger, upset, foul mood and irritable.

### **Active reaction**

Violence, grumpy, frustrated, snappy, agitated and lost temper.

### **Passive reaction**

< Reprimand, offended easily and sensitive to criticism.

### **Compensation**

Alone, disconnected, wants own space, isolated and distanced.

#### **5.8.1.3 *Bitis Atropos***

In *Bitis atropos*. There were sensations of **seperate**, **depression**, **anger** and **indignation** that the remedy had experienced, in addition to this there were subsequent active, passive and compensatory reactions.

##### **5.8.1.3.1 Seperate**

In *Bitis atropos* the sensation of being separate was expressed. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reaction to this sensation was experiencing a fight with self and opposing the self. The passive reaction was feeling confused, forgetful, absent minded, dazed, dullness, suspended, difficulty connecting, a barrier, a blockage, avoidance of contact

and detached. The proposed compensation to this sensation was to be hibernating and desiring solitude.

### **Sensation**

Separate

### **Active reaction**

Fight with self and opposing the self.

### **Passive reaction**

Confused, forgetful, absent minded, errors, dazed, dullness, suspended, difficulty connecting, barrier, blockage, not listening, avoid contact and detach.

### **Compensation**

Solitude, irritable and hibernate.

#### **5.8.1.3.2 Depression**

In *Bitis atropos* the sensation of being depressed was expressed as sadness, loneliness, grief and despair. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reaction to this sensation was experiencing irritability, being short tempered, annoyed and frustrated. The passive reaction was feeling a desire for solitude, hibernation, difficulty concentrating, vulnerable, weak, lazy, groggy, lethargic, quiet and introverted. The proposed compensation to this sensation was being judgemental and unfriendly.

### **Sensation**

Sadness, grief, despair and lonely.

### **Active reaction**

Irritable, short tempered, annoyed, snappy, crabby, grumpy and frustrated.

### **Passive reaction**

Solitude, hibernate, difficulty concentrating, vulnerable, weak, lazy, groggy, lethargic, quiet, introverted and silence.

### **Compensation**

Judgemental, unfriendly and unscrupulous.

#### **5.8.1.3.3 Anger**

In *Bitis atropos* the sensation of anger was expressed as being snappish, aggressive, angry, frustrated, enraged, annoyed and experiencing road rage. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reaction to this sensation was experiencing irritability and being judgemental. The passive reaction was feeling a desire for solitude, being silent and quiet. The proposed compensation to this sensation was aversion to company.

### **Sensation**

Snappish, aggressive, angry, frustrated, rage, annoyed, attacks, road rage and bad mood.

### **Active reaction**

Judgemental, unfriendly, unscrupulous and irritable.

### **Passive reaction**

Quiet, introverted, silence and solitude.

### **Compensation**

Isolation or aversion to company

#### **5.8.1.3.4 Indignation**

In *Bitis atropos* the sensation of indignation and anger was expressed as being indignant, being accused, feeling hurt, cheated, mistreated, taken advantage of, laughed at and singled out. These symptoms emerged on a mental level and this was reflected as various adjectives as seen below. The active reaction to this sensation was being unfriendly and being judgemental. The passive reaction was feeling distrust, embarrassed, shame, inadequacy, self-conscious and unattractive. The proposed compensation to this sensation was becoming egotistical and may want to be alone and averse to company.

### **Sensation**

Indignation, being accused, hurt, cheated, mistreated, taken advantage of, laughed at and singled out.

### **Active reaction**

Judgemental, unfriendly and unscrupulous

### **Passive reaction**

Distrustful, embarrassed, shame, inadequacy, self-conscious and unattractive.

## **Compensation**

They can become egotistical and vain and be concerned with beauty or they can either want to be alone and averse to company.

### **5.8.2 Physicals**

This section of the emerged sensations explored sensations that affected the physical picture of the remedies. Various sensations were encountered by the *Bitis spp.* remedies. When indentifying the various sensations, synonomous words were recorded under a heading that encompassed the meaning of the words as a group.

#### **5.8.2.1 *Bitis arietans arietans***

In *Bitis arietans arietans*. There were sensations of **Constriction and Pain** that the remedy had experienced, in addition to this there were subsequent active, passive and compensatory reactions.

##### **5.8.2.1.1 Constriction**

The predominant sensation that emerged on a physical level in *Bitis arietans arietans* was 'constriction' and this was reflected as various adjectives as seen below. The active reaction to this sensation was an amelioration by movement and warmth with a passive reaction of being tired, having no energy and being lethargic. The proposed compensation to this sensation was a continuous movement to prevent stiffness.

### **Sensation**

Congested, foggy, heavy, exhausted, stuffy, tight, throbbing, band-like, pressure, pressure, squeezing, tight, stiff, tense, heavy, weight, strained, fullness, swollen, closed, distended, bloated, full of gas, blocked, knotted, twisting and cramp.

### **Active reaction**

Better standing still, better for warmth and better for movement.

### **Passive reaction**

Tired, no energy, lazy, drained and lethargy.

### **Compensation**

They continue to move to prevent stiffness

#### **5.8.2.1.2 Pain**

In *Bitis arietans arietans* the sensation of throbbing, band-like, aching, dull and tense pain emerged on the physical level and this was reflected as various adjectives as seen below. The active reaction to these sensations was an amelioration by stretching and warmth with passive reactions of numbness, exhaustion and lethargy. The proposed compensation to this sensation was being in warmth due to its ability to alleviate the pain.



### **Sensation**

Throbbing, band-like, aching, dull, tense, sore, cramp, severe, tenderness sharp and stitching.

### **Active reaction**

Better stretching and better warmth.

### **Passive reaction**

Numb, exhausted and lethargy.

### **Compensation**

Being in warmth alleviates pain

#### **5.8.2.2 *Bitis gabonica gabonica***

In *Bitis gabonica gabonica*. There were sensations of **Constriction and Pain** that the remedy had experienced, in addition to this there were subsequent active, passive and compensatory reactions.

##### **5.8.2.2.1 Constriction**

The predominant sensation that emerged on a physical level in *Bitis gabonica gabonica* was 'constriction' and this was reflected as various adjectives as seen below. The active reaction was an amelioration by rubbing and movement which alleviated

the constriction and with passive reactions of exhaustion and tiredness. The proposed compensation to this sensation was having warmth and being in constant movement which ameliorates.

### **Sensation**

Pressing, congestion, oppression, heaviness, tension, stuffy, puffy, swollen, strained, blocked, knott, spasms, distended, bloated, cramps, grabbing, wrining, twisting, vice, constriction, stiff and weight.

### **Active reaction**

Better; rubbing, pressure, still, stretching and movement.

### **Passive reaction**

Tired, exhausted and malaise.

### **Compensation**

Constant warmth and movement.

#### **5.8.2.2.2 Pain**

In *Bitis gabonica gabonica* the sensations of sharp, aching and dull pain was expressed on the physical level and this was reflected in the adjectives seen below. The active reactions of an alleviation of pain by rubbing and pressure. The passive reactions was a feeling of being exhausted and drained. The proposed

compensation to this sensation was application of warmth to ameliorate the pain symptoms.

### **Sensation**

Sharp, ache, dull, cracking, radiating, explosive, sore, tender, bruised, cramp, vice and ache.

### **Active reaction**

Better; warmth, pressure and rubbing.

### **Passive reaction**

Numb, exhausted and drained.

### **Compensation**

Application of warmth

#### **5.8.2.3 *Bitis Atropos***

In *Bitis atropos*. There were sensations of **Constriction and Pain** that the remedy had experienced, in addition to this there were subsequent active, passive and compensatory reactions.

#### **5.8.2.3.1 Constriction**

The predominant sensation that emerged on a physical level in *Bitis atropos* was 'constriction' and this was reflected as various adjectives as seen below. The active reaction was an amelioration by stretching and pressure with passive reactions of low energy, and tiredness. The proposed compensation to this sensation was stretching and warmth which ameliorates the symptoms.

##### **Sensation**

Heaviness, constricted, tight, weight, strained, blocked, congested, bloated, grabbing, twisting, cramp, squashed, suffocating, spasms, tetani, pressure, swollen and tense.

##### **Active reaction**

Better; warmth, pressure, stretching, bending, still and rubbing.

##### **Passive reaction**

Exhaustion, tired, weak, low energy and drowsy.

##### **Compensation**

Stretching and warmth ameliorates.

#### **5.8.2.3.2 Pain**

In *Bitis atropos* the sensation of throbbing and sharpness was expressed on the physical level and this was reflected in the adjectives seen below. The active reactions of amelioration by pressure and rubbing and passive reactions of exhaustion and tiredness. The proposed compensation to these reactions were rubbing the areas of pain with added pressure which alleviates the painful symptoms.

##### **Sensation**

Throbbing, lightning, sharp, dull, ache, explosive, tenderness, stitching, shooting, soreness, spiny, cramp, twisting, dragging, tense, stiff, spasm, stabbing, electric shock and bruised.

##### **Active reaction**

Better; rubbing and pressure

##### **Passive reaction**

Exhaustion and tired.

##### **Compensation**

Rubbing and pressure makes better.

## 5.9 Miasmatic classification

The Sycotic miasm was the miasm of choice based on deductions by the researcher after careful comparative analysis of the symptoms of the Sycotic miasm that paired well with the symptoms of the three *Bitis spp.* remedies namely *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*. As studies suggest the sycotic miasm is the miasm of the excess (De Schepper 2006). It is important to note that all three *Bitis* remedies had evidence of the Sycotic miasm.

A known symptom of the sycotic miasm is the inco-ordination and instability (Choudhury 1995) which paired well in the general picture of the *Bitis spp.* remedies which displayed similar symptoms of spaciness and spaced-out feelings with an added vertigo that causes the individual to become unstable. An excess on all levels which is a key feature that would lead to the Sycotic miasm (Choudhury 1995) was displayed in the materia medica of the *Bitis spp.* remedies with an increase in the appetite as well as an excessive amount of energy with a feeling of being overstimulated. Characteristic discharges of chronic catarrh affecting the mucous membranes can be seen in the picture of the Sycotic miasm (Choudhury 1995), this feature was clearly shown in the remedy picture of the *Bitis spp.* remedies who showed symptoms of chronic urethral discharge with discharges that were described as gluey and watery. In the Sycotic miasm there are symptoms that displays water retention which causes the individual to feel bloated (Choudhury 1995), this bloated feeling was seen clearly in the abdominal symptoms of the *Bitis spp.* remedies. Penduncles and warts are key characteristic features of the Sycotic miasm (Choudhury 1995), although not clear in the *Bitis spp.* remedies which was possibly due to a lack of description was present in the form of boils and dermatitis. The Sycotic miasm is known for its cold sensitivity which was clearly shown in the remedy picture of the *Bitis spp.* remedies as a group.

## Chapter 6: Recommendations and conclusion

### 6.1 Introduction

The aim of this thematic literature review was to extract the common mental themes, sensations and patterns and thereafter compare these features to obtain a complete understanding of the indigenous *Bitis spp.* remedies (*Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*).

The aim was achieved by the review, extraction and comparison of the materia medica of the three *Bitis spp.* remedies namely *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*. Further to that, common characteristic sensations and themes amongst the indigenous *Bitis spp.* remedies were extracted. Thereafter, comparison of the remedies of repertorial similarity to the three indigenous *Bitis spp.* remedies was conducted. In addition, comparison of the thematic analysis of the three *Bitis spp.* remedies with existing group analysis data was performed.

Upon analysis some of the sensations that emerged were constriction, stiffness and tension. A common theme of disorientation represented as dizziness, absent-mindedness and of spaced-out feelings emerged throughout the *Bitis spp.* remedies. Indigenous themes that emerged peculiar to the South African context were themes such as freedom, fear/ panic, money problems, drugs and alcohol and crimes. Sensations derived were mainly in the categories of anger and depression, amongst others.

### 6.2 The group analysis

The group analysis approach has definitely increased the homoeopathic literature and has given an in depth understanding of a previously under-utilised group of remedies. However it should be noted that even though group analysis has an easier approach

to the understanding of remedies, the fact remains that the group picture does not in any manner give an understanding of the singular remedy for a prescription.

### **6.3 The *Bitis* species**

The *Bitis* species has been developed into a much broader literature base of understanding from a previously under-utilised group of remedies. Aspects into many areas of the remedy as a group has been grown to a much more useable area. What had made the group analysis a bit more tedious than expected is the lack of information that some of the remedies had. This resulted in a lack of information for certain sections of the group analysis. However, as good as the approach of group analysis is, it tends to leave out very important characteristics and traits of the individual remedy. By leaving out the important information the essence of the remedy becomes obscured. Therefore it is recommended that this method be used in conjunction to other traditional methods of remedy selection.

### **6.4 Limitations of the study**

The study was rather comprehensive and exhaustive in the data analysis and thematic analysis areas of the study. The study did expose various limitations which were:

- In some areas there was poor definition of the materia medica information due to provers descriptions or lack thereof.
- The absence of the remedies rubrics being included into official repertories and repertory software made the analysis challenging as cross references in rubrics were difficult.
- The number of *Bitis spp.* remedies could be increased to allow for a more comprehensive analysis. This will imply that remedies from other geographical



areas and contexts within the *Bitis spp.* may be used. This may allow for more themes to emerge. Further themes indigenous to each area may be revealed.

## **6.5 Further research**

Further research should be conducted by doing more group analysis on the other *Bitis spp.* By doing this it will allow for a more in depth understanding of the group picture and will give an understanding into how the whole species of remedies appear. A wider range of the *Bitis spp.* may be used to allow for a wide range of themes to emerge and possibly also confirm the existing themes proposed from this study.

A broader miasmatic reflection should be conducted to categorize each *Bitis spp.* remedy to allow for miasmatic classification within the group analysis context.

## **6.6 Recommendations**

The research was a good approach to give an understanding of the previously under-utilized remedies, and it is a good tool for other homoeopathic practitioners to use in practice by allowing neophyte homoeopathic practitioners a good opportunity to understand the, broader group remedies, when they cannot find a single remedy. Group analysis studies should be conducted on more groups as this will allow for other under-utilised remedies to be used.

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