



A homoeopathic proving of *Garcinia cambogia* 30CH with the subsequent comparison to empirical clinical use

By

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I, Kristica Diplal declare that this dissertation is descriptive of my own work, both in conception and execution.

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DECLARATION

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is entirely my own and not of any other person, unless explicitly acknowledged (including citation of published and unpublished sources).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

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Date

APPROVED FOR FINAL SUBMISSION

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Date

DEDICATION

TO MY MOTHER AND FATHER
FOR ALWAYS LOVING, SUPPORTING
AND ENCOURAGING ME.

THIS IS FOR YOU!

And

To my little boikie YADHAV.

ACKNOWLEDGEMENT

I would like to extend my deepest appreciation to:

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ABSTRACT

Introduction

The purpose of this study was to investigate the homoeopathic indications of *Garcinia cambogia* in the thirtieth centesimal potency [30CH] through the homoeopathic drug provings so that it may be prescribed according to the law of similar, and subsequently to compare these results to the documented empirical use of *Garcinia cambogia*.

Objectives

The first objective was to determine the effect of *Garcinia cambogia* 30CH on a healthy individual so that it may be prescribed using the law of similars. This was achieved by a randomized, double blind placebo controlled homeopathic drug proving in the 30th Hahnemannian potency in 30 healthy volunteers of which 6 were on placebo.

The second objective was to subsequently compare the materia medica of *Garcinia cambogia* 30CH to the known existing empirical use of the substance.

Methodology

This study took a form of a double-blind placebo controlled trial consisting of 30 participants whom met the inclusion criteria (Appendix B). The participants were randomly divided into two groups, each consisting of 15 provers and supervised by two M.Tech Homoeopathy students. 24 provers received verum and 6 provers received placebo. Neither the supervisor nor the prover nor the researcher were aware of which prover was assigned to the verum or placebo until the study was completed. The proving substance was administered in the 30CH potency, in accordance with the Liga Medicorum Homoeopathica International (LMHI) and the European Committee for Homeopathy (ECH) Homoeopathic proving guidelines and Durban University of Technology Homoeopathic department guidelines.

All provers were subjected to a pre-and post- proving consultations in which case history and physical examinations were performed. A pre-proving meeting was held for all provers and supervisor. The symptoms were obtained from prover journals which were then collated, edited and translated into repertory language. By identifying the empirical use of *Garcinia cambogia* and relating these rubrics derived from the proving of *Garcinia cambogia* 30CH, a comparison was performed in order to evaluate the overlap between the homoeopathic indications and empirical use of the proving substance.

Results

The proving of *Garcinia cambogia* 30CH produced a total of 1431 rubrics, 235 of which were newly formulated rubrics and 34 cured symptoms presented during the proving period. There were 969 Grade 1 rubrics, 216 Grade 2 rubrics and 11 Grade 3 rubrics. The majority of rubrics were represented in the MIND, HEAD, GENERALS, DREAMS, STOMACH and EXTREMITIES divisions in the repertory.

After critical evaluation a large quantity of symptoms were recorded by provers. The results yielded greatly on the mental/emotional level. There was a clear demarcation in polarity of symptoms as well as changeability of symptoms. Keynote features were as follows:

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

➤ Positivity vs. pessimism

Countless themes originating from dreams were journaled by provers, in some cases signs of threat and deadly incidents. The chief physical symptoms that appeared were; feelings of dizziness, excessive weakness or extreme desire for activity, headaches of a pounding, hammering nature. There was also an abundance of abdominal discomfort, seen as distension, burning sensations and flatus. There was ravenous hunger or complete loss of it and an unquenchable thirst, especially for cold drinks. Allergy-type symptoms were noted as well. Provers recorded coryza, excessive sneezing, itchy eyes, lachrymation and dry itchy throat. Sleeplessness at night with excessive sleepiness during the day was evident. There were robust cravings for chocolate, pizza and alcohol. Carving of foods which aggravated was also prevalent.

Critical analysis of the results presented an understanding of the similarities and differences of between the homoeopathic proving of *Garcinia cambogia* 30CH to the documented empirical use of *Garcinia cambogia*.

Conclusions

The hypothesis that the proving of *Garcinia cambogia* 30CH would produce symptoms in the provers participating in this study was accepted and acknowledged as it was evidently established. The second hypothesis was *Garcinia cambogia* 30CH would expand the understanding and clinical scope of the medicinal value of the remedy by correlating symptoms produced with the empirical uses of *Garcinia cambogia* 30CH was also achieved.

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DEFINITION OF TERMS

Blinding

“The masking of trial treatments in a clinical trial to enhance observational comparability with respect to concomitant therapy and care and assessment of the outcome” (Swayne 2000, 29).

Centesimal Potency

1. A dilution in the quantity of 1 in 100
2. The consecutive addition of 1 part of the previous potency to 99 parts of the diluent. Centesimal potency is defined by the number of these dilutions, performed with succession. Potencies are labelled by a number and the letter C after it. If the centesimal potency was prepared by the Hahnemannian potency method, then it is designated by either a single ‘c’ or a ‘Ch’ (Swayne 2000:36).

Law of Similars

Similia similibus curentur – is a fundamental principle of homoeopathy that translates to the Latin phrase meaning “let like be cured by like”. (Swayne, 2000:193).

Materia Medica

It is the “Systematic documentation of the knowledge of medicines; a textbook containing such” (Swayne 2000:132). In homoeopathy it is the “description of the nature and therapeutic repertoire of the homoeopathic medicines; of the pathology, the symptoms and signs and their modifying factors (modalities), and the general characteristic of the patient associated with them, derived from their toxicology. Homeopathic pathogenic trials (provings) and clinical experience of their use” (Swayne 2000:132). A pharmacological text, a reference book containing a list of medicines and its uses (O’Reilly, 1996:325).

Miasm

A predisposing feature that renders a family or individual susceptible to a particular configuration of indisposition that could either be congenital or acquired and displayed in a specific manner. (Swayne, 2000: 137).

Placebo

It is “an active agent used for the comparison with the substance or method to be tested in a controlled trial, and indistinguishable from it” (Swayne 2000: 162). For the purpose of this study, placebo took the form of lactose pillules impregnated with Saccharum Lactis 30CH by method of triple impregnation, according to Method 10 of the German Homeopathic Pharmacopoeia (GHP).

Potentisation

The use of succession and dilution to increase the ‘medicinal power’ of a substance (Swayne, 2000: 168).

Proving

The procedure of determining the therapeutic possessions of a substance by; testing a substance in sensible doses, mother tincture or potency, by administering them to healthy individuals in order to determine effects from which the beneficial potential, or materia medica of the substance may be derived (Swayne 2000:174).

Prover

The participant of a homoeopathic proving, who should be in relatively good state of health, who abides by recording changes that occurs in his or her condition during and after the administration of the tested substance (Swayne 2000:173).

Repertory

Organised cross reference of symptoms to the homoeopathic medicines in whose materia medica they occur. The strength or degree of the association between the two is indicated by the type in which the name of the remedy is printed (Swayne 2000:183).

Rubric

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

Succession

This is vigorously shaking up a liquid dilution of a homoeopathic medicine in its vial or bottle, with impact or elastic collision carried out at each stage of dilution in the preparation of a homeopathic potency (Swayne, 2000:201).

Verum

Within the context of a homoeopathic proving it refers specifically to the medically active substance administered to provers as opposed to the medically inert placebo (Swayne, 2000: 221).

***CHAPTER ONE:**

OVERVIEW

1.1 Introduction

German physician, Dr. Christian Friedrich Samuel Hahnemann (1755-1843) was the founder of homeopathy. The guiding principle of homeopathy is based on *similia similibus curentur*, which merely translates to “like cures like”. Hahnemann derived these establishments by conducting provings (Cahill, 2008: 27). Homeopathic provings are defined as means through which the healing power of a substance is clinically tested and documented on a healthy prover by recording symptoms and peculiar sensations as well as any deviation from the normal state upon ingestion of a single dose (Yasgar, 1997).

The year 1790 marked the birth of homeopathy when Hahnemann conducted the proving on the *Peruvian bark* (China) which then led him to prove over one hundred and forty provings on healthy individuals (Wieland, 1997:229). Since the era of Hahnemann, many homeopathic remedies have been proved throughout the world (Cahill, 2008:27). However, there are many substances in nature that have yet to be homoeopathically proved and in order to find a true simillimum it is therefore vital to conduct more provings (Sherr, 1994: 49). Homeopathic remedies are attained from many sources: the plant, animal, mineral kingdoms; sarcode (healthy) and nosode (diseased tissue); and imponderable substances (Ramnarayan, 2014:1).

Provings are the only way of obtaining accurate and valid knowledge of the healing potential of a substance (Hahnemann, 1997: 188, Sherr, 1994; 7) and the only way in which new remedies may be established so that it may contribute to the material medica (Cook, 1989: 93). Provings are essential for the advancement of homeopathy and are instrumental in increasing our knowledge about the therapeutic indications of homeopathic remedies (Vithoulkas, 1980).

A vast array of data is obtained from the proving of the remedy and its effects, not only physical (tissues, organs, and functions of the body) but also mentally (on the mind and the emotions) (De Schepper, 2001:33). De Schepper (2001:26) clarifies that homeopathy is based on the principle of “like cures like” that a substance which produces certain symptoms in healthy personnel can cure the same symptoms in sick personnel. Provings form a central part of homeopathy. While there are remedies proven hundreds of years ago and are imperative in the treatment of ailments, it is predicted that as stress factors and new ailments influence the society of today there may be a need for an intensified selection of homeopathic remedies. Thus increasing the remedies that are available in the armamentarium of the practising homeopath enables greater precision and individualisation when treating patients (Wright, 1999).

Homeopaths will be forced to prescribe less accurately in a case where the simillimum yet to be established, as Hahnemann states in Aphorism 162:

“Because there are still only a moderate number of medicines which are exactly known as to their true, pure action, it sometimes happens that only a portion of the symptoms of the disease to be cured are met within the set of symptoms of the still best fitting medicine. Consequently, this imperfect medicinal disease potency must be employed for lack of a more perfect one” (O’Reilly, 1996:173).

A true materia medica is established only by proving a substantial number of simple medicines on healthy individuals and carefully and devotedly recording symptoms and diseased elements that each medicine is capable of producing. A true materia medica is a collection of the genuine, pure, unmistakable modes of action of simple medicinal substances (O’Reilly, 1996:161).

1.2 Rational for *Garcinia cambogia*

The proving substance chosen was *Garcinia cambogia* which is a tropical tree native to India, Sri Lanka, Africa, and Malaysia. *Garcinia cambogia* plays an important part in the ecosystem and has voluminous uses that lead to local cultivation of the tree as the fruit is in high demand (locally and internationally) (Tharachand,et al : 2013, Sethi,A: 2011).

Garcinia cambogia tree belongs to the Guttiferae (Clusiaceae) family and genus *Garcinia*. The *garcinia* species of the plant consist of 200 species distributed throughout the world in which most in Southeast Asia and African continents. Of the reported 200 species, 36 species were reported to originate from India (Maheshwari, R.K *et al*: 2014).

To date a homeopathic double-blind placebo-controlled drug proving of *Garcinia cambogia* has yet to be conducted (www.provings.com). This provides an opportunity to explore the *Garcinia cambogia* plant in a therapeutic context. The purpose of the study is to investigate the homeopathic indications of *Garcinia cambogia* through the homeopathic drug proving and subsequently compare these results to the documented existing use of the crude substance.

The *Garcinia cambogia* herb is used locally and internationally for weight loss (Chuah OL *et al*: 2013, Maheshwari, R.K *et al*: 2014, Duke *et al.*, 2002; Mahendran & Shyamala Devi, 2001). According to WHO (World Health Organization) in 2014 more than 1.9 billion people are estimated to be overweight and more than 600 million people were obese. Obesity plays a major role in chronic non-communicable diseases and including type-2 diabetes, cardiovascular disease and hypertension (WHO: 2014). There has been a progressive increase in the prevalence of obesity in South Africa over the last decade. The South African Medical Research Council (MRC) in 2007, cited that “56% of adult women and 29% of adult men were overweight/obese, while 17% of children under the age of 9 years were overweight”. The MRC also reported that “approximately 60 people die from the obesity-related disease every day in South Africa” (Wand, H; Ramjee, G: 2013) and globally 2.8 million people die each year as a result of being overweight (WHO: 2017).

1.3 Aim

The aim of the double blinded homeopathic drug proving is to determine the symptoms produced by a healthy prover in response to *Garcinia cambogia* 30CH and to relate these symptoms to the empirical use.

1.4 Objective

1.4.1 To determine the effect of *Garcinia cambogia* 30CH on a healthy individual so that it may be prescribed using the law of similars.

1.4.2 To compare the materia medica of *Garcinia cambogia* 30CH to the known existing empirical use of the substance.

1.5. Hypotheses

1.5.1. Hypothesis 1

Garcinia cambogia 30CH will yield noticeable signs and symptoms in healthy individuals.

1.5.2 Hypothesis 2

Garcinia cambogia 30CH would develop the understanding and clinical range of the medicinal value of the remedy by correlating symptoms produced with the empirical uses of *Garcinia cambogia*.

1.6 The Assumptions

Garcinia cambogia 30CH was in accordance with methods prescribed in the German Homeopathic Pharmacopoeia (GHP) (5th supplement to the 1st edition) (British Homoeopathic Association 2003).

- The test sample was accurately sourced and transported.
- The proving will produce observable symptoms in healthy provers.
- The participants administered the remedy as directed in the proving protocol.
- The participants accurately and honestly recorded all symptoms in as much detail observed as possible.
- The participants maintained their normal lifestyle and dietary habits prior to or for the duration of the proving.
- The verum/ placebo was dispensed to provers according to the randomisation code sheet
- Produce symptomatology comparable to the empirical usage of *Garcinia cambogia*

- The participants conformed to proving methodology as outlined in the Instructions to Provers (see Appendix E).

1.7 The Delimitations

This study did not:

- pursue to explain the mechanism of action of the homoeopathic preparation in the production of symptoms in healthy personnel,
- venture to determine the effects of homeopathic potencies of *Garcinia cambogia* other than the thirtieth centesimal (30CH),
- perform multicentre trials of the drug,
- endeavour to determine the effects of the placebo.

CHAPTER TWO: REVIEW OF THE RELATED LITERATURE

2.1 Provings

2.1.1 Introduction

"The highest ideal of cure is the rapid, gentle and permanent restoration of health; that is, the lifting and annihilation of the disease in its entire extent in the shortest, most reliable, and least disadvantageous way, according to clearly realizable principles"

- Aphorism 2, Samuel Hahnemann, the founder of homeopathy (O' Reilly, 1996:60).

According to Vithoulkas (1980:144), homeopathic provings are means through which the healing power of a substance is exposed so it can be applied according to the law of similar thus producing the materia medica of the substance.

Dr. Samuel Christian Hahnemann (1755-1843) was the first German physician who introduced the ideology of homeopathy, a system of medicine that is based on "*simila similibus curenter*" or "likes cures likes". The term "homeopathy" originated from the Greek word "*homoios*" which is demarcated by the English term "similar" and "pathos" translated to suffering. This system of medicine is based on the principle that certain substances that are capable of producing particular symptoms in the sick are capable of curing these symptoms when administered to healthy people in single, minute doses (De Schepper 2001: 26).

When a healthy individual introduces a substance into the body in a large quantity it will induce disease and when that same substance is administered in a minute dose it promotes healing. Therefore the phenomenon of "like cures like" was developed (De Schepper, 2006).

Experimentation with homeopathically diluted substances in healthy human beings to ascertain their pathogenic, disease curing, properties are peculiar and unique to the art and science of homeopathy. These pathogenic recordings form the foundation and basis of homeopathic materia medica and the selection of the homeopathic simillimum. Every homeopathic prescription is based on a comparison between the portrait of the disease and the drug picture obtained through the drug provings. Homeopathic drug provings thus provide data on which drug pictures are based (Goel, 2002:362).

There are many substances in nature that have yet to be proven, and in order to find a true simillimum it is vital to conduct more provings (Sherr, 1994: 49). Provings are the only way of obtaining accurate and valid knowledge of the healing potential of a substance (Hahnemann, 1997: 188, Sherr, 1994:7) and the only way in which new remedies may be established so that it may be added in the materia medica (Cook, 1989: 93). Collection of data (symptoms) such as the sensations, concomitants, modalities, location, and aetiology that will characterize the remedy are followed and expanded to form a substance that can be used clinically in aid of a disease (Ramnarayan, 2014).

In addition, provings play a significant role in expanding the materia medica and should be continued as suggested by Hahnemann, as for every disease, there can be a remedy that fits the disease picture (Aphorism 145, O' Reilly 2004:162)

2.1.2 Historical background

Hahnemann, the founder of homeopathy, was one amongst many to give medicine to healthy individuals in order to obtain the healing properties (Walach, 1994:129). Homeopathy originated in the 1790s whilst Hahnemann was translating Cullen's Materia Medica into German. According to Cullen, the efficacy of the *China officinalis* bark was merely due to the astringent and bitter properties it has possessed. However, Hahnemann was uncertain that the properties were the reason for the medicinal action and therefore he conducted an experiment of *China officinalis* in a crude dose. Upon ingestion to a healthy individual the substance-induced symptoms that were indicative of malaria- at the time and thus the same disease it was used to cure (Cook, 1989:6-9). This then led to the Law of Similars (De Schepper 2006: XV) 'What a substance can cause it can cure'. Hahnemann thereafter began to conduct provings on himself thereby gathering knowledge of new remedies and built the materia medica using the information gained through provings. In the period of 10 years (1811 and 1821) 66 drug provings were published in 6 volumes of Hahnemann's Materia Medica Pura (O'Reilly, 1997).

He confirmed his findings and observations by researching recorded experimentations on the history of poisonings and materia medica. This led Hahnemann to pursue his study of different drugs that comprised of six years, the results of which were published in his work *Fragmenta de Viribus Medicamentorum Positivis sive in sano corpore humano observatis* in 1805 (Goel, 2002:348). His later work, *The Chronic Diseases* of 1829, contains 48 drugs, 64 percent of the new (Morrel, 2006). This demarcates that Hahnemann was continuously expanding the homeopathic materia medica by constantly conducting provings.

Naidoo (2017:7) explains that Hahnemann's findings led to the discovery of numerous remedies due to provings conducted by his followers who were Dr Constantine Hering (1800-1880), Dr. Clemens Von Boeninghausen (1785-1864), Dr. James Tyler Kent (1849-1916), and Dr. John Henry Clarke (1853-1931).

2.1.3 Proving methodologies

Vithoulkas (1980) states that provings play a key role in homoeopathic practice and further states that more provings should be conducted due to the new development of the disease. According to Wieland, (1997:122) proving methodologies in the 1980s were unreliable and would not be regarded as reliable as compared to current standards. Fisher (1995: 129) adds that the error was that provings were uncontrolled. Had Hahnemann lived longer he possibly would have refined his proving methodologies (Walach, 1994:129).

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

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

In 2014, The Liga Medicorum Homeopathica Internationalis (LMHI) and European Committee for Homoeopathy (ECH) published "Harmonised Homeopathic Proving Guidelines". This document outlined a detailed guideline for homoeopathic provings as well as forming a standardisation for homeopathic provings (Jansen and Ross, 2014). This proving adopted the methodology in accordance with the new LMHI and Durban University of Technology guidelines.

2.1.3.1 Other proving methodologies.

2.1.3.1.1 C4 Trituration proving

The ideology of the C4 trituration proving methodology was deduced by Ehrler in 1993 by self-experimentation (Botha 2010). This proving methodology requires a group of provers partaking in the trituration process carried out by hand. The name of the proving substance will not be disclosed to provers thus ensuring biasness is established (Hogeland and Schriebman 2008). Throughout the proving process, provers experience physical and psychological symptoms as well as the concept and blueprint of the proving substance (Botha 2010).

Botha and Somaru (2010: 113) proposed that C4 triturated remedies unveil the following for each level of trituration:

- C1: exhibits an effect on the physical level;
- C2: reveal the emotional characteristics;
- C3: uncover the mental features;
- C4: discover the spiritual features;
- C5: signifies the collective unconsciousness of the remedy.

At the Durban University of Technology, a recent C4 trituration proving study of *Withania somnifera* was conducted by Pillay (2017) with symptoms produced during the trituration process.

2.1.3.1.2 Dream Provings

Pillay (2002) conferred that homeopathic dream provings were introduced approximately 25 years ago at the Bad Boll Seminars which was presented by Jurg  n Becker. The seminar was for one week. At Bad Boll in the small district of Goppingen in Baden-W  rttemberg, southern Germany, a one week seminar was hosted twice a year by Jurg  n Becker and Gerhardus Lang with approximately 100 attendants (Pillay, 2002: 7). At the seminars, homeopaths who felt a sense of fondness for a particular homeopathic remedy and had proved it abundantly would then report their discovery. Dream provings were held daily during the seminar period and on the closing day of the seminar symptoms were evaluated (Pillay, 2002: 7).

In Mumbai, Dr. Rajan Sankaran conducted multiple homeopathic dream provings with his fellow students during his seminars (Dam 1998: 130). He deduced dream provings outline our emotional spheres and actions are purified, in comparison to our conscious state when true emotions are frowned upon, hence our dream experience displays uncensored, honest emotions regarding numerous elements and incidences (Sankaran 1998: 146)

Dream proving methodology places main emphases on gathering mental, emotional, and physical symptomatology by unveiling the prover to the remedy in one of the following ways:

- Oral consumption;
- Olfaction (inhaling);
- Tactile contact by holding the remedy in the hands for a brief period of time;
- Sleeping on it ;
- Touching another prover who has ingested the remedy;
- Being in the same room as other provers (Dam 1998).

2.1.3.1.3 Seminar provings

This proving methodology employs that the remedy intended to be proved is to be administered to the group of provers prior to or during the presence of a seminar (Herscu, 2002). At the seminar, the effect of the remedy ingested is discussed and the main attributes are placed on the emotional, mental levels as well as dreams. (Herscu, 2002).

According to Sankran (1998), on commencement of the proving process provers are required to be attentive and pay careful attention to the following;

- Physical symptoms with modalities;
- Emotional symptoms with true feelings;
- Phenomena and manifestations that occurred in the environment of the prover;
- People around the prover observe alterations in the prover's condition during the period; and
- The participants' movies, books, dress style, and manner of talking that the prover is impressed by Sankran (1998).

2.1.3.1.4 Meditation Provings

According to Evans (2005b), meditative provings are conducted in groups; where participants sit in meditating circles and information is channelled during meditating.

This methodology produces symptomatology on the mental, emotional, and physical level (Evans: 2005b).

It was deduced by Tumminello (2005) that meditative proving capitalizes on the consciousness of the symptoms as the experience is more profound and grounded. This is magnified cases of participants that have a sensitive constitution and the threat of aggravation is decreased by the presence of multiple energetic fields emitted by provers. In Scholten's (2007) opinion, symptoms that are derived from meditative provings are not as substantial unless the information is confirmed by clinical cases.

2.1.4 Blinding

This research experiment adopted the form of a double-blinded study. Provings are conducted as means of a double-blind trial. This translates to the prover is unaware of the proving substance and neither the provers nor the researcher is aware of the identity of which prover is receiving the verum or placebo, thus ensuring in the elimination of prejudice of any form (Sherr, 2003: 37). The LMHI and ECH guidelines (2014: 12) clearly states in homeopathic provings various levels of blinding are to adhered

- Blinding of the remedy name is to be followed until the analysis of the symptoms has been completed.
- Blinding for allocation to placebo or verum until the closure of the observation phase and all diaries have been handed in.
- Blinding for the level of the potency until after the conclusion of the analysis.

2.1.5 Placebo

Swayne states "an active agent used for the comparison with the substance or method to be tested in a controlled trial, and indistinguishable from it" (Swayne 2000: 162). Sherr (1994:57) advises that the use of a placebo would assist in distinguishing between the effects of the remedy, from the proving process. He advised that placebo groups should range between 10% and 20% of provers. Jansen and Ross (2014) mentioned in the revised LMHI and the ECH proving guidelines that at least 10% of the proving population be dispensed a placebo.

There are three key benefits of a placebo in drug trials:

- It differentiates the pharmacodynamic effects of a drug from the psychological effects of the test itself.
- It differentiates drug effects from variations in the disease that occur with time and other external factors.
- It evades 'false negative' conclusions – i.e. the use of placebo tests the efficacy of the trial itself (Sherr, 1994:37).

2.1.6 Prover sample size

Sherr (2003: 45) deduced that a sample size of 15 to 20 provers is sufficient to produce a totality of symptoms forming a remedy picture. He later elaborated that a larger proving sample would yield an over proved remedy with shared symptoms in the materia medica (2003:53). Jansen and Ross (2014) mentioned in the revised LMHI and the ECH proving guidelines suggest 10-20 provers as a sufficient sample size to conduct a proving.

This study comprised of 30 healthy provers that met the requirements of the established inclusion criteria (Appendix G). In saying this, out of 30 provers – 24 provers received the verum and 6 provers received the placebo.

Currently, the Durban University of Technology adopts the use of 30 provers when researchers conduct provings. Below are examples of such researchers:

- N. Naidoo (2018);
- G. Hamilton (2018);
- A. Gobind. (2016);
- M. Laidlaw (2016);

- C. Peter (2015);
- S. Ramnarayan (2014);
- S. Brijnath (2013)
- K. Pillay (2011);
- S. Rajkoomar (2011);

2.1.7 Potency

The discord between the homeopathic proving potency dates far back into the Hahnemann's era. Hahnemann commanded that provings should be conducted using potentised remedies, as they produce a wider range of symptoms than material doses (Sherr, 1994:55). Potentisation releases hidden therapeutic traits of a substance that is dormant in the crude/material form of the substance. Thus, potentisation of a substance will result in an activated, comprehensive remedy picture (Hahnemann, 2001:154).

Sherr (1994) inculcated a wide range of potencies during proving to determine various levels of potency and correct potency for each patient (Sherr, 1994:56). Hahnemann advocated the use of the thirtieth centesimal potency to avoid unwanted aggravations (Sherr, 1994:56). Jansen and Ross (2014) mentioned in the revised LMHI and the ECH proving guidelines stated potencies between C12 and C30 (or their equivalent dilutions) are recommended and are regarded as safe potencies.

At the Durban University of Technology, the potency that is most commonly used for provings is the 30th Hahnemannian potency. "A homeopathic drug proving of *Acacia xanthophloea* 30CH with subsequent comparison to its use in African medical tradition" by Gobind (2016) and "A Homeopathic drug proving of *Bitis atropos* with a subsequent comparison to venom toxicology and related remedies" by Brijnath (2013) are two such examples.

2.1.8 Dosage

Sherr (1994: 53) advocated that each prover should ingest one powder sublingually three times a day for two days. A maximum of six doses over a period of two days. Sherr deduced that almost 80% of provers produce proving symptoms before ingesting all six doses. Kent advised that the repetition of the remedy will have a detrimental impact on the prover's constitution resulting in permanent effects (Sherr, 1994: 53-54). Hence, The LMHI and the ECH Harmonised Proving Guidelines endorses that no further doses should be administered once proving symptoms present and that dosing should not be repeated when symptoms have disappeared (Jansen and Ross, 2014).

2.2 The Proving substance: *Garcinia cambogia*

2.2.1 The classification of *Garcinia cambogia*

Kingdom	Plantae (plants)
Subkingdom	Tracheobionta (vascular plants)
Super division	Spermatophyta (seed plant)
Division	Angiosperm (flowering plant)
Subclass	Dilleniidae
Order	Malpighiales
Family	Guttiferae / Clusiaceae
Subfamily	Clusiodeae
Genus	<i>Garcinia</i>
Species:	<i>G. gummi-gutta</i>
Botanical name	<i>Garcinia cambogia</i>

Common name	Brindleberry, brindal berry, garcinia, malabar tamarind, gambooge, gorikapuli, uppagi, garcinia kola, mangosteen oil tree and Vrikshamla.
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Table 2.2.1: The Classification of *Garcinia cambogia* (Sethi,A: 2011)

2.3 Geographical distribution

Garcinia cambogia is an exotic plant native to Indonesia, Sri Lanka and Southeast Asia. It was originally found only in the western peninsular coastal regions and the adjoining Western Ghats in the states of Goa, Karnataka, Kerala, Maharashtra, India as well as parts of Eastern India in the states of West Bengal, Assam and North Eastern Hill regions, but is today found growing in other parts of peninsular India (Padhye.S *et al* 2009:2:38). *Garcinia* consists of 180 species, of which 30 are found in India (Greenway. F 2010).

The tree is adaptive to hilltops and plane lands, grows well in dry or occasionally waterlogged or flooded soils but it thrives the greatest in riverbanks and valleys. It is found in semi-evergreen to evergreen forests. The tree grows at altitude of 50-1800m at an annual temperature ranging from 15 to 30°C and annual rainfall of 1500mm to 4000mm (Agroforestry database 4.0 2009: 1).

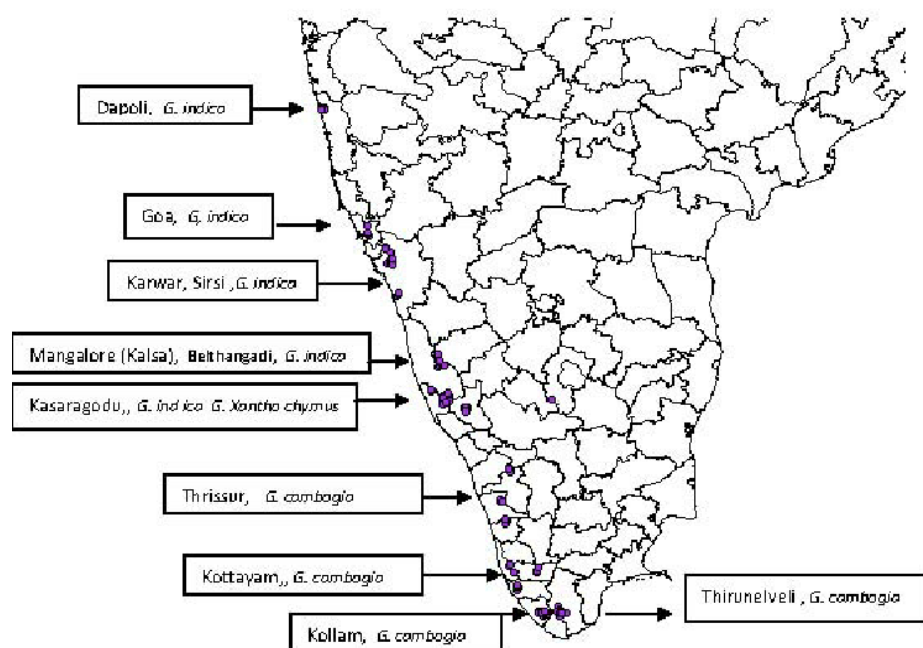


Figure 2.3

The geographical collection of Western Ghats (Parthasarathy,U *et al* 2013)

2.4 Botanical description

Garcinia cambogia is a small or medium dioecious sized tree that grows to a height of 20m with a rounded crown. The branches are thin and soft, horizontal or drooping branches. The fruit resembles a small pumpkin that can range in size from tiny orange to a larger grapefruit, and is green when unripe

(slightly more oval in shape), and varies in colour once ripened from orange, yellow to brown. It has deep longitudinal grooves (6-8) and 6 to 8 seeds, encircled by a succulent aril (Maheshwari,R,K *et al*: 2014). The leaves are dark green, shining, oval in shape, ranging 2½ to 3½ inch in length, 1 to 1½ inch broad. The tree flowers from December to February and fruits from March to June (Tharachand,*et al*:2013). It flowers during the hot season and fruits ripen during the rainy season.

Flowers in clusters of 4-20, are usually red, but some trees have yellow ones. Petals normally 4, each about 12 mm wide 11 mm long; anthers attached to a pistillode with a non-functional stigma. Female flowers occur singly or in clusters of up to 4. The stigmatic surface is normally enlarged, and there is no style. Pistillate flowers have rudimentary and non-functional staminodes. Neither male nor female flowers produce nectar. (*Garcinia gummi-gutta* (L.) Robs 2014:1).

The seeds are placed in a pattern similar to that in orange, especially by the yeasts and fungi. The fruits are manually harvested, deseeded and the rinds sun-dried. The rinds appear black in colour, are shrunken and hard (Nayak. C *et.al*:2010).

Table 2.4 Images of *Garcinia cambogia*

Figure 2.4.1 *Garcinia cambogia* fruit
(Maheshwari,R.K *et al*: 2014)



Figure 2.4.2 Diversity of *Garcinia* species in the Western Ghats: Phytochemical Preservative.

(Rameshkumar, R. (2017))





Figure 2.4.3 *Garcinia cambogia* tree in natural habitat
(Asia herbs: *Garcinia cambogia*:2014)



Figure 2.4.4 *Garcinia cambogia* inflorescence insertion and fruit in cross-section. (Botanical online:2019)

2.5 Proximate and Phytochemical Composition of Garcinia

Research indicates that the rind of *Garcinia cambogia* contains moisture (80.0 g/100 g), protein (1%), tannin (1.7%), pectin (0.9%), total sugars (4.1%) and fat (1.4%). Garcinia leaves are reported to contain 75% moisture, 2.3 g of protein, 0.5 g of fat, 1.24 g fiber, 17.2 g of carbohydrates, 15.14 mg of iron, 250 mg of calcium, 10 mg of ascorbic acid and 18.10 mg of oxalic acid (Sheela, K *et al.*: 2004). The seed is very rich in stearic, oleic and stearic triglycerides (Yesson, C *et al.*:2011). The plant also contains hydroxycitric acid lactone and citric.

2.6 *Garcinia cambogia* uses

2.6.1 Culinary Uses of Garcinia

In India, Maharashtra, coastal Karnataka and Goa people consider *Garcinia* a vital culinary ingredient for curries. The rinds of the fruit ripen in summer which is then added to a blender with sugar and cardamom and served as a cooling beverage (Padhye, S *et al* 2009:2:38). Garcinia is meant to enrich the taste of coconut-based curries and removes the displeasing odour of fish such as sardines and mackerel. It is also used to prepare vegetable curries and chutneys particularly with prawns and sharks, ray fish and other cartilaginous fish (Rasha, M *et al.*:2015). In Goa, the rinds are used to create wine (Nayak *et al.*: 2010: 50-53).

2.6.2 Traditional application of *Garcinia cambogia* fruit

The leaves and fruits of *Garcinia cambogia* are sour, astringent, thermogenic, constipating and digestive. The fruit is very acidic. In folk medicine, tea is prepared and used to treat rheumatism, bowel complaints and in veterinary medicine, it is used to treat oral disease in cattle (Greenway, F.2010). The fruit is considered to be anti-helminthic and cardio tonic. The juice made out of the rind is used for piles, hemorrhoids, colic problems, ulcers, inflammations, treat sores, dermatitis, diarrhoea, dysentery, dyspepsia, ear infection, to aid in digestion, to prevent over perspiration or hyperhidrosis (Duke *et al* : 2002; Mahendran & Shyamala Devi, 2001; Rasha *et al.*: 2015) and delayed menstruation (Tharachand, *et al.* 2013: 101-107). Garcinia possesses antacid effects and the preparation rind, yogurt and salt are supposed to relieve gastric ulceration and burning sensation (Geetha *et al.*: 2011). The dried husk of the rind is utilised to polish silver and gold as an alternative for acidic and formic acids in the coagulation of rubber latex. The resin of the fruit is dissolved in turpentine and is utilised as a varnish (shodhaganga.inflibent).

2.6.3 Medicinal properties *Garcinia cambogia*

Some of the medicinal properties of *Garcinia cambogia* are anti-oxidant, anti-helminthic, antimicrobial, anti-obesity and weight-reducing properties. This is due to its main constituents such as xanthenes, benzophenones, guttiferones and Hydroxycitric acid as stated by Tharachand, *et al.* (2013: 101-107). In a review of *Garcinia cambogia* conducted by Rasha *et al* (2015), it was deduced that the extract from the plant produced anti- cancerous, anti-diabetic, anti-inflammatory and anthelmintic activity. *Garcinia cambogia* consists of large quantities of Vitamin C and has been used as a heart tonic (Geetha *et al*: 2011). A preclinical study displayed that *Garcinia cambogia* inhibited liver cells from becoming fibrotic and prevented cell damage caused by high blood lipid levels (Sethi.A, 2011).

2.6.3.1 Pharmacokinetics and Pharmacodynamics of *Garcinia cambogia*:

According to Geetha R.V *et al* (2011), *Garcinia cambogia* has the ability to fill levels of glycogen in the liver thus reducing appetite and subsequently elevating levels of energy. *Garcinia cambogia* also reduces the production of cholesterol, triglycerides and may increase heat in the body thus initiating the burning of calories. HCA induces peripheral mechanism to encourage weight loss and aids the natural cycle in the liver therefore influencing the metabolism of calories (Maheshwari,R.K *et al*: 2014)

2.6.4 Pharmacological Actions *Garcinia cambogia*

2.6.4.1 Anti-helminthic activity

Historically, the juice of the *Garcinia cambogia* fruit is used as a de-parasite remedy. In a study conducted by Veeradass Rajendran *et al* (2011:50-53), *Garcinia cambogia* combined with ethanolic extract to displayed anti-helminthic action against *Pheretima postuma* (earthworms). It was deduced that the initial phytochemical investigation exposed protein, alkaloids, carbohydrates, glycosides, flavonoids and triterpenoids were similar to the phytoconstituents of the leaves of *Garcinia cambogia* that may be accountable for the anti-helminthic activity (Rajendran.V, *et al*, 2011:50-53).

2.6.4.2 Anti- diabetic activity

According to the international diabetes federation (IDF) 463 million people are living with diabetes (IDF, 2019). Chronic hyperglycemia results in severe secondary fatal complications that require high intensity medical intervention and care (King and Loeken, 2004). In accordance to Rasha *et al* (2015), type 2 diabetes was induced in rats and ingestion of *Garcinia cambogia* (100 mg/kg and 200 mg/kg), for the duration of four weeks was effective in reducing fasting and postprandial blood glucose.

2.6.4.3 Anti-obesity

HCA in commercial products and advertisements, has gained significant attention as an anti-obesity agent, and commercial *Garcinia* extracts claiming a high content of HCA are popular food supplements worldwide (Yamanda.T *et al*: 2007). In human and animal studies, HCA has been reported to effectively curb appetite, suppress food intake, increase the rates of hepatic glycogen synthesis, reduce fatty acid synthesis and lipogenesis and decrease body-weight gain (Jena, B.S *et al*.2002:10-22). In a pilot study conducted on human population, Hydroxycitric acid combined with niacin bound chromium reduced body weight and BMI by 7.8% and 7.9% respectively. Also it improved the excretion of urinary fat metabolites by 146-281% (Preuss *et al.*, 2004: 45- 58).

Serotonin, which is a neutral neurotransmitter is involved in a wide range of behavioural functions in the body, including mood, sleep and appetite control (Ohia, S.E *et al*: 2001). An increase in plasma levels of serotonin are associated with decreased food intake, reduced weight gain and increased energy expenditure. Scientific studies showed that HCA produced a significant increase in serum Serotonin levels (45-70%) which in turn resulted in decreased food intake, reduced weight gain and increased energy expenditure. According to Hayamizu *et al.* (2003), it is also observed that HCA produced a significant decrease in the serum leptin level. Leptin is a 167 amino acid protein hormone encoded by the obesity regulatory gene, synthesized and secreted by adipocytes.

2.6.4.4 Reducing cholesterol

A study of *Garcinia cambogia* extract with calcium/potassium salt of 60% (-)-hydroxycitric acid, improved serum serotonin levels and HDL cholesterol, and reduced serum leptin levels, LDL cholesterol, and triglycerides in human subjects in an 8-week clinical trial (InterHealth, 2002).

2.7 Chemical Constituents

The plant contains various chemical constituents such as Xanthenes, Benzophenones, Garcinol and plant acids like (-) Hydroxycitric Acid, Maleic acid, Citric acid (Sethi, A.2011).

2.7.1 Hydrocitic acid (1, 2 DIHYDROXYPROPANE-1, 2, 3-TRICARBOXYLIC ACID)

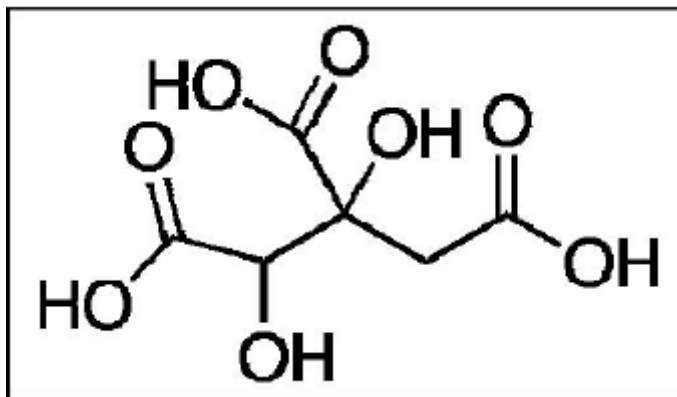


Figure 2.7.1: Chemical structure of HCA

(Parthasarthy.U *et al.* 2013)

Molecule formula: C₆H₈O₈

Molecule weight: 208.12 g/mol

Garcinia fruits are a rich source of hydroxycitric acid (HCA), anthocyanins and polyisoprenylated benzophenone derivatives like garcinol, camboginol, guttiferones and xanthochymol (Hemshekhar, M. *et al.* 2011). Lewis and Neelakantan (1965: 619-625) for the first time extracted this hydroxycitric acid from the fruit rinds of *Garcinia cambogia*.

2.7.1.1 Mechanism of action of HCA

HCA reduces the conversion of carbohydrate calories into fats. It does this by inhibiting the actions of ATP - Citrate lyase, the enzyme that converts citrate into fatty acids and cholesterol in the primary pathway of fat synthesis in the body (Watson *et al.* 1969; Lowenstein 1977). Acetyl coenzyme A is the precursor of fatty acids. By inhibiting the formation of Acetyl coenzyme A, fatty acid synthesis is controlled. The actions of HCA increase the production and storage of glycogen (which is found in the liver, small intestine and muscles) while reducing both appetite and weight gain (Sullivan *et al.* 1983. Sullivan and Gruen. 1985) HCA also causes calories to be burnt an energy cycle similar to thermogenesis. By preventing the actions of ATP-Citrate lyase, HCA reduces the availability of acetyl coenzyme A, the building block for fatty acid and cholesterol synthesis (Greenwood and Robinson, 1999). This may also cause the body to remove low density lipoprotein (LDL) from the blood. The effect of HCA on the fatty acid synthesis and insulin release was studied by Sener and Malaisse (1991). The reduction in cholesterol synthesis is greater than the reduction in fatty acid synthesis. Animal trials have resulted in the reduction of triglycerides, cholesterol, food consumption and weight gain (Greenwood and Robinson, 1999; Mc Carty, 1994).

2.7.2 Garcinol

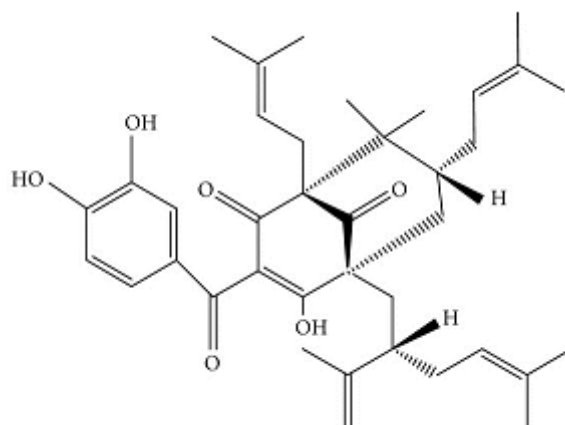


Figure 2.7.2: Chemical structure of Garcinol (Gupta, S. Saadat, N: 2012)

Molecular formula: C₃₈ H₅₀ O₆

Molecular weight: 602.8 g/mol.

Garcinol is also known as camboginol is an isomer of the *Garcinia* species. Garcinol has been extensively researched to ascertain its biological properties (Padhye, S. et al 2009). Studies have deduced that Garcinol has multiple health benefits due to its potent antioxidant, anti-inflammatory, anticancer, anti-ulcer and anti-bacterial effect.

2.7.3 Isogarcinol

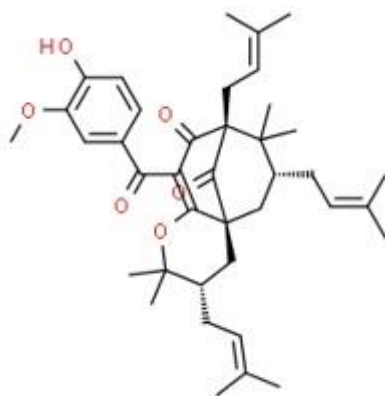


Figure 2.7.3: Chemical structure of Isogarcinol (Chemspider: 2015)

Molecule formula: C₃₉H₅₂O₆

Molecule weight: 602.8g/mol

Isogarcinol also known as cambogin displays properties comparable to garcinol and proposed to be an antitumor compound, lipase destroyer, anti-inflammatory, antiulcer and anti-obesity effects (Sang, et al:2001).

CHAPTER THREE:

MATERIALS AND METHODS

3.1 Proving design

The homeopathic proving of *Garcinia cambogia* 30CH took the form of a double-blind, placebo-controlled study. Thirty provers were selected after meeting the inclusion criteria (Appendix B) and 20% of the provers (6 of the 30) received placebo in a random method. The 30 provers were randomly divided into 2 groups of fifteen, with each group supervised by one of two M.Tech Homoeopathy student researchers Ramdiyil and Diplal. The researchers and research supervisor were unaware of which prover received verum/placebo. The randomisation process was conducted by an independent body.

All provers were instructed to record their state for one week (7 days) prior to initiating the verum/placebo powders; this was a form of internal control (Vithoulkas 1986: 148-150). All provers noted their symptomatology in designated journals as per instructions to the prover manual (see Appendix E). recordings were journaled at least once a day. Information extricated from journals was combined with case histories and physical examinations were collaborated to form the materia medica of the proving substance.

3.2 Outline of the Proving Methodology

- Provers were recruited from Durban and neighbouring areas in KwaZulu Natal, South Africa.
- Provers were recruited by means of posters displayed on various notice boards at the Durban University of Technology (Appendix A), public libraries and personal invitation and word of mouth. This allowed for a wide range of candidates which differed from homeopathic students, practitioners and the general public.
- Once a potential prover displayed interest, the researcher then conducted interviews in which they were assessed against the inclusion criteria (Appendix B);
- Qualified volunteers were then invited to attend a training workshop that was held at the Durban University and Technology between the research supervisor and all provers, during which the instruction to prover document (Appendix E) was explained in detail and provers were granted the opportunity to ask questions if they did not fully understand prior to the commencement of the proving.
- Initial consultation dates were individually confirmed with each prover.
- All consultations were conducted at the Homeopathic Day clinic at The Durban University of Technology.
- At the consultation, each prover was given the preliminary letter of information (Appendix C) and main information letter (Appendix E) as they were thereafter asked to sign necessary consent forms after going through the proving process again in detail.
- The researcher conducted a detailed homeopathic case and medical history as well as a physical examination of each (see Appendix D).
- Provers were then assigned a randomised prover code, a journal, a pen and envelope containing six powders either verum or placebo with each labelled according to randomised prover code and a list of instructions as well as the researcher investigator and research supervisors contact details. An agreed starting date and daily contact time were then scheduled (Sherr, 1994).
- All provers began to record their daily symptoms in their journals for 7 days (week 1) prior to the administration of the proving substance. This information established the baseline for the comparison after the administration of the remedy.
- On completion of a pre-proving week, on day eight, the provers then administered their first dose of the substance and recorded any changes that occur. Once new symptoms presented the provers were to immediately discontinue taking the remedy, unless the symptoms produced are subtle, in this case they were instructed to take another dose (Sherr, 1994).
- If no new symptoms surfaced, the remedy was taken 3 times a day for 2 days (maximum of 6 doses). No doses were administered if/when symptoms presented (LMHI & ECH 2014:14). Symptoms were expected to be recorded as they occurred, as this reduced inaccuracy of symptoms.
- The provers documented their symptomatology for 6 weeks.

- Telephonic communication was made daily by the researcher to the prover for the first week to ensure an accurate record of symptoms was noted. Telephonic communication was significantly reduced to three times in the second week, twice a week and thereafter once a week.
- Provers recorded in their respective journals until they reached their normal state (baseline).
- The researcher then arranged a post proving consultation with the provers, journals were then collected and complete homeopathic case history and physical examination were conducted (Appendix D).
- The proving was then unblinded which then revealed the allocation of the verum or placebo group. The researcher then revealed the proving substance to the prover.
- Data from the verum group was then extracted and collected by the researcher. This data then formed the materia medica and repertory of the substance.
- The subsequent clinical empirical use of *Garcinia cambogia* was compared to the homeopathic proving of *Garcinia cambogia* 30CH

3.3 The Proving Substance

3.3.1 Potency

Garcinia cambogia 30CH was used for this study.

3.3.2 The preparation and dispensing of the proving substance

Garcinia cambogia 30CH (thirtieth centesimal potency) was prepared by Homoeopathix Trading Company in 2015 from the form of a Mother Tincture (Appendix F). The mother tincture was provided by Rottapharm Madaus, Germany. The German Homoeopathic Pharmacopoeia (Appendix F) was used to prepare the liquid potencies to 30CH. Neutral lactose granules [*Natura un-medicated lactose granules, Batch 13R08002*] were triple impregnated at 1% v/v with *Garcinia cambogia* 30CH in 96% ethanol. For the placebo lactose granules were impregnated with 96% ethanol [*Illovo Limited Anhydrous alcohol 99.9% UN No 1170 Batch 52/12/67*]. This process was conducted to guarantee that placebo and verum appeared identical. The *Garcinia cambogia* 30CH granules of (verum) was stored in the laminar flow room of the Homoeopathic clinic at the Durban University of Technology.

To prepare the powder, ten 30CH granules of *Garcinia cambogia* and 10 granules of the placebo was added to a 500mg lactose powder sachet to make a single dose of. A total of 144 verum powders sachets were prepared (Appendix F).

Each envelope was labelled according to prover code and contained 6 powders of verum or placebo. Dr. S. Brijnath (MTech: Hom, DUT) Durban University of Technology Homoeopathic Clinic Laboratory Technician was responsible for the dispensing of the placebo or verum powders in accordance with the randomisation sheet. This was conducted to enforce that blinding status was advocated throughout the proving.

3.3.3 Dose and Posology

- Provers consumed one dose of lactose powder containing 10 granules of either verum or placebo sublingually three times daily for two days
- A total of six powders were dispensed to each prover (Sherr, 1994:53, Jansen and Ross: 2014).
- No further doses were consumed after the onset of symptoms (Sherr, 1994:53, Jansen and Ross: 2014).
- Nothing must be ingested by mouth 30 minutes before and after each dose (Jansen and Ross:2014)
- Nothing must be taken orally, topically or by olfaction that may antidote the remedy such as coffee, peppermint, menthol or camphor symptoms (Jansen and Ross:2014)
- The dosage and posology were clearly outlined in the pre-proving training workshop and stated in writing in the Instruction to prover guideline (Appendix E), a copy of which was presented to each prover.

3.4 The Prover Group

3.4.1 Sample size and demographics

Sherr (2003: 45) deduced that a range of 15-20 provers will generate a precise remedy picture. In accordance with this the proving of *Garcinia cambogia* 30CH, 30 provers were used in total (Jansen and Ross: 2014), were the verum group consisted of 24 provers (80%) with and the remaining 6 provers (20%) consisting of the placebo. The researchers being Kristica Diplal (M.Tech Homoeopathy) and Leshmee Ramdiyal (M.Tech. Homoeopathy). Each researcher was responsible for 15 provers.

Provers were recruited by means of posters displayed on various notice boards at the Durban University of Technology (Appendix A), public libraries and personal invitation and word of mouth. The participants consisted of homeopathic students and members of the general public.

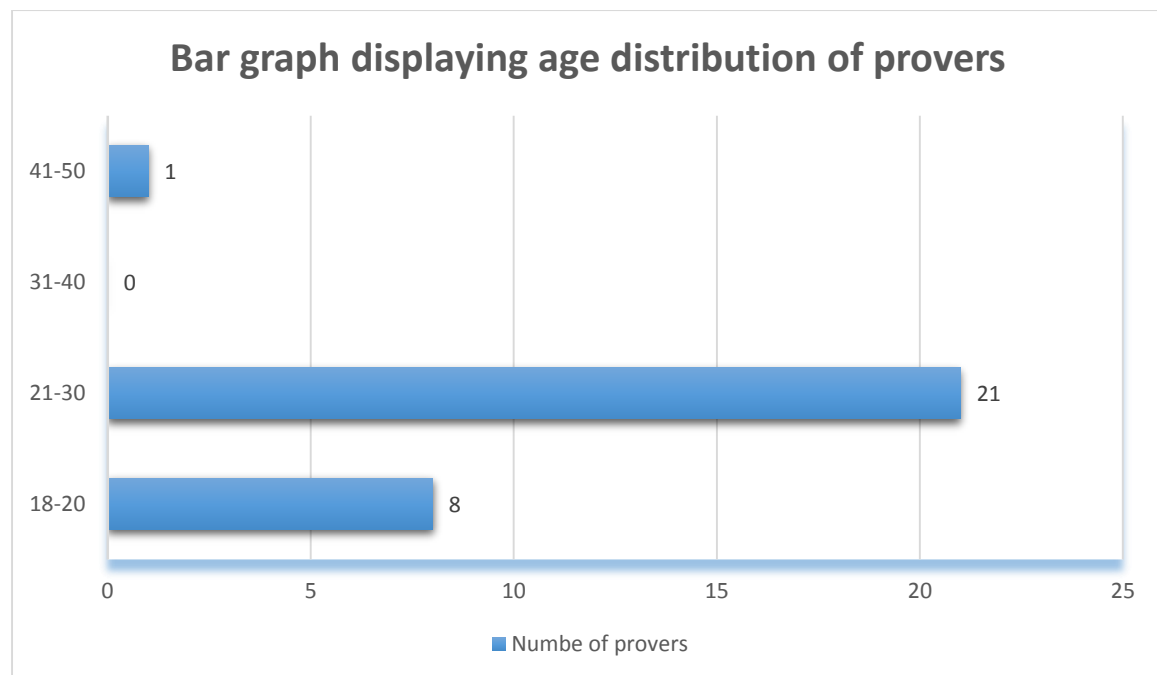


FIGURE 3.4

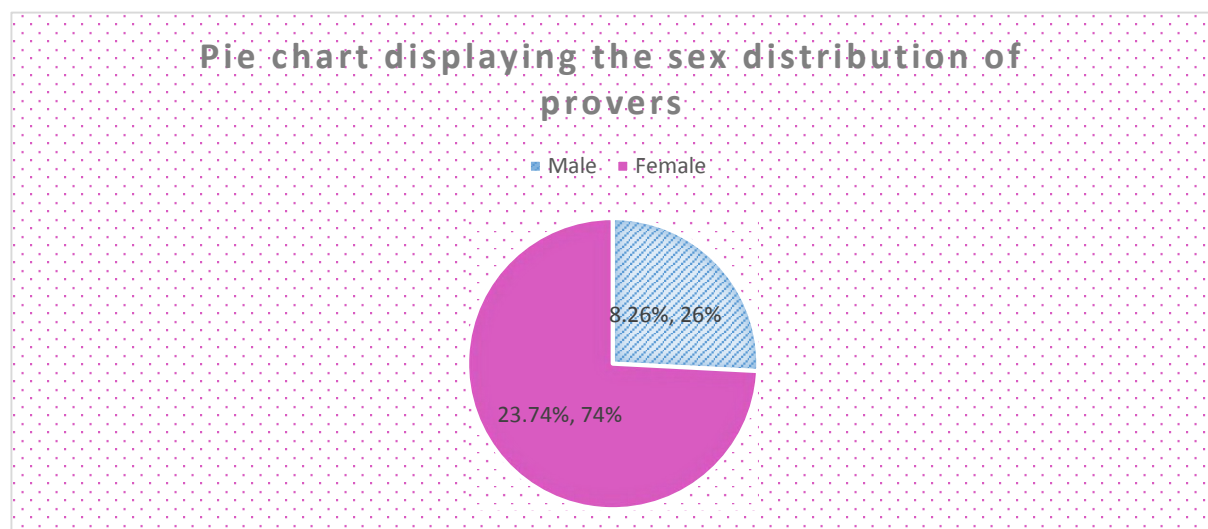


FIGURE 3.5

3.4.1.1 The experimental group

The experimental/verum group consisted of 24 provers (80%) of the prover sample.

3.4.1.2 The placebo group

The control/ placebo group consisted of 6 provers (20%) of the prover sample.

3.4.2 Criteria for inclusion of the subjects

Inclusion criteria:

- Is between 18 and 75 years of age.
- Is in a generally good condition of health with no gross physical or mental pathophysiology, to be determined by the case history or physical examination (Sherr, 1994:44).
- Is in no need of medical treatment, conventional, homeopathic or other (Sherr, 1994: 44).
- Has not used the oral contraceptive pill or hormonal replacement therapy six months preceding the study (Sherr, 1994: 44).

3.4.3 Criteria for the exclusion of subjects

Exclusion criteria:

- Pregnant or breastfeeding mothers (Sherr, 1994: 44).
- Use recreational drugs eg. Cannabis, LSD and ecstasy (Sherr, 1994: 44).
- Has had surgery in the preceding six weeks (Sherr, 1994: 44).
- Does consume more than two measures of alcohol per day.
- Smokes more than 10 cigarettes per day.
- Drinks three cups of coffee or tea per day (Sherr, 1994: 44).
- Does suffer from hypersensitivity diseases such as asthma, hay fever, allergies or food sensitive diseases (Vithoulkas, 1980).
- Poor state of health.
- Unable to follow proving procedures.
- On chronic allopathic, homeopathic, or herbal medication.
- Cannot speak or write fluently in English.
- Younger than 18 and older 75 years of age.

3.4.4 Randomisation

The researchers were unaware of the randomised process. The randomisation process was conducted electronically where the participants were indiscriminately divided into two groups by Dr. S. Brignath (M.Tech.Homoeopathy), an independent third party, into an experimental group (the group that experienced the verum) and a placebo group (the group that received the control). The powders that each prover received was as per the randomisation list. The dispensing of the powders was done by Durban University of Technology's Homoeopathic day clinic clinician on duty. This certified that neither the researcher nor the prover was aware of the group the prover was in. Furthermore, the verum and placebo powders appeared identical in appearance thus achieving a double-blinded status.

3.3.5 Lifestyle of provers during the proving

All provers were informed to adhere to the following guiding principles:

- Products comprising of camphor, coffee, and mints should be avoided for two weeks before, and for the duration of the proving as these substances contain antidoting effects (Sherr 2003:92);
- The powders should be stored in a dark, cool place free from chemicals, strongly scented substances, electronic devices and cellular phones or any substance discharging radiation (Sherr 2003:92);
- Diet, alcohol, exercise and work should be sensibly monitored (Sherr 2003:92);
- Participants should abstain from consuming medication such as homeopathic or herbal remedies, steroids, cortisone, antibiotics, minerals and vitamin supplementation (Sherr 2003: 92).
- If a medical emergency arises, the supervisor should be contacted and they should consult a doctor at the earliest (Sherr, 1994: 92).

3.4.6 Monitoring of provers

Telephonic communication was made daily by the researcher to the prover for the first week to ensure an accurate record of symptoms was noted in accordance with the proving methodology. As symptoms abate contact will frequently decrease to 2, 3 and then 7 days (Sherr, 1994:54, Webber, 2002:36).

The duration of the research will be 4 weeks, each prover will be contacted as follows:

- Week 1: provers will be contacted 5 days a week.
- Week 2: provers will be contacted 4 days a week.
- Week 3: provers will be contacted 3 days a week.
- Week 4: provers will be contacted 2 days a week.

According to Ross (2011:95-96), this may take place in three of the ways:

- The researcher may choose when the proving substance has begun to display an effect onto the prover therefore informing the prover to discontinue any further ingestion of the substance.
- To confirm that the prover is recording his/her symptomatology daily or as the symptoms present.
- To ensure the safety of the provers by wisely establishing any symptomatology that the patient may find intolerable may require antidoting. The antidoting procedure is conducted by taking a full Homoeopathic case taking and dispensing a remedy considering the totality of symptoms of the prover.

3.4.7 Ethical considerations

- Prior to the initiation of this homeopathic proving, the Faculty of Health Science Ethics Committee of the Durban University of Technology acknowledged and approved the proving methodology of this research thus ensuring the protection and safeguarding the rights of each participant.
- Each prover volunteered on their own free will and signed an Informed Consent form (Appendix C)
- Confidentiality was attained at every stage of the proving process.
- Prover were informed that they were not obliged and were welcome to discontinue from the proving at any given time without a reason
- The Main information letter (Appendix E) was handed out to each participant, explaining in detail of instructions relating to the proving and proving methodology.
- Provers were provided with details of the supervisor and researchers, should any questions arise thereof (Cahill, 2008:57).

3.5 Duration of the proving

3.5.1 Case-history and Physical examination

All the prover complied with the Inclusion Criteria (see Appendix G) attended the pre-proving training workshop hosted by the research investigator and supervisors. Thereafter a pre-proving consultation was arranged at a later date. A detailed homeopathic case history was performed as well as a general

physical examination to ensure good health of the prover which acted as control prior to the ingestion of the proving substance.

3.5.2 Pre-proving observation

Provers were assigned dates of beginning the proving. Provers were required to document their symptomatology daily for one week at least three times a day which designed a baseline for the proving. This process assisted by familiarising the patient with the daily recording and self-observation skills and to set a normal state of health. Daily contact was made to the provers to ensure accurate recurrence of symptoms.

3.5.3 Commencement of proving

At the end of each initial consultation, each prover was dispensed with a set of 6 powders at the Durban University of Technology Homoeopathic Day clinic clinician on duty, one powder was to be ingested three times a day for two days, or until symptoms presented. The initial dates were marked to allow for the clear supervision of provers. No further powders were required to be ingested thereafter. Provers made daily records of their symptoms for 6 weeks until no symptoms were experienced.

3.5.4. Chronology

It was vital for every prover to document the time of presentation of each symptom as appeared in relation to the time elapsed after ingesting the first powder. The format of DD: HH: MM was used when recording each symptom – (DD) refers to the day, (HH) the number of hours and (MM) the number of minutes since the proving began (Sherr 2003: 73).

After 24 hours, the minutes became unrequired and represented by XX. In Circumstances where time was not crucial, the symptomatology were represented by XX: XX: XX (Sherr 2003: 73).

3.5.5 Post-proving observation

The period of one week was added to the four weeks proving period assigned for general observation purposes and to ensure no reoccurrences of symptoms. A follow-up homeopathic case and physical examination were conducted at the Durban University of Technology Homeopathic Day Clinic on the provers and journals were returned to the researcher which marked the proving as complete.

3.6 Symptom Extraction and Evaluation

3.6.1 Data collection

The pre-post consultation of each prover that participated in this proving was instrumental in the composition of accumulating data. In saying that, the prover journals were the primary source of gathering data. The journals were collected after the post proving follow-up.

3.6.2 Data extraction and evaluation of symptoms

All proving journals were collected at the end of the post proving follow-up. The proving symptomatology were rigorously extracted and that formed the materia medica and repertory formation of the proving substance, *Garcinia cambogia* 30CH. Information journaled at week one and week 6 were rendered as a control when grading symptoms during the proving process served as the control when evaluating symptoms recorded during the proving period.

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

- New symptom that is unfamiliar to the prover (ICCH, 1999: 36).
- Usual or current symptoms that are intensified to a marked degree (ICCH, 1999: 36).
- Current symptoms that have been modified or altered – with a clear description of current and modified components (ICCH, 1999: 36).
- Old symptoms that have not occurred for at least one year – note the time of last appearance (ICCH, 1999: 36).
- Present symptoms that have disappeared during the proving (curative action) (ICCH, 1999: 36).

- The time of day at which the symptom occurred should only be included if there is a repetition of such times in one or more provers (ICCH, 1999: 36).
- If a symptom is in doubt – include it in brackets. If another prover experiences the same symptom, it could be valid. Otherwise, it must be included (ICCH, 1999: 36).
- A symptom occurred after taking the medication on at least 2 (two) occasions during the homeopathic drug proving.
- A symptom experienced when the proving started and which disappeared or is significantly ameliorated after the administration of the proving medication, is classified as a cured symptom (Riley, 1997: 227).
- All symptoms occurring in more than one subject (Riley, 1997: 227).
- If the prover is under the general influence of the remedy then all the new symptoms are proving symptoms (Sherr, 2003: 76).

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

- Symptoms should not be included if they have occurred in recent history i.e. in one year or less (Sherr, 2003: 76).
 - Symptoms that are usual or current for the prover should be excluded (Sherr, 2003: 76).
 - If there is any serious doubt as to the validity of the symptom, it should be excluded.
 - Any information that is collected will then be collated. “Collating” is the process of combining all the information obtained from each prover and putting it together ‘as if one person’ (Sherr, 2003: 76); this collated information will then be written in standard materia medica and repertory format to be added to synthesis repertory. Homoeopaths both locally and internationally will be able to use *Garcinia cambogia* in clinical practice.

3.7. Collating and Editing Data

The objective of collating the data was to amalgamate the proving symptoms from multiple into a single individual, into an “as if one person” composition (ICCH 1999: 37). Symptoms from journals were allocated into the applicable chapters and subheadings as per repertory format, e.g. Head, stomach etc. Thereafter, these subsections were grouped according to the subject and time of appearance. Regarding the proving of *Garcinia cambogia* 30CH, symptom extraction was that of a cautious approach ie. Only if a symptom was extensive, of high frequency or high intensity was it given a grading of two (Taylor 2004: 48).

3.8 Materia medica

The Synthesis Repertorium Homeopathicum Syntheticum (edition 9.1) was used as a guideline in which the symptoms were reported.

The standard repertory headings are listed below.

Table 3.8: Repertory headings

1. Mind	14. stomach	27. Cough
2. Vertigo	15. Abdomen	28. Expectoration
3. Head	16. Rectum	29. Chest
4. Eyes	17. Stool	30. Back
5. Vision	18. Bladder	31. Extremities
6. Ears	19. Kidney	32. Sleep
7. Hearing	20. Prostate	33. Dreams
8. Nose	21. Urethra	34. Chills
9. Face	22. Urine	35. Fever
10. Mouth	23. Male genitalia/ sex	36. Perspiration
11. Teeth	24. Female genitalia/ sex	37. Skin
12. Throat	25. Larynx	38. Generals

13. External throat	26. Respiratory	
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3.9 Repertory

All collated and edited data was converted into repertory format (as reflected in material medica), firstly according to the *Synthesis Repertorium Homeopathicum Syntheticum* (edition 9.1) (Schroyens, 2004), and thereafter with the software program, RADAR Opus (Archibel, 2008). Symptoms that had been grouped t in a particular theme were translated into a corresponding rubric. In the event of a rubric not being found in the existing text, a new rubric was created to include the remedy symptom.

The grading of rubrics utilised by Ross (2011: 164) was employed:

- Grade 1 (normal font): All valid rubrics are given a default first degree grading;
- *Grade 2* (italics): Any rubric experienced to a marked degree by 3 or more different provers is given a second degree grading;
- **GRADE 3** (bold): Any rubric produced by half or more of the verum i.e. 12 or more provers;
- All newly created rubrics (marked with an *) will automatically be graded as Grade 1.

3.10 Comparison of the proving symptoms of *Garcinia cambogia* 30CH to the clinical empirical use of *Garcinia cambogia*.

A comprehensive literature review documented from case studies, books and journal articles were utilised to obtain the existing clinical indications of *Garcinia cambogia*. The symptomology that arose from the homoeopathic proving of *Garcinia cambogia* 30CH was compared to the clinical empirical usage of the *Garcinica cambogia*, which featured the similarities and differences.

CHAPTER 4:

THE RESULTS

4.1. Introduction

The symptoms obtained from the prover journals of *Garcinia cambogia* 30CH were extracted, collected and edited. These results were then organized into standard homeopathic referencing format as two subsections, the Materia Medica and the Repertory format. The rubrics were adapted according to the categories of the *Synthesis Repertorium Homoeopathicum Syntheticum* repertory, edition 9.1 (Schroyens, 2004).

4.2. The provers

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

Table 4.2.1: Prover randomisation list

Prover Number	Age	Gender	Ethnicity	Placebo/ Verum
1	23	Female	Asian	Verum
2	23	Female	Indian	Placebo
3	25	Female	Indian	Verum
4	26	Female	Caucasian	Verum
5	30	Male	African	Verum
6	23	Female	African	Verum
7	27	Female	Indian	Verum
8	20	Female	African	Placebo
9	20	Female	African	Verum
10	22	Female	Indian	Verum
11	23	Female	Caucasian	Verum
12	19	Female	African	Verum
13	19	Female	African	Verum
14	20	Male	Indian	Placebo
15	23	Male	African	Verum
16	30	Female	Indian	Verum
17	22	Male	Indian	Verum
18	21	Female	Indian	Verum
19	20	Female	Indian	Verum
20	26	Male	African	Placebo
21	22	Female	Indian	Verum
22	50	Female	Caucasian	Verum
23	25	Female	Coloured	Verum
24	19	Female	Indian	Verum
25	25	Female	Indian	Placebo
26	22	Male	Indian	Verum
27	20	Female	African	Verum
28	23	Male	Caucasian	Verum

29	23	Female	African	Verum
30	23	Female	African	Placebo

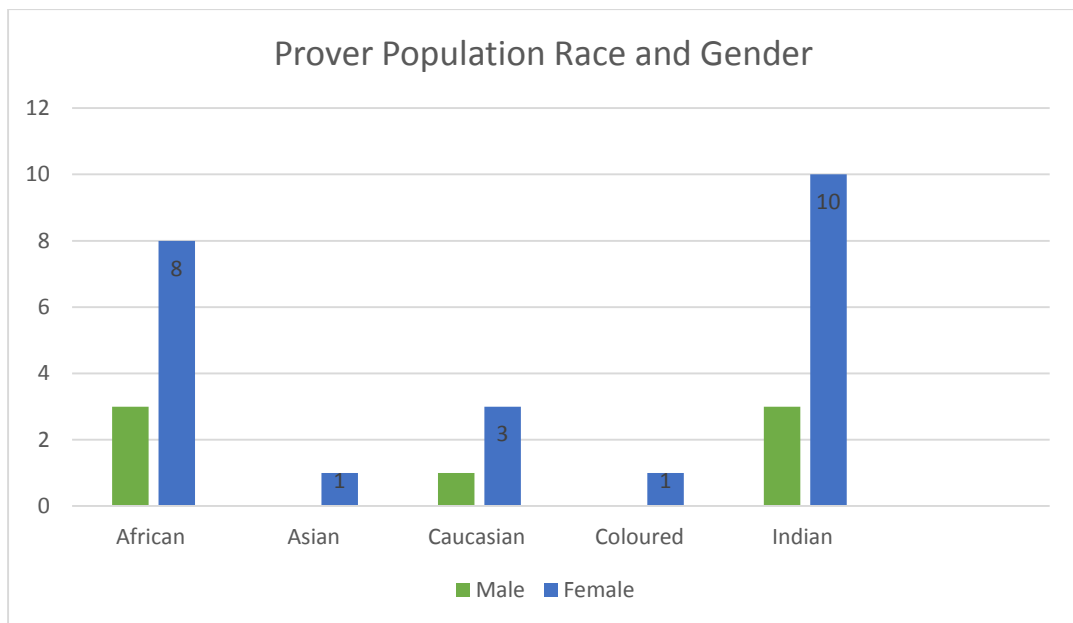


Figure 4.2.2.

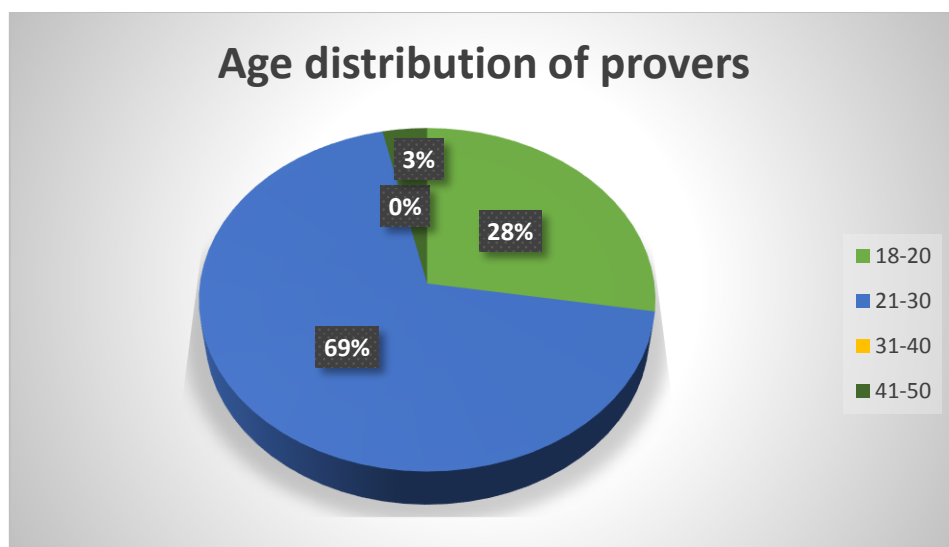


Figure 4.2.3

4.3 The Materia Medica of *Garcinia cambogia* 30CH

The proving symptomatology of *Garcinia cambogia* 30CH was grouped according to standard materia medica sections, including relevant headings and sub-headings. Each individual symptom were extracted verbatim, spelling and grammar remind unchanged. All qualifying symptoms were referenced according to the design advocated by Sherr (2003:78):

- Prover Number – Gender– Onset of Symptoms (Day:hours:minutes);
- Where the time is unclear, or not recorded by the prover, it is defined as XX:XX:XX;
- The symptomology recorded by provers in the placebo group were not considered;
- All symptoms cured during the proving are denoted by the letters (CS), for Cured Symptom, which will follow the particular symptom.

4.3.1. MIND

AFFECTIONATE

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

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

Very affectionate. 04F:40:XX:XX

Hugging everyone. 04F:40:XX:XX

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

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

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

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

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

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

AFFECTION DESIRE (CLINGING)

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

ALIMENTS FROM,

GRIEF

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

SHOCK

Found out that my ex is pregnant. Not sure how to feel about it but on days like this I wish a hole will appear in the ground and swallow me up. Love this year so far. You know that feeling when you don't know what to feel. Whether to be happy or sad, whether it affected you or not. Wondering just wonderful, why 2015 has been so nice to me, I am absolutely speechless, as I said "I guess things were going to well for me"
17M: 21:8: XX

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

ANGER

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

Mood is still bad, slept for barely 2 hours last night, had a big argument yesterday but choose not to write down personal problems here. Let's just say my dreams do come true, well not ones I would want anyway. Well traits life. Anyway time to move forward feel terrible but what needed to be said has been, so feel a bit relieved from that point to view. I really can't wait to find employment, I don't mind working, 7 days a week for the next few years. Honestly, anyway of to have a bath and then go back to sleep. 17M: 09: XX:XX

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

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

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

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

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

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

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

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

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

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

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

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

CHEER WITH

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

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

EASILY

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

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

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

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

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

HUSBAND WITH

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

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

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

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

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

MENSES BEFORE

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

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

SADNESS WITH

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

SUPRESSED

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

VIOLENCE WITH

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

I feel so angry and frustrated. My husband is drunk again and he a big noise early in the morning we all woke up. He goes somewhere and knows that I need to go to my familys house. He comes home pissed drunk and it's only the morning. Then we have to deal with his stupid behaviour. I am so mad, I want to punch him poke his leg so he won't be able to go out and drink some more. 23F: 02:08: 00

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

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

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

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

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

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

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

ANXIETY

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

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

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

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

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

Slight anxiety. 10F:21:XX:XX

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

14:00- still terrible day and have a feeling it's going to get worse only from here. Had a good nap though, cover up for what I may have missed out on last night. Now to have something to

eat and a relaxing cup of tea to calm myself down, everyone has bad days, I have two bad days then a 100 bad ones. 17M: 09: 14: XX

Anxious, nervous, tired 24F: 07: 8:15

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

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

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

ANXIETY, EXAMS

7:15am feeling quite sick and am quite urgent to use the toilet. My test is at 8:00am. Also starting to feel quite tired now. 11F:03:XX:XX

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

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

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

I can't do anything because my nose is stuffed. My nose and cheeks are red!! OMG, it's the worst thing ever. Even worse because I have a test in a few days time. 09F:47:XX:XX

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

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

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

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

Waking up was no problem at all I guess the anxiety of the test was more awake then me so I got started on study- lag27F: 04: XX: XX.

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

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

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

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

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

Nothing new, I just feel even more nervous, my first exam is 3 days away and I am really-really nervous. I am having a hard time breathing properly and like I have constantly take deep breaths as if feel like running out of breath, feels as if I had been running or exercising

and my breathing rate has increased. I am having a hard time concentrating and being able to focus properly on my studying and its frustrating because I do not have enough time. 29F: 25: XX: XX

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

Wide awake, stressed because I'm writing today. 24:01: 6:35

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

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

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

Today is the last day of term and I am happy only because I am done with test and assignments but I only have one last task to tackle and I am quiet nervous about it , I woke up early and started to go over my notes and presentation. Got ready for school, I could not even eat. The class was full today that made me nervous. I was afraid I would forget some other facts so I wrote them down on paper. I presented and I was quiet happy with myself and I knew now can enjoy my holiday without any stress. 27F: 14: XX: XX

FAMILY ABOUT

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

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

FUTURE ABOUT

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

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

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

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

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

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

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

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

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

HEALTH ABOUT

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

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

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

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

Pain on chest left hand side. It's worse when I'm at home. Extreme pain, it feels like a pressure on the chest, "like a heavy package on my chest" it comes at around midnight or early morning when im sleeping and wakes me from my sleep. I thought I was dying. I got soooo scared. Totally freaked out!! 09F:55:XX:XX

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

Got a bad sweet tooth recently, probably will end up being a diabetic if I keep eating so much of sugar. 17M: 28:22:00

PANIC WITH

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

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

I've been sleeping weirdly, so I've been waking up with a dead arm. I think I have been sleeping on the arm, then I wake up scared because the hand can't move and feels numb. I

go into a state of irrational panic and start freaking out incase the hand never works again.
15M:23:XX:XX

PUBLIC SPEAKING

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

STORMS/ WEATHER

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

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

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

SUDDEN

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

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

BED DESIRE

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

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

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

BITE/ CHEW

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

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

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

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

CALMNESS

So relaxed. 03F:04:XX:XX

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

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

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

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

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

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

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

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

More calm. 11F:02:XX:XX

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

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

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

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

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

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

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

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

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

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

CALMNESS IN TIMES OF STRESS

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

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

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

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

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

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

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

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

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

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

CAREFREE

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

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

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

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

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

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

CHANGE DESIRE

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

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

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

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

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

CHEERFUL

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

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

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

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

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

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

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

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

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

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

I was born to lead

In a world that doesn't care ...

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

HAPPY. 03F:21:XX:XX

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

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

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

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

Disposition is rather cheerful. 04F:XX:XX

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Feeling good again today 28M: 29: XX

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

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

Mind and mood- I feel happy today. My husband is at home today. We both did some house work. It feels nice when he helps out in the house. 23F:16: 9: 00

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

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

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

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

CHEERFUL, MENSES DUR

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

CLEANING

AVERSION

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

DESIRE

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

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

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

I feel very energised today. Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook. I have energy today, I feel like I can do a lot today. 23F: 18:8: 00

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

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

COMPANY

AGG

Been quite irritated with my mother and sister lately as they want me to go dress shopping after I explicitly explained to them that I can't help with wedding planning until my exams are done and how am I expected to help with stuff 1 week before my exams begin. It's really been bothering me lately how little concern my family has regarding my exams, it's almost as if I have no support. 11F:26:XX:XX

AMEL

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

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

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

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

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

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

Mind and mood: I feel happy my kids really brighten up my whole day. They are so sweet. I love it when they tell me they love me 23 F: 03: XX: XX

AVERSION

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

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

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

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

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

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

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

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

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

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

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

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

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

Don't feel like company today, just like to kick back and watch some series. 17M: 20:8:15

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

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

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

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

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

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

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

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

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

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

FAMILY

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

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

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

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

FRIENDS

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

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

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

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

HUSBAND

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

I feel angry, my husband just makes me so mad, he is drunk all the time and I cannot stand it. Seeing him like this makes me angry. Just the mere thought of him gets ME SOOO MAD. He is a horrible person and my kids are suffering because of him. I am starting to not like him very much. 23F: 09: 18: 25

MENSES DURING

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

SOLITUDE DESIRE

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

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

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

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

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

What a day it has been, had a good long nap from 3 till 7 feel so relaxed now but doubt I am going to get some sleep anytime soon. Had a braai with some family and friends at my house, not that much in the part-taking of it, not very social with all

these people right now, I have less to say or speak to or with them. Listened to their crap for few hours, now time to go back to bed. 17M: 03: XX

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

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

Mood is still there about, not sure how to feel, people make it worse. They ask too many questions, I don't like questions. Anyway, got work to look forward too, yeah more like interaction with people I don't like really give a f*** about. I just like to go for a holiday, to a remote destination, with enough to eat, drink and something to watch, oh and did I mention alone. 17M: 26: 07: XX

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

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

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

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

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

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

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

Conversation with me and just want to be left alone. 29F: 16: XX: XX

DESIRE

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

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

FAMILY

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

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

CONCENTRATION

INCREASED

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CONCENTRATION POOR

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

DISTRACTED EASILY

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

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

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

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

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

CONFIDENT

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

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

CONFORMISM

I wanted to fit in. 03F:XX:XX:XX

CONFUSION

Still can't find my accessories, don't know how that managed to walk away, gutted about that, things just seem to be happening that have no explanation of any sort. 17M: 19:7:15

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

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

WAKING ON

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

CONSCIENTIOUS OVER TRIFLES

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

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

CONSOLATION AVERSION

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

CONTENT

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

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

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

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

CONTROL/ PLANNING

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

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

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

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

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

CREATIVE

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

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

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

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

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

Started crochering, started Knitting 16F: XX: XX

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

DAY DREAMING

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

DISAPPOINTED

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

DISCOURAGED

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

DRAINED

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

DROWSINESS

Still drowsy. 03F:13:09:00

DWELLS ON PAST

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

10h00- feeling like very moody, I have this feeling that I am going to snap at anytime. I am trying to be calm but it is very hard. People are still telling me how my ex is pregnant and we just broke up 7 months ago. Apparently she is 5 months pregnant. What can I do if she is, people ask me how I feel about it over and over again. How would anyone feel about it after dating someone for 17 months, and then knowing that they cheated on you with one of your friends. It is obvious that I would feel like crap, but what happened is done, I am not sitting around and crying over what happened. I am just really annoyed at the fact that people telling me this continuously, it's like they want me to say they feel something or I am hurt inside. Any person will be hurt inside if they were me but as I said what's done is done, I have more important things and people to concern myself with but honestly don't think I am making other feel to love at this present moment why I am writing this down, I do not know but anyway I continue.. Life goes on. 17M: 28: 10:00

EMBARRASED COUGH, BY

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

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

EMOTIONLESS

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

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

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

EXERTION, PHYSICAL,

AMEL

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

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

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

AVERSION

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

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

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

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

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

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

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

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

DESIRE

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

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

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

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

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

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

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

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

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

Off for a morning run 17M: 02: 6:30

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

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

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

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

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

I feel very energised today. Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook. I have energy today, I feel like I can do a lot today. 23F: 18:8: 00

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

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

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

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

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

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

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

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

EXTROVERTED

Extroverted. 03F:XX:XX:XX

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

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

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

FEAR

CANCER

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

DARKNESS

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

FAILURE

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

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

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

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

FUTURE EVENTS

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

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

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

SNAKES OF

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

SUDDEN, DIARR WITH

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

WAKING ON, DREAM, FROM A

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

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

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

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

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

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

FORSAKEN

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

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

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

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

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

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

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

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

GRIEF

Received a call from home that my stepmom just passed on. Was so devastated, I felt broken. I began to get flu symptoms that went on for the whole entire day. 09F:28:XX:XX

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

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

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

GUILTY

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

HATE

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

HOMESICKNESS

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

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

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

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

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

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

HONEST

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

HOSTILE

Hostile. 10F:08:XX:XX

INDECISIVE

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

INDEPENDENT

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

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

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

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

IRRITABILITY

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

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

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

Extremely moody. 10F:08:XX:XX

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

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

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

Moody 16F: 13: XX

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

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

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

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

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

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

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

Mood now 21 F: 34: XX: XX

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

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

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

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

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

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

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

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

WAKING ON

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

BOYFRIEND/ HUSBAND WITH

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

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

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

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

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

CHILDREN WITH HIS

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

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

COMPLAINTS DURING

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

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

Thigh strain still here and is annoying. No sinus 2 days now, miracles are possible after all. 17M: 04:8:30

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

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

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

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

HEADACHE WITH

People seem to annoy me in my presence at the current moment, mind and temperament not at its best behaviour right now. Would love to get some sleep right now but seems highly impossible. So I'm just going to lie here and stay still hoping that at least the headache goes away or sleep arrives soon. Good night. 17M:01:22:XX

MENSES DURING

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

MENSES DURING DECREASED

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

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

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

LAZY

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

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

Feeling lazy. 09F:09:XX:XX

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Feels so lazy, don't what to get any work done. 18F:04: XX: XX
Feel like doing nothing and just lazing around at home 17M: 34:06:00

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

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

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

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

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

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

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

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

Feels so lazy, don't what to get any work done. 18F: 05: XX: XX

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

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

LOQUACITY

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

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

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

MOTIVATION

INCREASED (AMBITION INCREASED/ DETERMINED)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and I and it's so frustrating. I feel determined though and

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

DECREASED

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

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

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

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

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

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

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

MUMMERING SLEEP IN

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

MUSIC

AVERSION

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

AMEL

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

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

DESIRE

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

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

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

NOISE, AVERSION TO

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

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

OVERWHEMED

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

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

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

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

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

PESSIMISTIC

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

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

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

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

POSITIVE

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

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

Very amped, more positive outlook in life. 04F:39:XX:XX

Mentally – feeling positive. 07F:06:XX:XX

Started campus for 2nd semester – was very energetic and excited the entire day.
10F:18:XX:XX

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

Woke up feeling great. Had a fantastic day treating patients at a sports event and was not tired at the end of the day. 15M:02:XX:XX

I went for a jog today, and hopefully going to gym tomorrow. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue. Anyway, going to bed, hopeful of a good night's rest and an early morning. I have just read this and wish to follow this as always "learn to get in touch with the silence within yourself and know that everything in life has a purpose" on that note, a positive one goodnight. 17M: 00:21

Anyway off to the south coast today, hopefully the slight of green grass lands bring a good day a more positive outlook for the weekend. 17M: 10:6:30

07h00. Lovely day, I can feel it already, no aches no pains, no headache, no sinus, no job, life couldn't be any better. Woke up feeling absolutely happy this morning for what reason I don't know. I feel like I don't worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that's all. I would love to go for a morning run and then watch a lovely movie today. 17M:14:07: XX

22h00- going to sleep, tired of thinking, thought the entire day, not sure why I am affected by this but what happens, is meant to happen. As it is said, your fate is written from the first day to your life, so just got to be patient for the good day and accept that it will not always be as such. Anyway, hopeful that tomorrow is good, looking forward to the public holiday tomorrow, the day of Reconciliation. 17M: 21: 22: XX

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

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

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

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

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

General feeling very good about life and everyone 28M: 27: XX: XX

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

I am in quite a great mood. I managed to push myself to wake up early, study and go to the gym. I feel accomplished, like this is a first step for me to be able to control myself and

accomplish my goals. I am still feeling lazy but I have been able to wake myself up early and that's an accomplishment for me. 29F: 13: XX: XX

PRAYING AMEL

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

Seemed to fast and I started panicking as I had to go to church and running late. I got to church and I was so glad that I made it as it changed my spirit (lifted). 27F: 13: XX: XX

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

PROCRASTINATION

Began to procrastinate very much. 03F:20:XX:XX

Many ideas but a lot of procrastination when it comes to starting up. 03F:27:XX:XX

I begin studying for a test much later than I normally would. 03F:XX:XX:XX

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

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

Been procrastinating a lot, trying to push research but the procrastination wins. Not sure how I'm going to bring myself to do work this week. 15M:06:XX:XX

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

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

Worried, never start learning for my next paper 24: 06: 11: 02

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

I had a refreshing rest. I woke up, made breakfast, I had appetite not sure because I was delaying revision time and I sat down and started revising for my test after that I got ready for school and I went , I was running a bit late but I managed to get there on time. I started to feel anxious but then I managed to relax and I started writing and it was quite a fair test. 27F: 12: XX: XX

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

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

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and I and it's so frustrating. I feel determined though and want to push myself harder to accomplish everything I want. I need to study in time and be able to lose in the time that I have given myself. It's always been one step forward and 3 steps backwards and I haven't really seen any progress. I am really annoyed with myself. I really feel the drive

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

PROSTRATION

Feel exhausted mentally. 3/10 intensity. Lasted until I went to bed.

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

QUARRELSOME

I've been fighting with my siblings a lot – they make me upset. 13F:09:XX:XX

Been a bit down emotionally today... big influence from friends (<) had a fight with them. Feel like my friendship with them won't be the same again. 11F:10:XX:XX

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

Mood is still bad, slept for barely 2 hours last night, had a big argument yesterday but choose not to write down personal problems here. Let's just say my dreams do come true, well not ones I would want anyway. Well traits life. Anyway time to move forward feel terrible but what needed to be said has been, so feel a bit relieved from that point to view. I really can't wait to find employment, I don't mind working, 7 days a week for the next few years. Honestly, anyway of to have a bath and then go back to sleep. 17M: 09: XX:XX

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

During the course of the proving, I was very moody and fought a lot with my sister and boyfriend over silly thing 29F: XX: XX: XX

REFRESHED SEA AMEL

I went to the beach. I feel refreshed, so much better. I feel my throat is sore, like I'm about to catch the flu. I'm sneezing too, I think it is because of the breeze. 09F:45:XX:XX

REPROACHES

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

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

Don't feel like doing anything let alone waking up and going to work for some reason it would be better to go to work, do something to get my mind of things. Still not feeling good in terms

of a mental state. Not going to complain any more about it that is the reason why I like to stay away from social media sometimes. What will be achieved if people keep on giving me the same news? is it their way of comforting me, maybe I am being over my head with this situation. Maybe it's me, maybe I am being over my head with this situation. Horrible news to hear but let's just put it in the past and move on from, meet new people and have a better life. Probably 2016 ... because we know 2015 just aint going to cut it out. 17M: 25: 07: XX

RESERVED/ CLOSED

Reserved when I'm with my friends. 13F:09:XX:XX

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

SADNESS

Very sad. 10F:09:XX:XX

Mood feels not so great. 09F:05:XX:XX

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

I had the energy to do everything. I studied for my second test. Emotionally I feel a bit down. 09F:43:XX:XX

Been a bit down emotionally today... big influence from friends (<) had a fight with them. Feel like my friendship with them wont be the same again. 11F:10:XX:XX

Got quite emotional saying goodbye to the gardener today. Him and the maid really looked after me and we all became good friends. 11F:32:XX:XX

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

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

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

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

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

I don't like it when people start comparing themselves with me actually I get sad by that fact because at time is like they are saying my life is easy. 27F: 04: XX: XX

I don't know why but I have a feeling of discontent and emptiness, just like to walk away without looking back, sometimes I just have to convince myself that things are fine but we know it's not true. 17M:19:7:15

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

Another warm day, things are looking brighter outside than inside. Feeling rather sad as I can't seem to find very valuable fashionware/ accessories that were in my draw. 17M: 18:07: XX

I was quiet sad that I could not go home. I sort of regret my decision but I got over it. 27F:15: XX

I was sad that my friend was back and I had to return her laptop so I just did my laundry. 27F: 25: XX: XX

Very sensitive to criticism – I would be sad and sleep. I was depressed- due to insult. I felt pressured. 27F: XX: XX

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

Emotionally I feel drained. I had to ignore my boyfriend when he tried to talk to me, I was just not ready for any sort of argument or fright and just want to be left alone. 29F: 01: XX: XX

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

I was upset about the closing of campus as I now had to find way to some material to study and basically I couldn't so I stopped studying. And I was quite upset of the fact that I had a lot more to study but no resources.so I felt down and I just continued watching movies. 27F: 24: XX: XX

After lecture I went to finish of my assignment and everything went well but I was exhausted and hungry, as I had been there for the whole afternoon and I was just so bored with the same surrounding so I wanted to leave and i think again it hit me that I had unresolved issue with my friend but now I just needed to leave so I left and I went to my room to finish off. 27F: 08: XX

SELF DISCOVERY

Sudden realisation to Find myself. 10F:04:XX:XX

SELF IMPROVEMENT

Was feeling well, generally thinking about how I can improve in certain areas like research and relationships with family. 15M:01:XX:XX

SELFISH

Not bothered about anyone else right now, just myself 17M: 05: 9:30

Lovely day, I can feel it already, no aches no pains, no headache, no sinus, no job, life couldn't be any better. Woke up feeling absolutely happy this morning for what reason I don't know. I feel like I don't worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that's all. I would love to go for a morning run and then

watch a lovely movie today. Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). Anyway off to a run, still praying for a job and washed my mind clean of any other topic (can't write that here). At least I know I can stop persisting that because I know it is not going to happen, well for at least the time being. Well if it doesn't make me happy by the 31 December 2015, I will be leaving it in 2015. Adios of now, till I have a few complains. 17M: 14:07: XX

SENSITIVE

Very emotional. 10F:08:XX:XX

Watched a movie that was very sad this evening which caused me to cry a lot. I find I've become a lot more emotional recently. I can become emotional about many small things. 11F:05:XX:XX

More emotional throughout the proving. More sensitive. 11F:43:XX:XX

I'm a little bit more emotional. 15M:24:XX:XX

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

I woke and watched my favourite series, it such a nice program. I like how his they are trying to save their own kind. I feel it's a flight worth fighting for to be free to be your. 27F: 05: XX: XX

I like these movies that have a touchy story, a romance and it just makes me happy and sometimes feel very touched to a point of crying. 27F: 17: XX: XX

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

CRITICISM TOO

I'm over people's crap, hate their criticism towards me so I cut it off before it can happen. 11F:43:XX:XX

I don't like it when people start comparing themselves with me actually I get sad by that fact because at time is like they are saying my life is easy. 27F: 04: XX: XX

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

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

Very sensitive to criticism – I would be sad and sleep. I was depressed- due to insult. I felt pressured. 27F: XX: XX

SHARING

I've been happy sharing my food now, I use to hate sharing food, now I happily allow my friends to try my food. 11F:44:XX:XX

SINGING

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

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

I was born to lead

In a world that doesn't care ...

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

HAPPY. 03F:21:XX:XX

STUDYING

EASILY

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

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

Studying has been much easier today in terms of fatigue. 11F:02:XX:XX

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

Studying went well finally found a system which seems to work for me this exam period. 11F:28:XX:XX

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

Studying came easier in the afternoon 11F:38:XX:XX

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

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

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

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

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

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

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

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

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

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

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

DIFFICULT

I slept and woke up early to prepare for the test. As I was studying I felt like I wasn't able to grasp everything I was studying, it took a longer time than usual. 09F:38:XX:XX

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

Energy levels have been relatively average. Struggled to study a bit but was not as much as previous days. 11F:27:XX:XX

I am having a hard time breathing properly and like I have constantly take deep breaths as if feel like running out of breath, feels as if I had been running or exercising and my breathing rate has increased. I am having a hard time concentrating and being able to focus properly on my studying and its frustrating because I do not have enough time. 29F: 25: XX: XX

< time of the day, learnt but nothing going in 22F: 06:23:00

Woke up to do research, could not get much done, was worried because I did not hear alarm for 2 o'clock. 22 F: 22: 4:30

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

Stressed studying for test not sure what or how to study. Feel overwhelmed trying to establish and to study. Not working. 18F: 27: XX

23:00 < time of the day, learnt but nothing going in 22F: 06:23:00

start studying – f**k 26M: 32: 9:45

HEADACHE AGG

Still had my headache which has remained on the left side of my head.
Sometimes extends to the parietal lobe but it's mainly above my left eye now.
Has been making studying difficult. 11F:26:XX:XX

TALKING/ COMMUNICATION

AMEL

Just had a long conversation, feels so nice actually speaking to someone, not to use to that but will try to get used to it. Mind, talking, amel 17-M: 09: 22: 00

Also had a good conversation with my cousin, one of the very few people I talk to, that felt good, felt at much more ease to get a word of support rather than a story on de-motivation. 17M: 10:22: XX

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

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

AVERSION TO

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

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

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

Feeling a little bit better now, just stopped thinking about the past and anything in general, still not comfortable about talking about it to anyone. 17M: 23: 16: XX

My mood is a little bit better but trying my best to avoid conversation with people. I just like to sit around all day eating junk and watching tv, now worse than a over reacting teenage girl. Anyway of to get some sleep, probably will just sit in front of the aircon until I die or fall of too sleep. 17M: 25: 22: XX

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

Annoyed, irritated, don't feel like talking to anyone 24F: 15: 16: 35

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

Emotionally I feel drained. I had to ignore my boyfriend when he tried to talk to me, I was just not ready for any sort of argument or fright and just want to be left alone. 29F: 01: XX: XX

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

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

THOUGHTS

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

ABUNDANT

All “side effects” or ‘symptoms’ which have been stated above have gone away. That’s good. It has been a rather annoying, not so good, can’t stop thinking, thoughts have been diverged in many directions (job, expectations of results) 17M: 00:21:00

Recent times have been different for me, I have started thinking much more about things, I shouldn’t, I read too much into situations, I react faster to things that I should not say what I feel about something without much thought. Feel it hard to hold back, probably because I have lots more time to be idle. Well what could/can be done, rather just keep quiet and continue trying to move forward, I have to just remind myself that it is a phase in my life, things will only get better, hopefully soon. Seriously not even sure why I am writing these things down, why? I have no valid reason, at some point I might want to just stop and rip this book into shreds, don’t blame me if I do. 17M: 16:23: 00

Going to sleep, tired of thinking, thought the entire day, not sure why I am affected by this but what happens, is meant to happen. As it is said, your fate is written from the first day to your life, so just got to be patient for the good day and accept that it will not always be as such. Anyway, hopeful that tomorrow is good, looking forward to the public holiday tomorrow, the day of Reconciliation. 17M: 21:22: 00

Got up early today, did some running to get some air, feeling like shit still. Anyway today is a public holiday, just like to relax and have something nice to eat and chill. Would love to go to the beach and swim, probably just like this, to get pulled with the waves. Don’t know why I feel like this, I wish I could explain it to myself let alone explain it to or speak to someone else about it. I would love to have a drink but what good would that do eventually going to go back to think. Never knew that the past could get to me like that after pushing it away for so long, and now that I am not involved in it, it actually gets to me. Really unexplainable. On another note, I have no sickness, no pains, nothing except a freaked out mind. 17M: 22: 08:00

Mood a little bit better after that but until then was having a not so good day. I feel like I am slowly pulling away from the rest of the world and I think I have already gone so far away that people are annoyed with me. I can’t do much but that is. I am sorry but time heals all wounds but also I waste too much time I might start over thinking things. 17M: 28: 16:30

I had a thought. That I do overthink things to myself, I do up people very seldom and sometimes I make mountains out of molehills. I should stop doing these things maybe

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

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

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

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

FAMILY OF

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

FUTURE OF

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

Was feeling well, generally thinking about how I can improve in certain areas like research and relationships with family. 15M:01:XX:XX

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

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

TIME PASSES TOO QUICK/ TIME FEEL TOO SHORT

"Time moves too fast" In a rush to get ready for campus – Clinic only. 03F:01:XX:XX

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

Day went by very fast- mind- time: earlier; time, passed too quickly 16F: 00: XX

ANOTHER WEEK DAY PASSED QUICKLY SPENT ON PC. 16F: 01: XX

Early morning, can't believe 10 days of December are gone 2015 has gone fast right. No pains, niggles or sinuses. Feeling absolutely great, physically that is. Going for a morning run after I have a wash. 17M: 16:06: XX

Seemed to fast and I started panicking as I had to go to church and running late. I got to church and I was so glad that I made it as it changed my spirit (lifted). 27F: 13: XX: XX

TOUCH DESIRE

Been a good day thus far, haircut feels great, well more the fact of having my hair washed by someone else feels so comforting. Off to apply for some jobs after a cut of tea. Hopefully of watching a good movie today. 17M: 02:11: 00

Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). 17M: 14: XX: XX

TRAPPED

Mind and mood; I am so angry we left for my aunts house and my husband is drunk again. He just loves drink sooo much. I just hate the way my husband makes me feel I am trapped in a corner and I want to scream and fight. 23 F: 02: 12: 00

TRUSTWORTHY

Almost couldn't meet a promise I made and that made me panic and I made sure that I kept to my word and everything was in order. 27F: 09: XX: XX

UNDERSTANDING

I feel upset with my boyfriend, it is like there is less effort from him when it comes to our relationship but I came to a realization that I have to do what I expect from him so he too will give back in return. 03F:XX:XX:XX

My relationship with my granny has improved, I love her and understand her more now. 03F:XX:XX:XX

WEEPING

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

I have been crying. 19F:05: XX: XX

DESIRE

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

MENSES BEFORE

Premenstrual- dull, achy pain , bearing down, > hot water bottle, cry, emotional 21F: 19: XX:XX

WRITING AVERSION TO

Anyway I don't feel like writing more here. 17M: 08:06: XX

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

4.3.2. VERTIGO

Felt slightly dizzy today. 06F:17:XX:XX

Feelings of dizziness, seems like my iron is low. 06F:39:XX:XX

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

I was shivering a lot in the morning and felt quite faint/ weak. Happened around 9am – 11:30 am. 11F:16:09:00

Felt quite faint and weak, mainly in my arms around lunch time, also a bit shakey. 11F:37:XX:XX

I think I have an electrolyte imbalance. I'm feeling quite dizzy and weak and I've been really craving salty food lately which I only noticed today. Had some popcorn with salt at 4pm and feeling much better now. (6:00pm). 11F:38:XX:XX

For about 20 minutes at about 2pm I was feeling quite weak or rattle shakey. 11F:23:XX:XX

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

ACCOMPANIED BY,

HEADACHE

21h00 still a rather warm day, have a terrible headache right now, like someone is continuously punching me on my head. Avoiding any medication but feeling rather drowsy and dizzy. 17M: 01: 21

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. 17M: 11: 15: XX

My eyes have been very watery. It is not intense but every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F: 01: XX: XX

STOMACH PAIN

19h00-Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. The cramps are bad only on the left side and more towards the kidneys. Been drinking lots of water since it start of it. Also feeling rather drowsy, dizzy and tired. 17M:02:XX: XX

VISION LOSS OF VISION

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

I have a headache like someone is pounding drums it is on the sides of my head. Sleeping is making it feel better. Again today I had a blackout, my sister said that it might be because I don't enough iron I shouldn't skip a meal and that is what has been causing me to have blackouts and breath heavily but its unusual because I'm eating meals more regularly now. 12F:05:XX:XX

13:03 had a blackout and feeling dizzy. 12F:11:13:03

I've been getting dizzy recently, had a blackout today. 12F:37:XX:XX

DRIVING

Was quite dizzy driving tonight which was slightly alarming. Couldn't quite focus on the driving as well as I should have. 11F:22:XX:XX

I use to sit in the backseat of a car because of motion sickness, now I love the adrenaline rush, I want to sit in the front and feel the speed. 24F:XX:XX:XX (CS)

EATING AMEL

At approximately 7pm I suddenly felt extremely weak as if I was about to pass out. I hadn't had all too much to eat and had a cup of very strong punch which I think just lowered my blood sugar levels. Sat down for about 15 minutes and had 2 small slices of baguette bread and felt much better. 11F:29:XX:XX

HUNGRY, DURING

I wake up very thirsty but a bit light headed as I was hungry. I was hungry I ate and started doing my assignment, I skipped class and again I went to the library later to continue. 27F:08: XX

LOOKING DOWN FROM

Head – headache only on coughing, feel light headed on looking down/ changing position of head 21F:25: XX

ROOM SPINNING

Slept well last night. However when I got out of bed I was feeling a bit dizzy, wasn't severe but was sufficient enough to make me feel uncomfortable. The dizzy feeling lasted till about 12pm or so for around 3 hours. Just felt like the room was spinning and I didn't feel like I was swaying whilst walking or standing. 11F:35:XX:XX

Dizziness at random, feels like the room is spinning around me. 11F:44:XX:XX

4.3.3. HEAD

ERUPTIONS

Rash eruption on my head, feels slightly uncomfortable. Makes my head feel itchy. Head gets more itchy after a hot shower or being exposed in the sun. 05M:04:XX:XX

FOREHEAD

My face has a rash, more prominent in between the eyes. It irritates me and it make me feel quite conscious about myself. 27F: 14: XX: XX

HEATED

Head temperature felt increased during the day especially when the burning sensation in the eyes felt intensified. 29F: 01: XX: XX

HEAVINESS

Sleep- had an afternoon nap, upon waking up my head felt heavy and eye also upon opening them and it was better if I squint eye. 27F:12:XX:XX

PAIN

Had a very bad headache for the first time in years (used to suffer regularly from headaches).
06F:06:XX:XX

Really cold in Drakensburg today. Seems to be causing a headache and throat ache.
06F:14:XX:XX

I have a headache, it's affecting the eyes, I can't see clearly. 13F:01:XX:XX

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

Pm- excruciating headache 16F: 20: XX

Still have a massive headache 17M:28:22:00

Have a terrible headache, just got home from training, training was good, was made to sign a new contract because 'your old one can't be found on the system". 17M: 03: XX: XX

MORNING,

Took my first powder at 8:10 this morning. Experienced a sharp pain for approximately 10 seconds in the region of my left temple at 9:50. 11F:00:00:00

O! had a headache in posterior cervical triangle (occipital) on the hollow was their (there) throughout the day, < morning and sitting in front of the computer, < eating
22F: 13: XX: XX

06h00a pounding headache, just felt like taking my head off and leaving it aside for a while, worst feeling to get up to one 17M:06:06:XX

WAKING ON

Woke up with a headache – left temple down to occipital area.
04F:14:19:XX:XX

Had a headache upon waking up -. The headache was noticeable from 8am.
11F:06:08:00

Woke up with a faint headache. Been taking it easy this morning so as to not aggravate it. 11F:40:XX:XX

Had a headache on waking up. Band like in nature, from my eyes to the base of my neck on the right hand side. Got better 3 hours later. 11F:04:XX:XX

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my ear. 11F:37:XX:XX

NOON

12:00 have a small headache at the sides of my head. 12F:11:12:00

Slight headache at midday – could be as a result of rushing around and not eating. Had lots of water which helped. Headache: sharp on sides of head (temples) (bilateral). 07F:01:XX:XX

AFTERNOON

A headache came up at the middle of the afternoon. 15M:15:XX:XX

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M: 00: 14: 35

Day at work- towards afternoon had a headache drank (cold) water alleviated it. 16F: 05: XX

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache.. 17M: 11: 15: XX

EVENING

18: 30- Headache- vertex- throughout spine, just feel weak, went to do work, had H/A worse throughout the evening. 22F: 20: 18:30

NIGHT

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30am. Nausea didn't abate though. 11F:39:XX:XX

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F: 08: XX: XX

21: 00 went to bed- occipital H/A22F: 20: 21:00

FRONTAL

Frontal headache, dull pain. Feels like I didn't get enough sleep. 01F:02:XX:XX

Discomfort right between the eyebrows – felt like there was a pressure in the area. 04F:08:XX:XX

While studying I got a headache on my frontal bone with pain in my eyes. 09F:52:XX:XX

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

My eyes have been very watery. It is not intense but every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F: 01: XX: XX

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy ,T- generally 5 minute , after I take the powder,S- it is shooting in the centre on my forehead 24:00:16:03

Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M: 11: 15: 00

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot19F: XX: XX: XX

Head- pain on front of head, shooting pain, feel like banging my head against the wall. 24F: 00: XX: XX

FORHEAD, LEFT

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

Started getting a headache at 11:30 was a very dull headache concentrated on the right side of my temple extending towards my parietal lobe. Progressed. Had a sleep

and it was still there after waking up at 15:50. Subsided somewhat but by 9:30pm it had shifted to the left side of my forehead. Went to bed early (10:45) hoping it would relieve the pain. 11F:25:XX:XX

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M: 00: 14: 35

Headache: FRONT LEFT TEMPORAL , DULL PAIN 26M: 02:XX : XX

OCCIPUT

O! had a headache in posterior cervical triangle (occipital) on the hollow was their (there) throughout the day,< morning and sitting in front of the computer, < eating 22F: 13: XX: XX

head – heavy, C- insomnia, increase in heart palpations (hear racing),L- occipital,A - lack of sleep(insomnia),M- > lack if sleep , < sleep,5,T- 02:51,S- Heavy, bearing down sensation. 21F: 11:2:51

21: 00 went to bed- occipital headache. 22F: 20: 21:00

Headache- occipital , painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F: XX: XX: XX

LEFT

Woke up with a H/A – left temple down to occipital area. 04F:19:XX:XX

SIDES

Slight headache at midday – could be as a result of rushing around and not eating. Had lots of water which helped. Headache: sharp on sides of head (temples) (bilateral). 07F:01:XX:XX

I have a headache like someone is ponding drums it is on the sides of my head. Sleeping is making it feel better. Again today I had a blackout, my sister said that it might be because I don't enough iron I shouldn't skip a meal and that is what has been causing me to have blackouts and breath heavily but its unusual because I'm eating meals more regularly now. 12F:05:XX:XX

Headache at the sides of my head, not too bad, felt better once I went to sleep. 12F:13:XX:XX

Had a headache, on the sides of my head. Got better when I went to sleep. 12F:19:XX:XX

RIGHT

Had a headache on waking up. Band like in nature, from my eyes to the base of my neck on the right hand side. Got better 3 hours later. 11F:04:XX:XX

Started getting a headache at 11:30 was a very dull headache concentrated on the right side of my temple extending towards my parietal lobe.

Progressed. Had a sleep and it was still there after waking up at 15:50. Subsided somewhat but by 9:30pm it had shifted to the left side of my forehead. Went to bed early (10:45) hoping it would relieve the pain. 11F:25:XX:XX

Right side of my head started hurting at about 10pm. 11F:36:XX:XX

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my

ear. Deep. Pulsating ache. Worse with movement. Headache went away at around 12. 11F:37:XX:XX

LEFT

Head pain on the left side – lasted for about 15 minutes – not too intense (throbbing). 10F:02:XX:XX

Had a headache upon waking up -. The headache was noticeable from 8am. Found on the left side of my head - more behind my eye and then going to the back of my head. Didn't extend past my ear. Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

Still had my headache which has remained on the left side of my head. Sometimes extends to the parietal lobe but it's mainly above my left eye now. Has been making studying difficult. 11F:26:XX:XX

TEMPLES

Headache on the temples – stabbing pain – lasted 2 days. Better when I drink water. Worse for heat. 13F:09:XX:XX

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F: 08: XX: XX

Headache-temporal region, dull-sharp aching because of learning 26M: 18:15: 41

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F: XX: XX: XX

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot. 19F: XX: XX: XX

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F: 08: XX: XX

Temporal headache- agg hunger 24F: XX: XX: XX

Had a fairly bad headache. This occasionally happens while walking up to DHS (Durban high school) particularly on hot days, like today, however this headache lasted an hour where they normally are gone within minutes of stopping. It was a throbbing sensation over my temples that didn't stop when I cooled down or drank water. When I got to DHS I put my head down and it eventually subsided. I very seldom experience headaches so this was unusual. 28M: 17: XX: XX

Headache- temporal region, moving to the centre alternating to the centre to the temporal, hammering pain as if someone was hitting me ,better lying down, worse noise, 23F: XX: XX: XX

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the centre. 23F: 05: XX: XX

RIGHT

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain 26M: 9: 14:27

I had a right sided headache which radiated to the left side on the supra-orbitally, at first it was all my right temporal temples. Felt like I am press my head against something but it quickly went away. 27F: 00:14: 45

Headache- pounding , punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

LEFT

Woke up with a H/A – left temple down to occipital area. 04F:14:19:XX:XX

Slight headache on the temple- left hand side. 10F:07:XX:XX

Took my first powder at 8:10 this morning. Experienced a sharp pain for approximately 10 seconds in the region of my left temple at 9:50.
11F:00:00:00

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M: 00: 14: 35

Headache: FRONT LEFT TEMPORAL, DULL PAIN 26M: 02:XX : XX

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M: 06:10:45

I had a right sided headache which radiated to the left side on the supra-orbitally, at first it was all my right temporal temples. Felt like I am press my head against something but it quickly went away. 27F: 00:14: 45

VERTEX

18: 30- Headache- vertex- throughout spine, just feel weak, went to do work, had H/A worse throughout the evening. 22F: 20: 18:30

Head; I have a horrible headache, It feels like someone is pounding my head with a hammer. The pain is from my center moving towards my temple. 23F: 02: XX: XX

Headache- temporal region, moving to the center alternating to the center to the temporal, hammering pain as if someone was hitting me ,better lying down, worse noise, 23F: XX: XX: XX

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the center. 23F: 05: XX: XX

ACHING

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M: 06:10:45

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the centre. 23F: 05: XX: XX

BAND LIKE

Had a headache on waking up. Band like in nature, from my eyes to the base of my neck on the right hand side. Got better 3 hours later. 11F:04:XX:XX

Head: feels as if I'm wearing a head band but I'm not. I'm constantly touching my head 21F: 09: XX: XX

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M: 00: 14: 35

BEARING DOWN SENSATION

Head – heavy, C- insomnia, increase in heart palpations (hear racing),L- occipital, A - lack of sleep(insomnia),M- > lack if sleep , < sleep,5,T- 02:51,S- Heavy, bearing down sensation. 21F: 11:2:51

BUSTING/ EXPLODING

Pain during studying, dull pain, tight band (midday), feel like the head would explode. 26F: XX: XX: XX

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

DULL PAIN

Frontal headache, dull pain. Feels like I didn't get enough sleep. 01F:02:XX:XX

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

Started getting a headache at 11:30 was a very dull headache concentrated on the right side of my temple extending towards my parietal lobe. Progressed. Had a sleep and it was still there after waking up at 15:50. Subsided somewhat but by 9:30pm it had shifted to the left side of my forehead. Went to bed early (10:45) hoping it would relieve the pain. 11F:25:XX:XX

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain 26M: 9: 14:27

Headache-temporal region, dull-sharp aching because of learning 26M: 18:15: 41

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M: 00: 14: 35

Headache: FRONT LEFT TEMPORAL , DULL PAIN 26M: 02:XX : XX

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M: 06:10:45

Pain during studying, dull pain, tight band (midday), feel like the head would explode. 26F: XX: XX: XX

HAMMERING

Headache- temporal region, moving to the centre alternating to the centre to the temporal, hammering pain as if someone was hitting me ,better lying down, worse noise, 23F: XX: XX: XX

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M: 11: 15: XX.

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M: 12: 15: XX.

I actually have a headache which is rather bad, feel like someone is beating drums in my head right now. 17M: 11: XX: XX

Head; I have a horrible headache, It feels like someone is pounding my head with a hammer. The pain is from my centre moving towards my temple. It feels better when I cover my head with my blanket and warm 23F: 02: XX: XX

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F: 08: XX: XX

Head has a terrible pounding, like a hammer nailing a few nails into my head. Feel like putting my head in the freezer after clapping it off, btw, this head pains like this when I never even drink last night, I just work in opposite ways. Mood is still there about, not sure how to feel, people make it worse. They ask too many questions, I don't like questions. Anyway, got work to look forward too, yeah more like interaction with people I don't like really give a f*** about. I just like to go for a holiday, to a remote destination, with enough to eat, drink and something to watch, oh and did I mention alone. 17M: 26: 07: XX

HEAVINESS

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F: XX: XX: XX

Head – heavy, C- insomnia, increase in heart palpitations (hear racing),L- occipital,A - lack of sleep(insomnia),M- > lack if sleep , < sleep,5,T- 02:51,S- Heavy, bearing down sensation. 21F: 11:2:51

POUNDING

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

Headache- pounding , punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M: 11: 15: XX.

06h00a pounding headache, just felt like taking my head off and leaving it aside for a while, worst feeling to get up to one 17M:06:06:XX

Head has a terrible pounding, like a hammer nailing a few nails into my head. Feel like putting my head in the freezer after clapping it off, btw, this head pains like this when I never even drink last night, I just work in opposite ways. 17M: 26: 07: XX

Head; I have a horrible headache, It feels like someone is pounding my head with a hammer. The pain is from my centre moving towards my temple. It feels better when I cover my head with my blanket and warm 23F: 02: XX: XX

PRESSURE

Discomfort right between the eyebrows – felt like there was a pressure in the area. 04F:08:XX:XX

PULLING

I have a headache. Feels better when I look down. Pulling sensation. May be because I started sneezing a lot suddenly. 09F:00:XX:XX

PULSATING

Had a headache upon waking up -. The headache was noticeable from 8am. Found on the left side of my head - more behind my eye and then going to the back of my head. Didn't extend past my ear.

Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my ear. Deep. Pulsating ache. 11F:37:XX:XX

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

13:02 have a headache feels like someone is beating drums and if I put my head down it gets worse and if I also sleep. 12F:02:13:02

I have a headache like someone is pounding drums it is on the sides of my head. Sleeping is making it feel better. 12F:05:XX:XX

My eyes have been very watery. It is not intense but very uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F: 01: XX: XX

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot. 19F: XX: XX: XX

PUNCHING

21h00, have a terrible headache right now, like someone is continuously punching me on my head. 17M: 01: 21:XX:XX

Headache- pounding , punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

SHARP

Took my first powder at 8:10 this morning. Experienced a sharp pain for approximately 10 seconds in the region of my left temple at 9:50. 11F:00:00:00

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain 26M: 9: 14:27

Headache-temporal region, dull-sharp aching because of learning 26M: 18:15: 41

SHOOTING

Head- pain on front of head, shooting pain, feel like banging my head against the wall. 24F: 00: XX: XX

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain 26M: 9: 14:27

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy ,T- generally 5 minute , after I take the powder,S- it is shooting in the centre on my forehead 24:00:16:03

SORE

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F: 08: XX: XX

STABBING

Headache on the temples – stabbing pain – lasted 2 days. Better when I drink water. Worse for heat. 13F:09:XX:XX

STITCHING PAIN

Headache- local occipital , painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F: XX: XX: XX

THROBBING

Head pain on the left side – lasted for about 15 minutes – not too intense (throbbing). 10F:02:XX:XX

Headache: Location; front left temporal region, Intensity: severe throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M: 00: 14: 35

Had a fairly bad headache. This occasionally happens while walking up to DHS (Durban high school) particularly on hot days, like today, however this headache lasted an hour where they normally are gone within minutes of stopping. It was a throbbing sensation over my temples that didn't stop when I cooled down or drank water. When I got to DHS I put my head down and it eventually subsided. I very seldom experience headaches so this was unusual. 28M: 17: XX: XX

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M: 11: 15: XX.

ACCOMPANIED BY

BLURRED VISION

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. I feel like someone is hitting me with a pan

on my head, feel like a metal sound which is really loud and annoying. Also my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying, my eyes feels like it is popping out through my face. 17M: 13:15: XX

PALPITATIONS

head – heavy, C- insomnia, increase in heart palpations (hear racing),L- occipital,A - lack of sleep(insomnia),M- > lack if sleep , < sleep,5,T- 02:51,S- Heavy, bearing down sensation. 21F: 11:2:51

ALCOHOL AFTER

On the other hand had a hectic headache, that could have been a hangover, might have had too much to drink last night. 17M: 23:8: XX

ANXIETY AGG

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the centre. 23F: 05: XX: XX

Headache- local occipital , painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F: XX: XX: XX

BATHING, HEAT, AMEL

Had a hot shower helped with headache. 16F :00:XX:XX

CONSTANT

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M: 12: 22: XX.

COUGH DURING

Head – headache only on coughing, feel light headed on looking down/ changing position of head21F: 25: XX: XX

Head- headache on cough 21F: 29: XX: XX

COVERING AMEL

My eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after 1 stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. Sensation- my eyes felt itching and feels like a distant burning irritation. Intensity – it has not been very intense, it's just uncomfortable but very serious. Time – it only started in the morning when I left the house. It has been consistent but just worse when I go out. 29F: 01: XX: XX

DECREASED

Decrease in the amount of headaches since taking the remedy. 04F:39:XX:XX

Less headaches since I started taking the remedy. 04F:40:XX:XX

No headaches, generally I suffer from headaches. 05M:01:XX:XX

DRINKING

COLD DRINKS AMEL

Headache- pounding , punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

Day at work- towards afternoon had a headache drank (cold) water alleviated it. 16F: 05: XX

WATER AMEL

Slight headache at midday – could be as a result of rushing around and not eating. Had lots of water which helped. Headache: sharp on sides of head (temples) (bilateral). 07F:01:XX:XX

Headache on the temples – stabbing pain – lasted 2 days. Better when I drink water. Worse for heat. 13F:09:XX:XX

DROWSINESS WITH

21h00 still a rather warm day, have a terrible headache right now, like someone is continuously punching me on my head. Avoiding any medication but feeling rather drowsy and dizzy. People seem to annoy me in my presence at the current moment, mind and temperament not at its best behaviour right now. Would love to get some sleep right now but seems highly impossible. So I'm just going to lie here and stay still hoping that at least the headache goes away or sleep arrives soon. Good night. 17M: 01: 21:XX:XX

EATING

AGG

O! had a headache in posterior cervical triangle (occipital) on the hollow was their (there) throughout the day,< morning and sitting in front of the computer, < eating 22F: 13: XX: XX

AMEL

Headache lasted for 10 mins, stop after I ate, disappeared around, 16:50- 16:55. 24F: 00: 16: 40

HEAT

AGG

Headache- pounding , punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

DURING

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M: 06:10:45

SENSATION OF

Have a slight headache; feels quite hot; increased perspiration. Headache is slightly relieved +- 30 min later. 01F:02:XX:XX

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot. 19F: XX: XX: XX

PERSPIRATION WITH

Have a slight headache; feels quite hot; increased perspiration. Headache is slightly relieved +- 30 min later. 01F:02:XX:XX

HUNGER

AGG

Temporal headache- agg hunger 24F: XX: XX: XX

FROM

Took the last one at 20:15. I'm tired and just want to go to sleep. I have a headache at 20:30 but it's not too bad, I think it's caused because I'm so hungry. 12F:01:XX:XX

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M: 06:10:45

INTERMITTENT

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M: 12: 15: XX.

IRRATABILITY WITH

21h00 still a rather warm day, have a terrible headache right now, like someone is continuously punching me on my head. Avoiding any medication but feeling rather drowsy and dizzy. People seem to annoy me in my presence at the current moment, mind and temperament not at its best behaviour right now. Would love to get some sleep right now but seems highly impossible. So I'm just going to lie here and stay still hoping that at least the headache goes away or sleep arrives soon. Good night. 17M: 01: 21:XX:XX

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. I feel like someone is hitting me with a pan on my head, feel like a metal sound which is really loud and annoying. Also my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying, my eyes feels like it is popping out through my face. 17M: 13:15: XX

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

LACK OF SLEEP, FROM

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain 26M: 9: 14:27

head – heavy, C- insomnia, increase in heart palpitations (hear racing), L- occipital, A - lack of sleep (insomnia), M- > lack of sleep, < sleep, 5, T- 02:51, S- Heavy, bearing down sensation. 21F: 11:2:51

LACHRYMATION WITH

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

My eyes have been very watery. It is not intense but every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F: 01: XX: XX

LIGHT AGG, ARTIFICIAL LIGHT

O! had a headache in posterior cervical triangle (occipital) on the hollow was their (there) throughout the day, < morning and sitting in front of the computer, < eating 22F: 13: XX: XX

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. I feel like someone is hitting me with a pan on my head, feel like a metal sound which is really loud and annoying. Also my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying, my eyes feels like it is popping out through my face. 17M: 13:15: XX

O! had a headache in posterior cervical triangle (occipital) on the hollow was their (there) throughout the day, < morning and sitting in front of the computer, < eating 22F: 13: XX: XX

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F: XX: XX: XX

LIGHT HEADEDNESS WITH

Head – headache only on coughing, feel light headed on looking down/ changing position of head 21F: 25: XX: XX

LYING AGG

Head pain Head, lightness, sensation of vertigo, looking, downwards. 21F:25: XX: XX

AGG

13:02 have a headache feels like someone is beating drums and if I put my head down it gets worse and if I also sleep. 12F:02:13:02

AMEL

Headache relieved by massage, closing eyes & lying down. 04F:19:XX:XX

Headache- temporal region, moving to the centre alternating to the centre to the temporal, hammering pain as if someone was hitting me, better lying down, worse noise, 23F: XX: XX: XX

Headache- pounding, punching, mostly right side, the temporal region, like someone is hitting me, the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp, being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

MESSAGE AMEL

Headache relieved by massage, closing eyes & lying down. 04F:19:XX:XX

MOTION

AGG

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my ear. Deep. Pulsating ache. Worse with movement. Headache went away at around 12. 11F:37:XX:XX

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

EYE MOVEMENT AGG

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

AMEL

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M: 11: 15: XX.

LOOKING DOWN AMEL

I have a headache. Feels better when I look down. Pulling sensation. May be because I started sneezing a lot suddenly. 09F:00:XX:XX

NAUSEA WITH

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

Had a headache upon waking up -. The headache was noticeable from 8am. Found on the left side of my head - more behind my eye and then going to the back of my head. Didn't extend past my ear. Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

NOISE AGG

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

Headache- temporal region, moving to the centre alternating to the centre to the temporal, hammering pain as if someone was hitting me ,better lying down, worse noise, 23F: XX: XX: XX

PHOTOPHOBIA

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

Headache-6, light sensitivity. 16F:00: XX: XX

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy ,T- generally 5 minute, after I take the powder,S- it is shooting in the center on my forehead 24:00:16:03

REST AMEL

Headache- local occipital , painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F: XX: XX: XX

SALT AMEL

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

SILENCE AMEL

Headache- pounding , punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

SLEEP

AFTER AGG

13:02 have a headache feels like someone is beating drums and if I put my head down it gets worse and if I also sleep. 12F:02:13:02

AMEL

Had a headache upon waking up -. The headache was noticeable from 8am. Found on the left side of my head - more behind my eye and then going to the back of my head. Didn't extend past my ear. Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

Noticed that napping reduces the occurrence of headaches. 11F:18:XX:XX

My headache is no longer there once I woke up, which is very exciting. 11F:27:XX:XX

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

I have a headache like someone is pounding drums it is on the sides of my head. Sleeping is making it feel better. 12F:05:XX:XX

Headache at the sides of my head, not too bad, felt better once I went to sleep. 12F:13:XX:XX

Had a headache, on the sides of my head. Got better when I went to sleep. 12F:19:XX:XX

Had a small headache but once I went to sleep it was gone. 12F:24:XX:XX

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

My eyes have been very watery. It is not intense but every uncomfortable. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after I stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. 29F: 01: XX: XX

SLEEPINESS WITH

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy ,T- generally 5 minute , after I take the powder,S- it is shooting in the centre on my forehead 24:00:16:03

SLEEPLESSNESS WITH

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M: 12: 15: XX.

SNEEZING FROM

I have a headache. Feels better when I look down. Pulling sensation. May be because I started sneezing a lot suddenly. 09F:00:XX:XX

Sinuses has gone out of its way to annoy me for about, how thoughtful of you! I seem to have a very runny nose and I can't stop sneezing this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M: 00:XX: XX

STUDYING FROM

While studying I got a headache on my frontal bone with pain in my eyes. 09F:52:XX:XX

Headache-temporal region, dull-sharp aching because of learning 26M: 18:15: 41

Pain during studying, dull pain, tight band (midday), feel like the head would explode. 26F: XX: XX: XX

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F: XX: XX: XX

SUN EXPOSURE AGG

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

TOUCH

AGG

Headache- local occipital , painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F: XX: XX: XX

DESIRE

Head: feels as if I'm wearing a head band but I'm not. I'm constantly touching my head 21F: 09: XX: XX

VERTIGO

AFTER

Slight dizziness before getting a headache. 11F:43:XX:XX

WITH

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. 17M: 11: 15: XX.

21h00 still a rather warm day, have a terrible headache right now, like someone is continuously punching me on my head. Avoiding any medication but feeling rather drowsy and dizzy. 17M: 01: 21:XX:XX

Head pain Head, lightness, sensation of vertigo, looking, downwards. 21F:25: XX: XX

My eyes have been very watery. It is not intense but very uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F: 01: XX: XX

WEAKNESS

DURING

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F: XX: XX: XX

WITH

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is

hitting my head with a hammer, feeling very weak and lifeless. 17M: 11: 15: XX.

WIND AGG

Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Aetiology- it started immediately after 1 stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. 29F: 01: XX: XX

TOUCH DESIRE

Been a good day thus far, haircut feels great, well more the fact of having my hair washed by someone else feels so comforting. Off to apply for some jobs after a cut of tea. Hopefully of watching a good movie today. 17M: 02:11: 00

Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). 17M: 14: XX: XX

HAIR

FALLING

Been "molting" losing a lot of hair recently, seems excessive. 11F:17:XX:XX

GREASY

Hair gets oily and greasier much faster. 24F: XX: XX: XX

GROWTH

Hair- my hair grew longer, nails grew longer and faster, I had to cut my nails weekly, feels fuller. 27F: XX: XX: XX

4.3.4. EYES

CLOSE EYES, DESIRE

Desire to sleep, + close eyes. 07F:01:XX:XX

DISCHARGE

Eyes -burning (afternoon 1pm), C-cough, L-eyes,A-x ,M>closing eyes, sleeping, I-5,T-1pm,S-burning, lacrymation 21F:30 : 13: 00

Eyes: my eyes are watery and red. It is burning and poking abit. I just feel like I want to close it coz that is when it feels better. 23F:06: XX: XX

Teary eyes in open or outdoors from cool room to warm room, teary both sides, clear tears, then it would burn, when I walked into the shop I was told that my eye was red. 27F: XX: XX: XX

CLEAR

My eyes are red and watery both sides. The liquid is clear. 23F:08: XX: XX

Sneezing continuously ears blocked and eyes burning bilateral> > gurgling motion.
Discharge is clear like water (a lot). 26F: XX: XX: XX

Teary eyes in open or outdoors from cool room to warm room, teary both sides, clear tears, then it would burn, when I walked into the shop I was told that my eye was red.
27F: XX: XX: XX

CLOSING EYES AMEL

Eyes and vision- my eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after 1 stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. Sensation- my eyes felt itching and feels like a distant burning irritation. Intensity – it has not been very intense, it's just uncomfortable but very serious. Time – it only started in the morning when I left the house. It has been consistent but just worse when I go out. 29F: 01: XX: XX

DISCOLOURATION RED

Noticed this evening that my eyes are quite red. They have also been feeling very dry and heavy. 11F:31:XX:XX

My eyes are red, I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

Woke up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and I only felt like rubbing it which caused it to irritate me much more 17M: 33:08:0

My eye and head is paining, my left eye pains and burns everytime I blink. It is still red and think this is causing my head to pain as well. Got a severe headache again like someone is continuously banging my head on a wall. 17M:34:22:00

Eyes: my eyes are red and watery. 23F:04: XX: XX

Eyes: my eyes are watery and red. It is burning and poking a bit. I just feel like I want to close it coz that is when it feels better. 23F:06: XX: XX

12:00 eyes; burning and watery. My eyes are red and itchy. 23F:06: 12: 00

Eyes: are red and watery. It is burning a bit. 23F:06: XX: XX

Eyes- eyes are watery and red they feel heavy and tired, I feels better when I close them.
23F:07: XX: XX

My eyes are red and watery both sides. The liquid is clear. 23F:08: XX: XX

Teary eyes in open or outdoors from cool room to warm room, teary both sides, clear tears, then it would burn, when I walked into the shop I was told that my eye was red. 27F: XX: XX: XX

Eyes- my eyes were blood shot but no pain or anything, just be because I did. Was not get (getting) enough sleep. 27F: 00: XX: XX

DROOPY

Droopy eyes. 03F:10:XX:XX

DRYNESS

They're drying out too quickly. Are also feeling very heavy. 11F:01:XX:XX

My eyes have been quite uncomfortable this am. I would describe it as a burning sensation – almost like they're drying out too quickly. Are also feeling very heavy. 11F:01:XX:XX

Noticed this evening that my eyes are quite red. They have also been feeling very dry and heavy. 11F:31:XX:XX

Eyes felt funny like gunk inside nothing came out though feels worse for wind becomes dry and itchy in the wind. 11F:42:XX:XX

WAKING ON

Waking in the morning with dry eyes and a very dry tongue. 05M:02:XX:XX

WIND AGG

Eyes felt funny like gunk inside nothing came out though feels worse for wind becomes dry and itchy in the wind. 11F:42:XX:XX

ERUPTION

ITCHY

Skin-I got a rash, it has not improved it sometimes gets itchy but not intensely. It feels rough on touch. Skin- rash- around the orbits of my eyes- tiny (pinhead) when I look in the mirror, it looks like dark eruptions 27F: 00: XX

FUZZY

My eyes also felt a bit fuzzy but they weren't blurry. 11F:14:XX:XX

HEAVY

My eyes feel heavy and im getting sleepy during the day. 05M:04:XX:XX

My eyes have been quite uncomfortable this am. I would describe it as a burning sensation – almost like they're drying out too quickly. Are also feeling very heavy. 11F:01:XX:XX

At 22:00 started getting heavy eyes. Just wanted to fall asleep on the spot. 11F:21:22:00

Noticed this evening that my eyes are quite red. They have also been feeling very dry and heavy. 11F:31:XX:XX

Eyes- eyes are watery and red they feel heavy and tired, I feels better when I close them. 23F:07: XX: XX

Sleep- had an afternoon nap, upon waking up my head felt heavy and eye also upon opening them and it was better if I squint eye. 27F:13: XX

My eyes have still been quite watery like yesterday, there hasn't been a great change. They still feel heavy and I feel sleepy and just want to close them all the time. The headache that was occurring with the eye problem had completely disappeared by morning evening the temperature dropped down to normal. 29F: 02: XX: XX

CLOSING AMEL

Eyes- eyes are watery and red they feel heavy and tired, I feels better when I close them. 23F:07: XX: XX

My eyes have still been quite watery like yesterday, there hasn't been a great change. They still feel heavy and I feel sleepy and just want to close them all the time. The headache that was occurring with the eye problem had completely disappeared by morning evening the temperature dropped down to normal. 29F: 02: XX: XX

IRRITATION MORNING

Eyes and vision- my eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after I stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. Sensation- my eyes felt itching and feels like a distant burning irritation. Intensity – it has not been very intense, it's just uncomfortable but very serious. Time – it only started in the morning when I left the house. It has been consistent but just worse when I go out. 29F: 01: XX: XX

ITCHING

Eyes felt funny like gunk inside nothing came out though feels worse for wind becomes dry and itchy in the wind. 11F:42:XX:XX

My eyes are red, I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

Eyes: my eyes are red and itchy. It is also very watery. 23F: 03: XX: XX

12:00 eyes; BURNING and watery. My eyes are red and itchy. 23F:06: 12: 00

My eyes were a bit itchy, the itchiness was coming from my inner ear and up to my throat as well. It felt as though I was about to catch a cold but my nose was clear and I couldn't figure out what might have caused it. It was just itching and got worse as the day went by but it disappeared by the evening when I was going to bed. 27F: 07: XX: XX

OPEN AIR IN

Sensation- my eyes felt itching and feels like a distant burning irritation. It has been consistent but just worse when I go out. 29F: 01: XX: XX

LIGHT SENSITIVE

Eyes very sensitive to light better in the dark, Had a glass of sweet cranberry juice –it helped 16F: 20: XX 16F: 20: XX eyes

ARTIFICIAL LIGHT, AGG

Eye- last night eyes were sensitive. 16F: 01: XX Too much pc? eyes, light; from, artificial light, agg

I have a very blurry vision, everything in front of me seems white, the light is very bright white and it comes and goes for the past few minutes. I can't look at the tv or computer screen without my vision being blurred. 17M: 00:10

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. Also my eyesight is blur looking into any light, especially the TV or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying, my eyes feels like it is popping out through my face. 17M: 13:15: XX

OPENING LIDS, DIFFICULT, SNEEZING; AFTER

Had a terrible sinus just now again, was it programmed to start again when the research is about to concluded. Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. Wake up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and I only felt like rubbing it which caused it to irritate me much more 17M: 33:08:0

PAIN

BURNING

Eyes watering bilaterally & slight burning of eyes. This lasted for up to +/- 2 hours. I lay down for a nap (about half an hour) where after I woke up & the symptoms were gone. 04F:08:XX:XX

My eyes are actually burning and started to pop out, even failing to write this down right now. 17M: 11: XX: XX

Had a terrible sinus just now again, was it programmed to start again when the research is about to concluded. Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. Wake up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and I only felt like rubbing it which caused it to irritate me much more 17M: 33:08:00

My eyes are burning and my head is really painning. 17M: 33:22:00

My eyes are burning and my head is really painning. I feel like someone is holding me and continuously handing my head on the wall. Then threw up twice before not sure why. I feel so angry and weak but yet I am feeling like I can't consume anything properly. Probably ate too much over the last few days anyway. 17M: 33:22:00

My eye and head is painning, my left eye pains and burns every time I blink. It is still red and think this is causing my head to pain as well. Got a severe headache again like someone is continuously banging my head on a wall. 17M:34:22:00

Eyes- burning, can't keep them open. 21F: 14: XX: XX

Eyes -burning (afternoon 1pm), C-cough, L-eyes, A-x ,M>closing eyes, sleeping, I-5,T-1pm,S-burning, lachrymation 21F:30 : 13: 00

My eyes have been quite uncomfortable this am. I would describe it as a burning sensation – almost like Eyes: my eyes are watery and red. It is burning and poking abit. I just feel like I want to close it coz that is when it feels better. 23F:06: XX: XX

Eyes: my eyes are watery and red. It is burning and poking abit. I just feel like I want to close it coz that is when it feels better. 23F:06: XX: XX

Eyes: are red and watery. It is burning a bit. 23F:06: XX: XX

Eyes burning. 26M: 04:20:17

Sneezing continuously ears blocked and eyes burning bilateral> > gurgling motion. Discharge is clear like water (a lot). 26F: XX: XX: XX

Teary eyes in open or outdoors from cool room to warm room, teary both sides, clear tears, then it would burn, when I walked into the shop I was told that my eye was red. 27F: XX: XX: XX

LEFT

Still my left eye continues to burn and sinus is back in season. 17M: 34:06:00

My eye and head is paining, my left eye pains and burns everytime I blink. It is still red and think this is causing my head to pain as well. Got a severe headache again like someone is continuously banging my head on a wall.17M:34:22:00

ACCOMPANIED BY COUGH

Eyes -burning (afternoon 1pm), C-cough, L-eyes,A-x ,M>closing eyes, sleeping, I-5,T-1pm,S-burning, lacrymation 21F:30 : 13: 00

SLEEP, AMEL

Eyes watering bilaterally & slight burning of eyes. This lasted for up to +/- 2 hours. I lay down for a nap (about half an hour) where after I woke up & the symptoms were gone. 04F:08:XX:XX

POKING

Eyes: my eyes are watery and red. It is burning and poking abit. I just feel like I want to close it coz that is when it feels better. 23F:06: XX: XX

SORE

Sore eyeballs. 01F:39:XX:XX

SLEEPLESSNESS AGG

Eyes painful without sleep. 01F:39:XX:XX

Eyes -burning (afternoon 1pm), C-cough, L-eyes, A-x ,M>closing eyes, sleeping, I-5,T-1pm,S-burning, lachrymation 21F:30 : 13: 00

PHOTOPHOBIA

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

PHOTOPHOBIA DECREASED

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

PROTRUSION

My eyes are actually burning and started to pop out, even failing to write this down right now. Eye, protrusion, vomiting after ns 17M: 11: XX: XX

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

PUFFY

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

SHOWERING AMEL

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

RUBBING

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

My eyes are red, I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

TWITCHING

My left lower eyelid twitched about 5 times around 4pm too. And then again for 20 minutes from 10pm. 11F:13:XX:XX

RIGHT

16:30 – right eyelid twitched for about 30 seconds. 11F:18:16:30

WATERY

Eyes watering bilaterally & slight burning of eyes. This lasted for up to +/- 2 hours. I lay down for a nap (about half an hour) where after I woke up & the symptoms were gone. 04F:08:XX:XX

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye.
04F:19:XX:XX

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

Eyes: my eyes are red and itchy. It is also very watery. 23F: 03: XX: XX

Eyes: my eyes are red and watery. 23F:04: XX: XX

Eyes: my eyes are watery and red. It is burning and poking abit. I just feel like I want to close it coz that is when it feels better. 23F:06: XX: XX

12:00 eyes; BURNING and watery. My eyes are red and itchy. 23F:06: 12: 00

Eyes: are red and watery. It is burning abit. 23F:06: XX: XX

Eyes- eyes are watery and red they feel heavy and tired, I feels better when I close them.
23F:07: XX: XX

My eyes are red and watery both sides. The liquid is clear. 23F:08: XX: XX

Sneezing continuously, mucus , clear watery, eyes leaking (discharge) and itching of the back of my throat 26M: 04:12:10

After taking the remedy in the morning I went out to the supermarket and it was quite windy outside. My eyes just became watery and despite wearing my glasses I had to squint a little to see properly and to avoid air coming into my eyes. The same happened when I took the powder in the afternoon and had to go out to collect my niece from pre-school. 29F: 00: XX: XX

My eyes have still been quite watery like yesterday, there hasn't been a great change. They still feel heavy and I feel sleepy and just want to close the all the time. The headache that was occurring with the eye problem had completely disappeared by morning evening the temperature dropped down to normal. 29F: 02: XX: XX

My eyes have been feeling way much better. They are still slightly watery but it has tremendously gone down. I am stilling quite sleep, even after an hour of waking up, I just feel like going back to bed. 29F: 03: XX: XX

MORNING

Eyes and vision- my eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after 1 stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. Sensation- my eyes felt itching and feels like a distant burning irritation. Intensity – it has not been very intense, it's just uncomfortable but very serious. Time – it only started in the morning when I left the house. It has been consistent but just worse when I go out. 29F: 01: XX: XX

I have noticed my eyes have become more watery for the last 2 days its worse in the morning and worse for wind. It's a thin clear, watery fluid. 15M:23:XX:XX

WIND AGG

I have noticed my eyes have become more watery for the last 2 days its worse in the morning and worse for wind. It's a thin clear, watery fluid. 15M:23:XX:XX

My eyes have been very watery. It is not intense but every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after I stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. Sensation- my eyes felt itching and feels like a distant burning irritation. Intensity – it has not been very intense, it's just uncomfortable but very serious. Time – it only started in the morning when I left the house. It has been consistent but just worse when I go out. 29F: 01: XX: XX

4.5. VISION

BLUR

Had a bout of blurred vision after rising from a seated position. 15M: 14: XX: XX

HEADACHE WITH

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. Also my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying, my eyes feels like it is popping out through my face. 17M: 13:15: XX

BLINKING AMEL

Blur vision- have to blink continuously to regain. 24F: XX: XX: XX

CLOSING EYES AMEL

10h00 I have a very blurry vision, everything in front of me seems white, the light is very bright white and it comes and goes for the past few minutes. I can't look at the tv or computer screen without my vision being blurred 17M: 00:10:00

HEAD PAIN AGG

I have a headache, it's affecting the eyes, I cant see clearly. 13F:01:XX:XX

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. I feel like someone is hitting me with a pan on my head, feel like a metal sound which is really loud and annoying. Also my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying, my eyes feels like it is popping out through my face. 17M: 13:15: XX

LIGHT AGG

Also my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying, my eyes feels like it is popping out through my face. 17M: 13:15: XX

I can't look at the tv or computer screen without my vision being blurred. 17M: 00:10:00

4.4.6. EARS

BLOCKED

Blocking in my ears. 10F:12: XX: XX

ACCOMPANIED BY SNEEZING

Sneezing continuously ears blocked and eyes burning bilateral > > gurgling motion.
Discharge is clear like water (a lot). 26F: XX: XX: XX

HEAT

Post auricular redness-4 on the left side at top- Post auricular of left ear, M-> Cold application, redness ,T 5pm,S- Heat sensation but ear felt cold21F: 05:17: XX:X

Ears, still feels like it is on fire, my left ear. Short time frame (5-10 mins). Only left ear. It was red when I inspected. Increase random times21F: 08: XX: XX

ITCHING

My eyes were abit itchy, the itchiness was coming from my inner ear and up to my throat as well. It felt as though I was about to catch a cold but my nose was clear and I couldn't figure out what might have caused it. It was just itching and got worse as the day went by but it disappeared by the evening when I was going to bed. 27F: 07: XX: XX

REDNESS

Post auricular redness-4 on the left side at top- Post auricular of left ear, M-> Cold application, redness ,T 5pm,S- Heat sensation but ear felt cold21F: 05:17: XX:XX

Ears, still feels like it is on fire, my left ear. Short time frame (5-10 mins). Only left ear. It was red when I inspected. Increase random times21F: 08: XX: XX

PAIN

HEADACHE FROM

Headache- local occipital , painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F: XX: XX: XX

BURNING PAIN

Ears, still feels like it is on fire, my left ear. Short time frame (5-10 mins). Only left ear. It was red when I inspected. Increase random times21F: 08: XX: XX

Left ear has a slight burning sensation with dull pain, worse for opening my mouth, feel like it is not inside also my left side of my throat feels like there is a pain (dull like spasm). 27F: 01: XX: XX

SHARP

My ears are blocked and my left side is paining abit. It has a sharp pain and it comes and goes. 23F: 08: XX: XX

4.3.7 NOSE

BURNING

Nose /sinuses- nose burning, running 21F: 20: XX: XX

Nose: my nose is blocked and I feel like I can't breathe properly. My nose is red and burns. 22F: 06: XX: XX

BLOWING NOSE, AFTER

Nose: my nose is burning due to blowing it a lot. It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F: 06: 19: 30

Mucus and nose: my nose paining now, because I have to blow it and it is red, I feel like I cannot breathe properly. All my flu symptoms started on Sunday morning at my auntys house. It was on a scale of 8. 23F: 06: XX: XX

My nose feels horrible, it is blocked. My nose is leaking, my mucus of watery and runny, it is clear in colour in, and it just drops like water. My nose is burning due to the wiping and blowing it. It feels better when I put hot water on my face. 23F: 07: 17: 00

CONGESTION

Nose congestion. 03F:22:15:00

I can't do anything because my nose is stuffed. My nose and cheeks are red!! OMG, it's the worst thing ever. Even worse because I have a test in a few days' time. 09F:47:XX:XX

Blocked nose. 10F:14:XX:XX

My nose is congested. 13F:01:XX:XX

Nose, blocked 22 F: 18: XX: XX

Sinuses blocked 22 F: 18: XX: XX

Nose: my nose is blocked and I feel like I can't breathe properly. My nose is red and burns. 22F:06:XX:XX

Nose; my nose is still blocked, I feel like I can't breathe. It feels so tight and congested inside. 23F: 05: XX: XX

MORNING

Still have blocked nose in the morning. Better after showering and better when standing up. 01F:25:XX:XX

Went back to sleep because I wasn't feeling great & woke up again at 10am – symptoms had mostly subsided, my nose felt a little blocked (worse on the right) but this subsided with activity during the morning & was gone by midday. 04F:11:10:00

Slight nasal congestion and sore throat in the morning. 10F:24:XX:XX

Breathing through my nose is easier this morning although still congested. 11F:01:XX:XX

Right nostril been blocked in the morning again since 4pm. 11F:09:16:00

WAKING ON

Have runny nose and blocked nose in morning when waking up but decreased as time goes by. Almost no snot by noon. 01F:27:XX:XX

8:00 am woke up with a runny nose & feeling slightly congested. 04F:08:08:00

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

Blocked nose LHS on waking. 04F:39:XX:XX

Wake up with a blocked nose >in night 22F: 32: XX: XX

AFTERNOON

Right nostril been blocked in the morning again since 4pm. 11F:09:16:00

EVENING

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes. 11F:00:18:00

LEFT

Blocked nose LHS on waking. 04F:39:XX:XX

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

RIGHT

Right nostril been blocked in the morning again since 4pm. 11F:09:16:00

Sinuses blocked, R nostril 22 F: 18: XX: XX

ACTIVITY AMEL

Went back to sleep because I wasn't feeling great & woke up again at 10am – symptoms had mostly subsided, my nose felt a little blocked (worse on the right) but this subsided with activity during the morning & was gone by midday. 04F:11:10:00

COLD AGG

Nose: my nose is blocked on both sides.it started on Sunday (01/05/2016) because it was cold the dust and the cold makes it worse, when I put pressure and keep it warm then it feels better. 23F:06: XX: XX

DIFFICULTY BREATHING WITH

Mucus and nose: my nose paining now, because I have to blow it and it is red, I feel like I cannot breathe properly. All my flu symptoms started on Sunday morning at my aunts house. It was on a scale of 8. 23F: 06: XX:XX

Nose: my nose is blocked and I feel like I can't breathe properly. My nose is red and burns. 23F: 01: XX: XX

Nose: my nose is burning due to blowing it a lot. It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F: 06: 19: 30

LYING ON RIGHT SIDE AGG

Blocked nose when lying on right side. 01F:24:XX:XX

PRESSURE AMEL

Nose: my nose is blocked on both sides.it started on Sunday (01/05/2016) because it was cold the dust and the cold makes it worse, when I put pressure and keep it warm then it feels better. 23F:06: XX: XX

WARM APPLICATIONS AMEL

My nose feels horrible, it is blocked. My nose is leaking, my mucus of watery and runny, it is clear in colour in, and it just drops like water. My nose is burning due to the wiping and blowing it. It feels better when I put hot water on my face. 23F: 07: 17: 00

NOSE SHOWERING AMEL

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

DISCHARGE

Have got flu – runny nose (watery discharge), little/no cough. 01F:20:XX:XX

Nose less runny but discharge still watery. 01F:21:XX:XX

Runny nose. 01F:22:XX:XX

Runny nose and sneezing. 01F:23:XX:XX

Runny nose 01F:25:XX:XX

My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

Nose /sinuses- nose burning, running 21F: 20: XX: XX

Nose/sinuses – running, post nasal drip (one toilet paper in 2 days just for nose) 21F:23: XX: XX

Nose – running, excessive 8, post nasal drip 21F:22: XX: XX

11:00- nose leaked on/off 22 F: 00: 11: XX

Nose: I am suffering with my sinuses and it is irritating me. My eyes are red and nose is running. My mucus is like water, it just drips like water. I feel very miserable. 23F: 02:12: 00

Nose: my nose feels blocked and stuffy. Mucus is still runny and clear. 23F: 03: XX: XX

Nose: my nose is burning due to blowing it a lot. It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F: 06: 19: 30

My nose feels horrible, it is blocked. My nose is leaking, my mucus of watery and runny, it is clear in colour in, and it just drops like water. My nose is burning due to the wiping and blowing it. It feels better when I put hot water on my face. 23F: 07: 17: 00

Nose- my nose, the mucus is still building up, but it is not bad and the colour is white. 23F: 13: XX: XX

Nose - running nose, Mainly left nostril, doesn't happen often, worse when nose is blocked ,leak a little bit (few drops), occurs mostly at morning and night , cold is irritating. 24F: 02: XX: XX

Nose little discharge clear like water droplet (left side). 24F: XX: XX: XX

My previously sore throat and runny nose has cleared up completely so I felt good 28M: 01: XX: XX cs

MORNING

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

WAKING ON

Have runny nose and blocked nose in morning when waking up but decreased as time goes by. Almost no snot by noon. 01F:27:XX:XX

Wake up sneezing and runny nose. 01F:28:XX:XX

8:00 am woke up with a runny nose & feeling slightly congested.
04F:08:08:00

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery.
12F:02:07:30

COLD AGG

Nose - running nose, Mainly left nostril, doesn't happen often, worse when nose is blocked ,leak a little bit (few drops), occurs mostly at morning and night , cold is irritating. 24F: 02: XX: XX

COPIOUS

Sinuses has gone out of its way to annoy me for about , how thoughtful of you! I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M: 01:14

Excessive mucus and post nasal drip 21F:22: XX: XX

My nose is paining and I have a cold. I feel horrible. It leaks non-stop and the mucus is thick and yellow. 23F: 06: XX: XX

LYING AGG

Runny nose better but worsens when lying down. 01F:26:XX:XX

THICK

Nose. My nose is paining and I have a cold. I feel horrible. It leaks non-stop and the mucus is thick and yellow. 23F: 06: XX: XX

Nose- nose is still sore, it is red and painful due to the blowing. It is leaking nonstop. The mucus is thick and yellow. I feels better when I'm in the shower or under hot water. 23F: 08: XX: XX

Nose- my nose is blocked on both nostrils, it is hard to breather at times, it burns and the mucus is clear and watery, it leaks non-stop and sometimes it gets thick . My nose feels better when I put hot water on my nose and when I am in the shower it feels better, it gets worse around dust, then I sneeze one way. 23F: 09: XX: XX

WATERY

Nose little discharge clear like water droplet (L). 24F: XX: XX: XX

Sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M: 04:12:10

My eyes are red and nose is running. My mucus is like water, it just drips like water. I feel very miserable. 23F: 02:12: 00

My nose is leaking, my mucus of watery and runny, it is clear in colour in, and it just drops like water. 23F: 07: 17: 00

Nose- my nose is blocked on both nostrils, it is hard to breathe at times, it burns and the mucus is clear and watery, it leaks non-stop and sometimes it gets thick. 23F: 09: XX: XX

Nose: my nose feels blocked and stuffy. Mucus is still runny and clear. 23F: 03: XX: XX

WHITE

Nose- my nose is getting better, my mucus is now white in colour and my nose is not blocked anymore. 23F: 12: XX: XX

Nose- my nose, the mucus is still building up, but it is not bad and the colour is white. 23F: 13: XX: XX

My nose has cleared but the mucus still comes out. It is white and thick. 23F:15: XX: XX

Nose- still thick and white but not blocked or painful. It's normal. 23F:16: XX: XX

Nose- better and the mucus is still thick and white but it is not disturbing me 23F: 17: XX: XX

YELLOW

Nose. My nose is painful and I have a cold. I feel horrible. It leaks non-stop and the mucus is thick and yellow. 23F: 06: XX: XX

Nose- nose is still sore, it is red and painful due to the blowing. It is leaking nonstop. The mucus is thick and yellow. I feel better when I'm in the shower or under hot water. 23F: 08: XX: XX

WARMTH AMEL

Nose- nose is still sore, it is red and painful due to the blowing. It is leaking nonstop. The mucus is thick and yellow. I feel better when I'm in the shower or under hot water. 23F: 08: XX: XX

Nose- my nose is blocked on both nostrils, it is hard to breathe at times, it burns and the mucus is clear and watery, it leaks non-stop and sometimes it gets thick. My nose feels better when I put hot water on my nose and when I am in the shower it feels better, it gets worse around dust, then I sneeze one way. 23F: 09: XX: XX

DISCOLOURATION, RED

My nose is red and burns. 23F: 01: XX: XX

DRY

Nose- running yet feels dry 21F:29: XX:XX

ITCHY

The tip of my nose tingled throughout the morning. Was like an itchy feeling with tingling which simply never went away even with scratching. Tip of my nose is now slightly red.
11F:15:XX:XX

MUCUS BUILD UP

A lot of build up of mucus in the nasal and throat passage -> I've had this problem for a very long time – usually suppressed but now its showing up again. 10F:24:XX:XX

PAIN

Nose. My nose is paining and I have a cold. I feel horrible. It leaks non-stop and the mucus is thick and yellow. 23F: 06: XX: XX

POSTNASAL DRIP

Excessive mucus and post nasal drip 21F:22: XX: XX

Running (nose), post nasal drip (one toilet paper in 2 days just for nose) 21F:23: XX: XX

Nose running, excessive 8, post nasal drip 21F:22: XX: XX

Nose- post nasal drip, running (right side more) 21F:25: XX: XX

Nose- running -post nasal drip 21F:25: XX: XX

Nose - post nasal drip running 21F:28: XX: XX

Nose- running yet feels dry, PND 21F:29: XX:XX

Nose-running post nasal drip - 21F:30: XX: XX

Nose – runny post nasal drip - 21F:32: XX: XX

Nose- running – post nasal drip 21F:33: XX: XX

Nose- running – post nasal drip 21F:34: XX: XX

Throat- my throat feels scratchy and it pains. All my mucus is like at the back of my throat and it feels thick and ugly. It feels better when I drink hot tea. 23F: 07: XX: XX

C – cough- wet, can't expectorate-nose, A-change in weather ,M->blowing nose, water,<cold drinkl-6,T-morning ,S- excessive Post nasal drip, feels if mucus from the post nasal drip is getting stuff in 21F: 22: XX: XX

My mucus is no longer building in my nose. It is in the back of my throat and it is annoying. I have to clear my throat all the time. 23F: 18:8: 00

RUBBING

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

SINUSITIS

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

Had sinusitis in the night just before I went to sleep 21h00. 12F:29:XX:XX

14h00 Sinuses has gone out of its way to annoy me for about, how thoughtful of you! I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M:01:14

07h00- boring day? The wear is moving on. had a horrible sinus after a long time... took more than an hour to get over it. Sneezed like a million times, hard not to ease it without medication. 17M: 32:07:00

Had a terrible sinus just now again, was it programmed to start again when the research is about to concluded. Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. Wake up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and ii only felt like rubbing it which caused it to irritate me much more 17M:33:08:0

SINUS CURED

Anyway, up this morning with no sinus at all, not a sneeze to note, nor an irritating nose, first time in ages that I remember this. Went outside just to make sure, well maybe the drugs is good for something after all. 17M: 03: XX

No sinus 2 days now, miracles are possible after all. 17M: 04: XX

3 days in a row, no sign of this sinus acting up 17M: 05: 9:30

Feeling good about the sinus though, never felt air so clear in recent times as this, feels good to breathe free. 17M:05:21: XX

06h00- No sinus 17M: 06:06: 00

Except not having sinus for a few day s, and that is good 17M: 06:22: XX

Sinus is not present for a while now 17: 08:06: XX

No sinus, yey 17M: 09: 06: XX

6:30 No sinus once again. 17M: 10:6:30

No sinus again this morning. That feels good. 17M: 11:6: 30

07h00 so sinuses too again, magnificent feeling this. 17M: 12: 07: XX

Again no sinuses to note of 17M:13: 7: XX

No sinuses today 17M: 17: XX: XX

SNEEZING

Runny nose and sneezing. 01F:23:XX:XX

Sneezed a lot throughout the day. 04F:05:XX:XX

Sneezing throughout the day, bowel movements still occurring regularly at +/- 6 pm.

04F:06:XX:XX

I went to the beach. I feel refreshed, so much better. I feel my throat is sore, like I'm about to catch the flu. I'm sneezing too, I think it is because of the breeze. 09F:45:XX:XX

MORNING

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

WAKING ON

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery.

12F:02:07:30

Wake up sneezing and runny nose. 01F:28:XX:XX

AFTERNOON

Sneezed a few times throughout the day (most significant around 2:00 pm).

04F:26:XX:XX

Small bout of sneezing around 2:15pm. 04F:10:14:15

EVENING

Noticed I've been sneezing more. Mainly at night between 6 – 9pm. 11F:11:18:00

SNEEZING ACCOMPANIED BY

HEADACHE

I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M: 01:14

EYES DISCOLOURATION RED

Nose: I am suffering with my sinuses and it is irritating me. My eyes are red and nose is running. My mucus is like water, it just drips like water. I feel very miserable. 23F: 02:12: 00

EYE DISCHARGE

12:10pm – sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M: 04: 12: 10

THROAT ITCHINESS

12:10pm – sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M: 04: 12: 10

FREQUENT

It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F: 06: 19: 30

Sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M: 04:12:10

14h00 Sinuses has gone out of its way to annoy me for about, how thoughtful of you! I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M: 01:14

Sneezed like a million times, hard not to ease it without medication. 17M: 32:07:00

Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. 17M: 33:08:0

Sneezing continuously ears blocked and eyes burning bilateral > > gurgling motion. Discharge is clear like water (a lot). 26F: XX: XX: XX

DUST AGG

My nose feels better when I put hot water on my nose and when I am in the shower it feels better, it gets worse around dust, then I sneeze one way. 23F: 09: XX: XX

TINGLING

The tip of my nose tingled throughout the morning. Was like an itchy feeling with tingling which simply never went away even with scratching. Tip of my nose is now slightly red. 11F:15:XX:XX

4.3.8 FACE

DISCOLOURATION RED

I can't do anything because my nose is stuffed. My nose and cheeks are red!! OMG, it's the worst thing ever. Even worse because I have a test in a few days time. 09F:47:XX:XX

DRYNESS

The tip of my nose is getting dry and flakey. 11F:22:XX:XX

My skin has been a bit dry around my face. 15M:11:XX:XX

Skin was a bit dry on the face. 15M:12:XX:XX

HEAT

COLD AIR AMEL

11h30. Now my face feels hot, like it is on fire, though to my neck, absolutely hot. Sitting in front of the fan trying to cool it down. It has been like this a few minutes now, not sweating just burning hot feeling. How long will this last? Can't stand this, never happened before. 17M: 00:11:30

Tiny, pimples, on entire face, middle clear and watery, disappeared within an hour. Opened freezer and stood in front of it for quite some time face felt so hot, fan on high speed. Extreme increase thirst for ice cold water in large gulps 17M: 00:11

PERSPIRATION LACKING

Face, heat, perspiration, lack of 17M: 00:11

ERUPTIONS

PIMPLES

Nothing has changed with the pimples some have dried out but new ones are still coming out. 29F: 15: XX: XX

Tiny, pimples, on entire face, middle clear and watery, disappeared within an hour. Opened freezer and stood in front of it for quite some time face felt so hot, fan on high speed. 17M: 00:11:00

Broke out into pimples, small sized pimples on forehead, and medium sized pimples on left cheek. More pimples appear at night when I'm sleeping, only noticed the next day, pink tough pimples. Pain when I touch them, like when you get poked by a pin. More at night and morning. Poking pain 24F: 02: XX: XX

CHEEKS

Skin: my skin feels horrible. My pimples have not gone away. It is still on the side of cheeks and my face feels rough and dry. 23F: 06: XX: XX

Skin- multiple pimples, random forehead places on the face cheeks (both sides) mainly R, hard not the ones you can bust, no pus, 2cm < touch. 24F: XX: XX: XX

CHIN

Skin: rash on neck and left side of face, maxillary region 21F: 17: XX: XX

Have had a breakout – chin – over the past 3 days. 11F:23:XX:XX

Skin changes- increased pimples and white heads, around the mouth, under the chin, mainly left hand side. Under the skin type of pimples. Very sore and painful. 11F:44:XX:XX

FOREHEAD

Had an eruption of pimples on my forehead. They are tiny, multiple eruptions with white (pus) inside, I popped them and white gooey things came out. It felt better when took a damp facecloth with hot water and applied to my face but it burned a lot. Location- entire forehead mainly on the right side. Modalities- damp face cloth alleviated the burning. Sensation- they are not painful at all. Intensity- faint piercing pain when washing my face. Time- I noticed it in the morning the previous day and they had become many today morning. Some of the pimples have whitish colour like they have pus in them so I squeezed it out. It wasn't a lot and it all came out till a clear water liquid came out as well. 29F: 13: XX: XX

Face, eruption, small Skin: rash on forehead and axilla (small pustules) on left side (axilla). according to (C- no other symptoms L- left axilla and forehead on left side A-, M- better for cold applying. S- No sensation, I didn't bother me. I- small rash hardly noticeable. 21F: 03: XX: XX

Broke out into pimples, small sized pimples on forehead, and medium sized pimples on left cheek. Only happens before my period, more pimples appear at night when I'm sleeping, only noticed the next day, pink tough pimples. Pain when I touch them, like when you get poked by a pin. More at night and morning. Poking pain 23F: 02: XX: XX

Skin- multiple pimples, random forehead places on the face cheeks (both sides) mainly R, hard not the ones you can bust, no pus, 2cm < touch. 24F: XX: XX: XX

MOUTH, AROUND

More pimples around the corners of mouth. 01F:XX:XX:XX

4:00 pm noticed a small blister on left inner lip aggravated by my tooth touching it. Looks like a white round circle. 04F:27:16:00

Blister still present on inner lip – burns when eating & drinking acidic or salty foods. 04F:29:XX:XX

RASH

Skin: rash on forehead and axilla (small pustules) on left side (axilla). 21F: 03: XX: XX

Skin-fine rash on forehead 21F: 13: XX: XX

Skin: my face has a rash, more prominent in between the eyes. It irritates me and It make me feel quite conscious about myself. 27F: 15: XX

My face has a rash, more prominent in between the eyes. It irritates me and It make me feel quite conscious about myself. 27F: 14: XX: XX

PAINLESS

Eruption between eyebrows in centre crease. Medial top part of the nose, cold water makes it worse if it's dry, no pain no burning, happened twice and disappear within 2 days. 27F: XX: XX: XX

4.3.9. MOUTH

ABCESS GUM

Swelling of my right upper jaw, around the canine, felt as if there was fluid , soft, pain, sharp, popped and clear fluid appeared for 1-2 days, 27F: XX: XX: XX

BITTERNESS

Bitter taste in mouth @ back of my tongue. 03F:00:XX:XX

Woke up this morning with a sour taste in my mouth and with bad breath. 15M:17:XX:XX

My tongue feels like thick and bitter at the sides. 23F: 00: XX: XX

My tongue feels like thick after taking the powder and bitter at the sides. 23F: XX: XX :XX

BURNING TONGUE

Tingling sensation on the left side of my tongue, felt as if I burnt my tongue. 21F: 00: 8:35

Mouth , tongue and teeth- after taking the powder – tongue felt dry, thick , like something is on it, (like it is burnt). 23F : XX : XX : XX

SALT WATER AMEL

Redness of the left side of tongue is still present and tongue still feel burned. Tingling sensation is gone. Light indentation of teeth on the left side of tongue. Rinsed with salt water 3 times today. Feels better of salt water 21F: 01: XX: XX

COATED TONGUE

White coating on tongue. 03F:10:XX:XX

DISCOLOURATION, TONGUE

Redness of the left side of tongue is still present and tongue still feel burned. 21F: 01: XX: XX

C – loss of taste (slight) and redness l- left side of tonguea – after i ate lays chips m- > running tongue against my pallet.. 21f: 00: 8:35

Redness of the left side of tongue is still present and tongue still feel burned. 21F: 01: XX: XX

DRY

Dry tongue 05M:00:XX:XX

Dry tongue. 05M:02:XX:XX

Dry tongue. 05M:01:XX:XX

Dry tongue. 05M:03:XX:XX

Sinuses has gone out of its way to annoy me for about , how thoughtful of yourl I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. 17M: 01:14

My tongue feels like thick and bitter at the sides.(Mouth , tongue and teeth- after taking the powder – tongue felt dry, thick , like something is on it, like it is burnt 23F: XX: XX :XX

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26M: XX: XX: XX

WAKING ON

Waking in the morning with dry eyes and a very dry tongue. 05M:02:XX:XX

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

Slept well 6.5 hours. Woke up with a dry mouth. 11F:17:XX:XX

Lips

Lips- not so dry, I have a habit of liking my lips constantly and applying lipstick every 10/15 mins. The urge is less. I was constantly aware of my lips this I was always putting something on/ licking them. Now I find myself forgetting to apply lipstick as often / licking them. 21F: 11: XX: XX cs

INDENTATION TEETH OF

Light indentation of teeth on the left side of tongue. 21F: 01: XX: XX

Mouth- ridging on front of tongue. 21F: 34: XX

ODOR

Woke up this morning with a sour taste in my mouth and with bad breath. 15M:17:XX:XX

PAIN

The teeth my gums are only painful in the morning and the better for the rest of the day.
27F:02: XX: XX

ROUGH TONGUE

Tingling sensation on the left side of my tongue, felt as if I burnt my tongue. It feels rough on the left side of my tongue when I run my finger over the area. There is also a slight loss of taste. 21F: 00: 8:35

Redness of the left side of tongue is still present and tongue still feel burned. Tingling sensation is gone. Light indentation of teeth on the left side of tongue. Rinsed with salt water 3 times today. Feels better of salt water 21F: 01: XX: XX

SALIVATION INCREASED

During sleep when I sleep on my left side, I still, I seem to salivate a lot. 27F:02: XX: XX

When I get to bed as soon as I sleep on my left side I fast fall asleep and I later on wake up to find that I am drooling actually, I think the old saliva wakes me up and then I turn on the right side on my right side / on my tummy. 27F: 03: XX: XX

STIFFNESS JAW

Teeth were stiff when I woke up but got better as the morning progressed. (N)- Jaws were locked felt as if someone was pressing against my jaw. 27F:04: XX: XX

TASTE LOSS OF

C – Loss of taste (slight) and redness (my tongue was red and felt raw, the papillae on my tongue were raised and felt raw). 21F: 00: 8:35

THICK

My tongue feels like thick and bitter at the sides. 23F: 00: XX: XX

Mouth, tongue and teeth- after taking the powder – tongue felt dry, thick, like something is on it, like it is burnt. 23F: XX: XX: XX

TINGLING

Tingling of the tongue 30 mins after the first remedy (first dose- 8:00) Mouth, prickling, tongue
21F: 00: 8:35

After taking the remedy my thirst increased, I had a tingling going sensation of my front teeth more of the gums on my hard pallet. I had ice cream and my teeth were so sensitive to the coldness, like it hurt but the. It gave me a very cool effect. 27F: 00: XX

Tingling sensation is gone. Light indentation of teeth on the left side of tongue. Rinsed with salt water 3 times today. Feels better of salt water 21F: 01: XX: XX

Tingling sensation on the left side of my tongue, felt as if I burnt my tongue. It feels rough on the left side of my tongue when I run my finger over the area. There is also a slight loss of taste. 21F: 00: 8:35

4.3.10. TEETH

BROKEN TOOTH

Appetite normal - I was eating popcorn and a piece of my tooth broke off 21 F: 09: XX

PAIN

MORNING

Mild toothache C – No other symptom, L- Right upper molar tooth, A – Cold drink, M- < Cold,> heat, applying pressure to right cheek, I – 4, t- Morning 11: 00, s- throbbing 21F :01:11:00

WAKING ON

When I woke up my teeth felt stiff and about painful. 27F:02: XX: XX

The teeth my gums are only painful in the morning and the better for the rest of the day. 27F:02: XX: XX

SENSITIVE COLD TOO

After taking the remedy my thirst increased, I had a tingling going sensation of my front teeth more of the gums on my hard pallet. I had ice cream and my teeth were so sensitive to the coldness, like it hurt but the. It gave me a very cool effect. 27F:00: XX

4.3.11. THROAT

CHOCKING

I thought I should record this. I was in bed watching a movie with my family. I was not eating or drinking ,just sitting when I choked, I felt like I was being choked by my own saliva, like when I was swallowing, my saliva, it went down the wrong way. It was very brief, with a short coughing spasm after 5 seconds 21F: 00: XX: XX Throat, choking, esophagus , swallowing, from 21 F: 00: XX

CONSTRICTION

Throat- feels like there is something around it/ constricted. Difficulty swallowing, difficult breathing 21 F: 30: XX: XX

DEHYDRATION

Have a sore throat but no flu – more like sore throat due to dehydration. Drinking water does not help. Improves when have fruits. 01F:19:XX:XX

DRYNESS

Dry mouth/ throat 03F:00:XX:XX

Woke up with a very dry throat (7:30 am) & feeling very tired, along with the craving for a cold beverage. 04F:06:07:30

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

Dryness in the throat. 10F:00:XX:XX

Very thirsty throughout the day – dry throat. 10F:18:XX:XX

My throat feels very dry and itchy. 13F:01:XX:XX

Throat: feels dry, but no thirst for water, feels dry and scratchy as if I'm about to get the flu.
21F: 20: XX: XX

Throat – dry and scratchy 21 F: 24: XX: XX

Throat dry- 21 F: 25: XX: XX

Throat – dry sore 21 F: 26: XX: XX

Throat – dry and scratchy 21 F: 27: XX: XX

Throat dry 21 F: 28: XX: XX

Throat – dry sore 21 F: 29: XX: XX

Throat dry- Throat, dryness 21 F: 31: XX: XX

Throat- dry starchy 21 F: 32: XX: XX.

Throat, feels dry as if sometimes stuck 21 F: 33: XX: XX

Throat, sensation, something, stuck ns* 21 F: 33: XX: XX

Throat dry 21 F: 34: XX: XX

As I am walking throat dry, slight hammering feeling, throat, dryness 22F: 28: XX: XX

ACCOMPANIED BY HEADACHE

Sinuses has gone out of its way to annoy me for about , how thoughtful of you! I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. 17M: 01:14:00

SWALLOWING DIFFICULT

Throat- very dry, hard to swallow 21 F: 22: XX:XX

Throat- dry something logged difficulty swallowing. 21 F: 23: XX: XX

DRINKING AMEL

Dry throat in the morning on waking better after I drink water. 04F:40:XX:XX

8 am slightly dry throat on waking. Coughed throughout the night (dry cough). After drinking water the dryness was relieved. 04F:27:08:00

Dry itchy throat feels better when I cough. Feels better when I drink lots of water.
13F:09:XX:XX

Throat sensitivity. When I took my 5th powder. I had to have a sip of water to sooth.-
throat- dryness, drinking, water , amel ns 16F: 01:XX

INFLAMMATION

My throat is no longer sore and my tonsils/ throat is no longer inflamed. 28M: 00:XX:XX

Sore and inflamed throat. 03F:10:XX:XX

EATING, AMEL

After eating breakfast and getting ready for the day my throat felt fine (around 10 am).
04F:06:10:00

ITCHING

My throat feels very dry and itchy. 13F:01:XX:XX

My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

Throat- my throat is also very itchy all the time and it gets very annoying. 23F: 07: XX

Throat itching 23F: 09: XX

Sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M: 04:12:10 (OS)

My throat feels itchy and a little bit painful. The only thing that makes it better is hot liquids. It soothes it for a while. 23F: 06: XX: XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels itchy and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F: 09: 14: 00

My throat feels itchy and a little bit painful. The only thing that makes it better is hot liquids. It soothes it for a while. 23F: 06: XX: XX

COUGH AMEL

Dry itchy throat feels better when I cough. Feels better when I drink lots of water.
13F:09:XX:XX

OBSTRUCTION

Want my throat to be free of cough. Feel as though something is stuck + needs to come out. The more I try to suppress it the more it wants to come out. 03F:14:XX:XX

Need to get whatever's stuck in my throat out! 03F:23:XX:XX

Feels as though I need to always clear my throat. When I talk, the cough wants to come up with my words. The more I suppress it the more it needs to come out. 03F:24:XX:XX

PAIN

Throat, pain, burning CS 28M: 00: XX

Really cold in Drakensburg today. Seems to be causing a headache and throat ache.
06F:14:XX:XX

DULL PAIN

Left ear has a slight burning sensation with dull pain, worse for opening my mouth, also my left side of my throat feels like there is a pain (dull like spasm).

SORE

Have a sore throat but no flu – more like sore throat due to dehydration. Drinking water does not help. Improves when have fruits. 01F:19:XX:XX

Sore and inflamed throat. 03F:10:XX:XX

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

I went to the beach. I feel refreshed, so much better. I feel my throat is sore, like I'm about to catch the flu. I'm sneezing too, I think it is because of the breeze. 09F:45:XX:XX

Slight nasal congestion and sore throat in the morning. 10F:24:XX:XX

Throat – dry sore 21 F: 26: XX: XX

Throat – dry sore 21 F: 29: XX: XX

COUGH FROM

Hard cough, hurts my throat. 03F:13:XX:XX

WARM DRINKS AMEL

My throat feels itchy and a little bit painful. The only thing that makes it better is hot liquids. It soothes it for a while. 23F: 06: XX: XX

MUCUS

A lot of build up of mucus in the nasal and throat passage -> I've had this problem for a very long time – usually suppressed but now its showing up again. 10F:24:XX:XX

Throat- felt tight in throat like a lump, usually when praying, better scratching throat 27F: XX: XX: XX

SCRATCHING AMEL

Throat- felt tight in throat like a lump, usually when praying, better screeching throat 27F: XX: XX: XX

Woke up feeling significantly better again. My throat is no longer sore and my tonsils/ throat is no longer inflamed. My nose is still running however that is very minor at the moment. My energy levels were back to normal and I am feeling almost 100% after the flu. I noticed my nose had stopped running sometime after 12: 00 but can't pin point exactly when. It didn't even return and today. 28M: 00: XX: XX

SENSATION, LUMP IN

Throat- felt tight in throat like a lump, usually when praying>> screeching throat, extends to neck. 27F: XX: XX

SCRATCHING

My throat is scratchy. 13F:01:XX:XX

Throat quite scratchy at around 19:00. 11F:00:19:00

My throat got scratchy again was a bit more chesty too was more like an increased pressure in the upper chest region. 11F:11:XX:XX

Woke up with a scratchy throat been scratchy throughout the day. 11F:12:XX:XX

Throat was a bit scratchy today again. Again in the late afternoon from about 4pm. 11F:13:16:00

Although I did wake up with a scratchy throat. Lasted for no more than 30minutes. 11F:28:XX:XX

Slight scratchy throat that got a bit worse in the evening. Scratchy throat worse in closed and compact settings. 15M:07:XX:XX

My throat was a bit scratchy. 15M:11:XX:XX

Throat- dry and scratchy 21 F: 24: XX: XX

Throat – dry and scratchy 21 F: 27: XX: XX

Throat- dry starchy 21 F: 32: XX: XX.

Throat: feels dry, but no thirst for water, feels dry and scratchy as if I'm about to get the flu. 21 F: 20: XX: XX

Throat – dry and scratchy 21 F: 24: XX: XX

Throat – dry and scratchy 21 F: 27: XX: XX

Throat- dry starchy 21 F: 32: XX: XX.

Throat- my throat feels scratchy and it pains. All my mucus is like at the back of my throat and it feels thick and ugly. It feels better when I drink hot tea. 23F: 07: XX: XX

MORNING

Scratchiness at the back of the throat @ 4/5pm or on waking. 11F:44:XX:XX

AFTERNOON

Since about 2pm started getting a scratchy feeling in the back of my throat. 11F:09:14:00

From about 4pm got the scratchy feeling in my throat again continued into the night. 11F:10:16:00

EVENING

Scratchiness at the back of the throat @ 4/5pm or on waking. 11F:44:XX:XX

SWALLOWING DIFFICULT

Trouble swallowing food, it feels irregular and weird. Worse when eating. 15M:23:XX:XX

Throat- feels like there is something around it/ constricted. Difficulty swallowing, difficult breathing 21 F: 30: XX: XX

TICKLING

Getting a bit chesty, slight tickle in my throat. Even coughing a tad today. 11F:40:XX:XX

4.3.12. STOMACH

APPETITE

DECREASED

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

Need for food and water is decreased a little. 01F:05:XX:XX

Desire less food 01F:08:XX:XX

Not much appetite. 01F:10:XX:XX

No lunch. Desire (need) for food and water is decreased. 01F:11:XX:XX

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

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

No appetite. 03F:12:XX:XX

No appetite in the morning. 07F:00:XX:XX

No appetite. 07F:01:XX:XX

Didn't eat that much, was not feeling hungry. 09F:09:XX:XX

Skipped breakfast in the morning- just had tea and then water. (was not hungry). Had a late lunch as well. Wasn't hungry. 10F:05:XX:XX

Decreased appetite today. 11F:00:XX:XX

Appetite was also decreased in the last 3 days. 11F:12:XX:XX

My appetite levels were decreased. Didn't really want to cook or eat anything much. 11F:32:XX:XX

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

Was feeling extremely fatigued in the middle of the day. Appetite was not so great. 15M:17:XX:XX

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

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I'm eating much healthier now. 15M:23:XX:XX

Very sudden loss of appetite. 16F:00:XX

I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). 17M: 00: 15:00

Had a vegetable burger for breakfast and an apple and a mango during the day. Never eat anything else up till now 17M: 11: XX: XX

I have been drinking water but will try and eat soon but I don't feel like consuming any food or drink 17M: 11: XX: XX

Significant decrease in appetite, due to pain from chewing 18F: XX: XX: XX

APPETITE –decreased 21F: 01: XX: XX

Appetite - decreased 21F: 07: XX: XX

Appetite - decreased, I eat once a day now. 21F: 11: XX: XX

Appetite- decreased 21F: 14: XX: XX

Appetite: decreased / two meals a day 21F: 18: XX: XX

Appetite-decreased 2 meals a day. 21F: 19: XX

Appetite decreases. 21F: 18: XX

Appetite – decreased 21F: 23: XX

Appetite- eating once a day (decreased) 21F: 23: XX: XX

Appetite- once a day, liquids (soup) 21F: 25: XX: XX

Appetite decreased 21F: 23: XX: XX

Appetite- decreased 21F: 27: XX: XX

Appetite decreased 21F: 28: XX: XX

Appetite decreased 21F: 29: XX: XX

Appetite decreased 21F: 31: XX: XX

Appetite decreased 21F: 32: XX: XX

Appetite decreased 21F: 33: XX: XX

Appetite decreased 21F: 34: XX: XX

I only feel hungry towards the afternoon. In the morning I don't feel like eating 23F: 23: XX: XX

I ate at 14: 00pm, my first meal for the day. 23F: 25: XX: XX

Generalities – my appetite is normal, I don't eat in the morning. I am not feeling hungry. I will eat at supper time. 23F: 26: XX: XX

Energy – 8/10 Very energetic. Wide awake whole day even though I didn't eat, Very focused on my paper 23F: 01: XX: XX

Appetite – full feeling 24F: 3: XX: XX

Appetite- full (night) 24F: 04: XX: XX

Appetite- not hungry, drank water 24F: 14: XX: XX

Appetite- not hungry, ate ice cream 24F: 15: XX: XX

I was hyper managed without food. I was absolutely energetic with very little sleep. 24F : XX: XX: XX

I had no appetite just felt like ice cream to bad the machine at the shop (wasn't working). 27F: 04: XX: XX

my thirst was increased and as I drank water,i became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F: 07: XX: XX

Did not eat, had no appetite, my friend asked me to accompany her to buy food and did but I just wanted to leave. 27F: 13: XX: XX

Appetite – was okay today but after having lunch at my friends place. I just didn't feel like anything else. 27F: 14: XX: XX

Appetite- not much of it I only ate once at night because I was quite hungry and I could not sleep. 27F: 15: XX: XX

Appetite- not much but I ate when I was hungry late afternoon and I slept 27F: 16: XX: XX

Appetite- I am worried about food. I am quite ok but with no food I had to decrease my food intake so I just stuck to eating when I am really hungry. 27F:18: XX???

Not much of it as it felt lazy and I was just tired of eating the same thing. 27F:27: XX

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable 27F:28: XX:XX

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that, i was quiet constipated as I had a restless night. 27F:29: XX

I did not urinate much today but my thirst was increased and as I drank water,i became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F:07: XX: XX

I had no appetite just felt like ice cream too bad the machine at the shop 27F:05: XX: XX.

I am worried about food I am quite ok but with no food I had to decrease my food intake so I just stuck to eating when I am really hungry. 27F: 18: XX: XX

Not much of it as it felt lazy and I was just tired of eating the same thing. 27F: 25: XX: XX

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable. 27F: 28: XX: XX

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that 27F: 30: XX: XX

Didn't have much of an appetite, only had breakfast in the morning and two cups of tea later on in the day. 29F: 05: XX: XX

Haven't been having a great appetite, only had 4 slices of toasted bread and a cup of tea all day. 27F: 09: XX: XX

Have had no appetite at all. Couldn't eat all day.. 29F: 17: XX: XX

Craved for salty food even though wasn't hungry, I just had to find something to with lots of salt. 29F: 01: XX: XX

I have been craving salty stuff today, especially pizza. I managed to get a medium sized one and that's all I have had for the day, and a couple of cups of tea. 29F: 19: XX: XX

MORNING

08:30 appetite decreased.22F: 20: 8:30

I don't eat in the morning. I ate today at 12:00 after I finished do my house work. 23F: 28: XX: XX

HEADACHE WITH

10:45 AM HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26: 06: 10:45

NOON

12:00 rice cakes X 3, cream cheese, not hungry 22F: 14:12: 00

AFTERNOON

Not hungry 22F: 15: XX: XX

EVENING

Increased appetite at breakfast, wasn't too hungry in the evening.
11F:19:XX:XX

18:00 my appetite poor- feels nauseous, didn't feel like waiting friends, 22F:
13: 18: 00

19:00 no appetite, haven't had supper properly - 22F: 14: 19:

NIGHT

20: 00 Appetite lack, had a bit of lamb curry, husband made, smell lovely
22F: 11:20:00

ANGER DURING

Food I didn't have much of an appetite today, after the argument I had in the morning, I just couldn't eat anything. 29F: 00: XX: XX

ANXIETY DURING

Was feeling very nervous in the morning before I left for the exam, couldn't even eat and kept on trying to pass out stool but nothing came out. 29F: 26: XX: XX

SKIPPED MEALS

Skipped breakfast. 01F:24:XX:XX

Skipped breakfast (less need for food). 01F:18:XX:XX

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

Skipped lunch 01F:25:XX:XX

Skipped lunch 01F:26:XX:XX

Skipped breakfast in the morning- just had tea and then water. (was not hungry). Had a late lunch as well. Wasn't hungry. 10F:05:XX:XX

DESIRE TO SNACK

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

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

I rewarded myself with some food and snacks because I was quiet hungry.
27F:13: XX: XX

No motivation to wake up but sleeping gets me more tired so I woke up and made myself breakfast, I ate a lot maybe out of boredom but I was enjoying myself. 27F: 17: XX: XX

INCREASED

Increased appetite throughout the day, eating only temporary satisfies hunger. 04F:04:XX:XX

Increased thirst and appetite starting from the morning. 04F:05:XX:XX

Good appetite now. 05M:02:XX:XX

Good appetite. 05M:03:XX:XX

Hungry all the time. 10F:05:XX:XX

My appetite has increased over these weeks – eat a lot – mostly unhealthy foods.
10F:10:XX:XX

Have an increased appetite today. 11F:01:XX:XX

Appetite picked up again. 11F:02:XX:XX

Been quite hungry today. 11F:03:XX:XX

I was quite hungry today and hadn't drunk much water (not so thirsty). 11F:06:XX:XX

Been very hungry this morning too. 11F:10:XX:XX

Second remedy at 15h09, I've been eating more than usual, I have already eaten 2 times today, I usually only eat once a day and generally have to force myself to eat. 12F:00:XX:XX

Took the second powder at 16:19, I have already eaten 2 times right now and it does not seem like I'm getting full. And I keep feel like eating chocolate. 12F:01:XX:XX

I ate 3 times today, that's way more than usual. 12F:07:XX:XX

Drinking a lot of water and eating way too much. 12F:09:XX:XX

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

Had 3 meals today, eating way too much. 12F:14:XX:XX

Had 3 meals, way more than usual and still craving for ice cream. 12F:15:XX:XX

Had three meals, still increased appetite. 12F:16:XX:XX

Had a lot to eat. Still hungry. 12F:20:XX:XX

Eating a lot all the time. 12F:25:XX:XX

Drinking a lot of water. Eating a lot too. 12F:26:XX:XX

Eating many meals. 12F:27:XX:XX

Also today was craving a lot of starch and sugar and never seemed to be quite full.
15M:11:XX:XX

Woke up feeling refreshed although I slept late last night. Spent most of the day quite hungry. Kept getting the sense or feeling of being dehydrated. 15M:16:XX:XX

Feel really hungry 17M: 05: 9:30

Appetite- increased / normal 21F: 20: XX

Appetite- hungry, feels like eating McDonalds. 24F: 01: XX: XX

Appetite – extremely hungry, going to eat hot dog, drank juice. 24F: 01: XX: XX

Tingling sensation in my stomach .Makes me hungry. Increased appetite. Giving me craving to eat things I don't usually eat. 24F : 00:XX:XX

Appetite- was very hungry, ate chicken and mayo pie, drank water 24F: 04:6 :15

Increased appetite excessively. 24F: XX: XX: XX

I had a very high appetite I ate a large lunch and cooked later and had supper. 27F: 05: XX: XX

I rewarded myself with some food and snacks because I was quiet hungry. 27F:13: XX: XX

Appetite – today I had a huge one as I sort ate a lot and I think I was also comforting myself because I felt like I didn't do too well. 27F:13: XX: XX

No motivation to wake up but sleeping gets me more tired so I woke up and made myself breakfast, I ate a lot maybe out of boredom but I was enjoying myself. 27F: 17: XX: XX

Even though I have a great appetite I am trying to limit myself on the amount of food I eat. I only had cornflakes for breakfast and about 5 cups of tea with milk for the rest of the day. I also had a salad in the evening. 29F: 12: XX: XX

MORNING

Increased appetite at breakfast, wasn't too hungry in the evening. 11F:19:XX:XX

Morning started off good. Was very hungry after waking up that I felt quite nauseous after not having eaten for 20minutes after waking up. 11F:25:XX:XX

ANXIETY DURING

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

My appetite has increased greatly. I am eating more than usual and everytime I feel nervous I just get myself a packet of chips or just something to snack on. 29F: 25: XX: XX

CHANGEABLE

Appetite has been weird today, somewhat hungry but also not hungry at the same time. Unusual feeling. 11F:36:XX:XX

Have been hungry but with no desire to eat. 11F:16:XX:XX

Have been quite hungry today but haven't had much of a desire to eat – i.e. nothing has been appealing enough to eat. 11F:26:XX:XX

Have been feeling nauseously hungry though. Like I'm quite hungry but feeling nauseous at the same time, like anything I want to eat does not appeal to me in the slightest. 11F:38:XX:XX

Appetite – I had a very high appetite I ate a large lunch and cooked later and had supper. But had no appetite in the morning for breakfast 27F:05: XX: XX

ENERGY EXCESS WITH

My appetite and energy simultaneously increase 24F: 00: 19:35

HEADACHE, WITH

Took the last one at 20:15. I'm tired and just want to go to sleep. I have a headache at 20:30 but it's not too bad, I think it's caused because I'm so hungry. 12F:01:XX:XX

HEAT DURING

Eating the entire day due to the heat. 17M:30:23:00

LIGHT HEADEDNESS WITH

I wake up very thirsty but a bit light headed as I was hungry. I was hungry I ate and started doing my assignment, I skipped class and again I went to the library later to continue. 27F: 07: XX: XX

NAUSEA WITH

Have been feeling nauseously hungry though. Like I'm quite hungry but feeling nauseous at the same time, like anything I want to eat does not appeal to me in the slightest. 11F:38:XX:XX

Morning started off good. Was very hungry after waking up that I felt quite nauseous after not having eaten for 20 minutes after waking up. 11F:25:XX:XX

RAVENOUS

Had a lot to eat. Still hungry. 12F:20:XX:XX

Had 3 meals today, still hungry. 12F:23:XX:XX

I'm eating a lot, eating whatever is put in front of me. 12F:06:XX:XX

Drinking a lot of water and eating a lot too. I'm eating anything and everything but I like cooked food more. 12F:02:XX:XX

Took the second powder at 16:19, I have already eaten 2 times right now and it does not seem like I'm getting full. And I keep feel like eating chocolate. 12F:01:XX:XX

Appetite - Extremely hungry, 24F: 00: XX: XX

I have an increase in appetite. I get very hungry to a point that I feel like something is wrong and in will not be able to carry out any task of I don't eat. 27F:01: XX: XX

Woke up with abdominal pains, C- diarrhoea constant hunger (unsatisfied with hungry), L- abdomen, stress, M- >passing stool , warm drinks , warm applications , I- 8, S- Cramping sharp pains, stomach feels like it is turning, hungry but I do not feel full after eating. 21 F: 12: XX: XX

My appetite has been increased. Even after a fun breakfast, I still kept going back more. 29F: 03: XX: XX

CHURNING

Woke up with abdominal pains, C- diarrhoea constant hunger (unsatisfied with hungry), L- abdomen, stress, M- >passing stool , warm drinks , warm applications , I- 8, S- Cramping sharp pains, stomach feels like it is turning, hungry but I do not feel full after eating. 21 F: 12: XX: XX

Stomach- feels upset, feels like going to the toilet, stomach is turning inside. Symptoms occur after I take the powder. 24F: 00: XX: XX

GURGLING

In mid – late afternoon I had a lot of gurgling in my intestines. 11F:04:XX:XX

Was feeling good for the whole morning. Went to a birthday celebration. Somewhat late lunch time. Possibly ate too much but stomach wasn't happy thereafter. Had an urgent, very loose bowel movement once getting home. Stomach gurgled a lot until then. Had some chocolate about 8pm and the gurgling continued until I went to bed. 11F:08:XX:XX

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

Stomach been gurgling quite a lot too. 11F:10:XX:XX

HEAT SENSATION OF

15h00 My chest going down to my stomach is now absolutely hot, while my limbs and especially my feet feel absolutely cold. My stomach feels as if I have stood against something hot. I have an ice pack on my stomach right now and I can't seem to sit still. Stomach feel hot, legs feel cool, felt like standing. 17M:00: 15:00

HEAVINESS

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable. 27F: 28: XX: XX

HYPERACIDITY

Other than heartburn after a bit of an oily lunch, no other symptoms still. 06F:02:XX:XX

Slight heartburn. 10F:20:XX:XX

NAUSEA

Feeling moderately to severely nauseous in waves. 06F:19:XX:XX

Been very nauseous. 06F:27:XX:XX

Great day at home after travelling to PMB. Still feeling slightly nauseous. However no vomiting yet. 06F:28:XX:XX

Feeling a little nauseous. 09F:05:XX:XX

Wasn't sure if I'd throw up. The feeling went away about 20 minutes later. 11F:20:XX:XX

- STOMACH- nausea 16F:00: XX: XX

MORNING

9:30pm starting to feel nauseous. 11F:02:XX:XX

WAKING ON

Wakes up feeling nauseous. 01F:XX:XX:XX

ACCOMPANIED BY HEAD PAIN

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

COITION, AFTER

Painful uncomfy sex, made me nauseous. 16F:03:XX:XX

COLD DURING

Really cold in Drakensburg today. Seems to be causing a headache and throat ache. Also seem to be slightly queasy and tender breasted. 06F:14:XX:XX

CHOCOLATE AFTER

Finished my chocolate and started feeling nauseous. 11F:09:XX:XX

COUGH DURING

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm, S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat
21F: 00: 20:00

Respiratory – cough, rattling, wet, unable expectorate, nausea with cough 21F: 26: XX: XX

Coughing too much every time i go to the bathroom thinking I am going to throw up. But no vomiting. 21F: 29: XX: XX

DIARRHOEA WITH

Still having loose stool / stomach bug and feeling nauseous. 06F:18:XX:XX

FOOD AVERSION TO

19:00 – feel nauseous didn't feel like eating. 22F: 11: 19: 00

18:00 my appetite poor- feels nauseous, didn't feel like waiting friends, 22F: 13: 18: 00

HEADACHE WITH

Had a headache upon waking up. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

At 8pm started feeling nauseous and then started to get a headache. 11F:39:XX:XX

Experiencing nausea – feels like a drop in BP, sometimes causes dizziness and headache. 11F:41:XX:XX

HUNGER WITH

Ate lunch quite late so got drowsy and began feeling nauseous at 2pm – only ate at 2:30pm. 11F:20:XX:XX

Have been feeling nauseously hungry though. Like I'm quite hungry but feeling nauseous at the same time, like anything I want to eat does not appeal to me in the slightest. 11F:38:XX:XX

MILK AGG

I drank some milk and felt a little nauseous, c- No other symptoms, l- Gastro. A -milk drank, m < milk, eating, l-4, T-evening 8pm, s- Nausea 21F: 02: 20:00

ONIONS AGG

My supper had a strong onion after taste which didn't help with the nausea. 11F:09:XX:XX

SMELLING FOOD

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

Smell and thought of food makes me nauseous 16F:00: XX:XX

WAKING, DREAMS FROM

I had a dream that I was at campus with a few friends and class mates and we were having a drink and playing some card. Energy felt great, was very fun, everyone was sharing jokes and talking in general, until 2 people started fighting over cards. Eventually a person (all known) hurt someone and only blood could be seen everywhere, lots and lots of blood. Actually felt like throwing up when I broke sleep at that point as I don't really feel comfortable looking at blood but all is cool. (Blood makes me feel weak, I have the description in my head that someone is losing their life, blood is something that holds them together). 17M: 10: 6: 30

WATER AMEL

Been drinking lots of water to try keep the nausea at bay. 11F:03:XX:XX

VERTIGO WITH

Experiencing nausea – feels like a drop in BP, sometimes causes dizziness and headache. 11F:41:XX:XX

OVEREATING

Possibly ate too much but stomach wasn't happy thereafter. Had an urgent, very loose bowel movement once getting home. Stomach gurgled a lot until then. Had some chocolate about 8pm and the gurgling continued until I went to bed. 11F:08:XX:XX

Probably ate too much over the last few days anyway. 17M: 33:22:00

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable 27F:28: XX:XX

PAIN

Went home to Pietermaritzburg today. Overate a bit so had minor bloating and stomach ache, otherwise no symptoms. 06F:00:XX:XX

Stomachache returned at 19:00. 11F:21:XX:XX

Again, had a slight stomach pain later today. 15M:01:XX:XX

I had a little pain in my stomach and my back was pulsating every time I stood up or when I was walking. 29F: 05:07: 00

CRAMPING

Same cramps again around 10:30 pm. 04F:01:10:30

Been eating poorly today, had some stomach cramps mainly in the evening from 5pm onwards. 11F:22:17:00

After taking the remedy I had a rather transient stomach cramp which resolved within minutes. 15M:00:00:00

DIARRHOEA WITH

Had a runny tummy, caused my stomach cramps obviously ate something funny-16 F: 00: XX: XX

Have a bit of a running stomach and cramps. 06F:15:XX:XX

STANDING AMEL

Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. There cramps are bad only on the left side and more towards the kidneys. Been drinking lots of water since it start of it. Also feeling rather drowsy and tired. Hope it goes away quickly and soon too. Finding it hard to be in a sitting position or even crouching down and is causing a serious pain in my tummy now. Feel better if I stand up straight or let flat on my back. Stomach, pain, erect, amel. 17M: 02: XX: XX

SITTING FORWARD AGG

(NS) 9:00 am stomach cramps lasting a few minutes – upper abdomen, aggravated by sitting forward & relieved / eased by stretching out the stomach area. 04F:01:09:00

Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. There cramps are bad only on the left side and more towards the kidneys. Been drinking lots of water since it start of it. Also feeling rather drowsy and tired. Hope it goes away quickly and soon too. Finding it hard to be in a sitting position or even crouching down and is causing a serious pain in my tummy now. Feel better if i stand up straight or let flat on my back. 17M: 02: XX:XX

(NS) 9:00 am stomach cramps lasting a few minutes – upper abdomen, aggravated by sitting forward & relieved / eased by stretching out the stomach area. 04F:01:09:00

TEA AMEL

Drank more water and had a tea and stomach cramps subsided substantially. 11F:09:XX:XX

RETCHING

Coughing too much every time i go to the bathroom thinking I am going to throw up. But no vomiting. 21F: 29: XX: XX

THIRST

DECREASED

Need for food and water is decreased a little. 01F:05:XX:XX

No lunch. Desire (need) for food and water is decreased. 01F:11:XX:XX

I was quite hungry today and hadn't drunk much water (not so thirsty). 11F:06:XX:XX

Water intake minimum (about 4 glasses). 10F:05:XX:XX

Left clinic, realized I had not drinking as much of water I usually do. 22F: 25:12: 00

No thirst 21F: 17: XX: XX

Throat: feels dry, but no thirst for water, feels dry and scratchy as if I'm about to get the flu. 21F: 20: XX: XX

Drink less water, not thirsty. 22F: 05:XX: XX

It was a cold day and I didn't feel thirsty at all, had only one glass of water. 29F: 00: XX: XX

Haven't felt thirsty at all. Didn't drink any water, only had 3 cups of tea and a glass of juice. 29F: 01: XX: XX

Didn't feel any thirst, I think I only had 2 glasses of water. 29F: 02: XX: XX

Wasn't feeling thirsty at all but I managed to drink about 3 glasses of water and about 2 cups of tea. 27F: 06: XX: XX

I wasn't quite thirsty though I really wanted tea with lemon so bad. I only had about 2 glasses of water and 2 cups of tea. 27F: 11: XX: XX

Haven't felt any thirst but I just remind myself to drink water every now and again. Had about at least 5 glasses of water and 3 cups of tea. 29F: 04: XX: XX

Didn't feel thirsty but just had to remind myself to drink water. About 5 or 6 glasses. 29F: 05: XX: XX

INCREASED

Increased thirst throughout the day 04F:01:XX:XX

Increased thirst throughout the day. 04F:02:XX:XX

Increased thirst and appetite starting from the morning. 04F:05:XX:XX

Very thirsty. 10F:12:XX:XX

Thirsty. 10F:15:XX:XX

Very thirsty throughout the day – dry throat. 10F:18:XX:XX

Thirsty during the day

Dry skin and prolonged thirst throughout the day. 10F:21:XX:XX

Frequent thirst. 10F:22:XX:XX

Been very thirsty. 11F:36:XX:XX

Been very thirsty tonight. 11F:39:XX:XX

Had a 2L bottle of coke all by myself. Really thirsty. I also really like sugary things now. 12F:20:XX:XX

Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated.
15M:12:XX:XX

Was very thirsty in the morning. 15M:13:XX:XX

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

Very thirsty 16F: 13: XX

During the day I was very thirsty 17M: 20: XX: XX

Appetite- I ate a lot more during the movies and my thirst increased and I urinated a lot. 27F:25: XX: XX

Thirsty fatigue, 26M: 02:17: 27

Drink water feel dehydrated 26M: 13: 16:16

After taking the remedy my thirst increased. 27F: 00: XX:XX

I had a bowel movement but above all I had increased thirst. 27F: 00: XX.

My thirst has increased but not so much on urination. 27F:03: XX: XX

Thirst increased. 27F:04: XX: XX

After taking the remedy, my thirst increased 27F:02: XX: XX

I ate a lot more during the movies and my thirst increased and I urinated a lot. 27F: 24: XX: XX

I craved chocolate so I bought it but it made me very thirsty so I went and bought ice cream. 27F: 27: XX: XX

WAKING ON

Slept well. Woke up thirsty. 11F:18:XX:XX

I woke up feeling quite thirsty, the feeling went away about 20 minutes after rising. 11F:22:XX:XX

Wake up, water –thirsty 26M: 07: 1:18

Wake up- water (thirsty), toilet 26M: 20: 7:15

I wake up very thirsty 27F: 07: XX: XX

I got home, ate and slept to regain my energy, I then woke up extremely thirsty and I went to buy ice cream and had dinner and we talked with friends, I studied after and slept at midnight. 27F:9: XX: XX

I felt quite thirsty when I woke up brushing my teeth. I only had about 4 glasses of water today. 29F: 12: XX: XX

UNQUENCHABLE

I'm very thirsty, I can drink bottles full of cold water, yet still be thirsty.
15M:24:XX:XX

Feels thirsty whole day today. Drinking doesn't help much. 01F. 37:XX:XX

Drinking water continuously. 05M:01:XX:XX

Extra thirsty- cold tap water in large gulps, unquenchable 26M: 01:12:34

I had an unquenchable thirst and ended up buying ice cream because I for thirsty and it got better. 27F: 11: XX: XX

12:34pm extra thirsty- cold tap water in large gulps, unquenchable 26M: 00:12:34

I did not urinate much today but my thirst was increased and as I drank water, I became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F:08: XX: XX

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26M: XX: XX: XX

My thirst was increased and as I drank water, I became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F: 07: XX: XX

EATING, AMEL.

Thirst better after lunch (provita; hummus; ham). 03F:00:XX:XX

COLD DRINKS

Increased thirst – water/ anything cold. 03F:00:XX:XX

Increased thirst for cold water. 03F:07:XX:XX

Sooooooo thirsty -> cold icy drinks. 03F:10:XX:XX

Sooo thirsty, need cold icy drinks. 03F:24:XX:XX

Intense thirst – for ice cold drinks. 03F:22:XX:XX

Extreme increase thirst for ice cold water in large gulp 17M: XX: XX: XX

Extra thirsty- cold tap water in large gulps, unquenchable 26M: 01:12:34

I didn't like and I felt like I was talking a lot after taking the last remedy. Which made me thirsty even more. Thirst is relieved by small sips of tap cold water. 27F:02: XX: XX

Been drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

ICE CREAM AMEL

I did not urinate much today but my thirst was increased and as I drank water, I became more thirsty so I resorted to ice cream which suppressed my appetite but my thirsty was quenched. 27F:08: XX: XX

I had an unquenchable thirst and ended up buying ice cream because for thirst and it got better. 27F: 11: XX: XX

I got home, ate and slept to regain my energy, I then woke up extremely thirsty and I went to buy ice cream and had dinner and we talked with friends, I studied after and slept at midnight. 27F:10: XX: XX

LARGE QUANTITIES

Extreme increase thirst for ice cold water in large gulps 17M: XX: XX: XX

Been drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

Thirst – increased for large quantities 21F: 20: XX: XX

Extra thirsty- cold tap water in large gulps, unquenchable 26M: 00:12:34

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26F: XX: XX: XX

SLEEP DURING

I had a good refreshing sleep although with my increased thirst I urinated a lot which made me wake up at times. That I usually don't 27F:00: XX: XX

SMALL QUANTITIES

I enjoyed engaging with my fellow brothers and sisters. I seem to be uncreative to things I didn't like and I felt like I was taking a lot after taking (talking) the last remedy. Which made me thirsty even more. Thirst is relieved by small sips of tap cold water. 27F:02: XX: XX

Thirst: increased, small quantities at a time 21F: 16: XX: XX

Thirst – small sips of room temperature/ tap water 21F:22: XX

Thirst- small quantities of water 21F:24: XX

Thirst – small quantities 21F:25: XX

Thirst – small quantities of liquid 21F: 27: XX

Thirst- small quantities of liquid 21F: 28 XX

TEA FOR

Although desire to drink 5 roses tea has increased in the last 3 days. 11F:12:XX:XX

Increased tea consumption, 3 cups, 2 of which were 2 hours apart and the other was later in the evening. 11F:16:XX:XX

I managed to get myself to drink 4 glasses of water wanted and only one cup of tea. 29F: 03: XX: XX

I managed to have about 4 glasses of water and 2 cups of lemon tea. 27F: 08: XX: XX

WATER

I'm feeling very thirsty for water. 13F:06:XX:XX

Drinking a lot of water and eating a lot too. I'm eating anything and everything but I like cooked food more. 12F:02:XX:XX

Drinking a lot of water and eating way too much. 12F:09:XX:XX

Been drinking a lot of water today. 122F:19:XX:XX

Drinking a lot of water today. 12F:24:XX:XX

Drinking a lot of water. Eating a lot too. 12F:26:XX:XX

I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). Hot and cold feels ironic, it's like me in every aspect of life right now. 17M: 00: 15: XX Extra thirsty, STILL TIRED 26M: 02: 13: 07

Extra thirsty- cold tap water in large gulps, unquenchable 26M: 01:12:34

Feels extra thirsty for tap water 26M: 05:18:23

Feel thirsty for tap water 26M: 07: 12:37

Drink water- thirsty 26M: 14: 11: 27

Wake up, water –thirsty 26M: 07: 1:18

Wake up- water (thirsty), toilet 26M: 20: 7:15

Wake up – water 26M: 28: 1:22

Water extra thirsty for tap water 26M: 34: 11:02

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26M: XX: XX: XX

Increased thirst (need to have my water bottle). 27F:01: XX: XX

Thirst is relieved by small sips of tap cold water. 27F:02: XX: XX

I drink a lot of water as I have increased thirst. 27F:06: XX: XX

I woke up early to get ready for church and drank water as I was very thirsty. 27F:23: XX: XX

Managed to get myself to drink 5 glasses of water. 27F: 09: XX: XX

I felt extremely thirsty after excising in the morning and I had 2 glasses of water then I had another 2 later on the day. 27F: 10: XX: XX

I did feel quite thirsty. I managed to finish 2x500ml bottle water. 27F: 07: XX: XX

I felt extremely thirsty after excising in the morning and I had 2 glasses of water then I had another 2 later in the day. 27F: 10: XX: XX

TINGLING

Tingling sensation in my stomach. Makes me hungry. Increased appetite. Giving me craving to eat things I don't usually eat. 24F: 00: XX : XX

ULCERS CURED

I use to suffer with my ulcers but since I had those powders I've never suffered once with the cramps or burning pains. I think it cured my ulcers. 09F:56:XX:XX

VOMITTING

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

HEADACHE DURING

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. In terms of throwing up, even when I have had water just now, I threw up, very liquid like is the vomit and very yellow. 17M: 11:15:00

4.3.13. ABDOMEN

BLOATEDNESS

Very bloated lower abdomen. 04F:09:XX:XX

Felt slightly bloated today. 06F:04:XX:XX

Feel less bloated than usual. 06F:11:XX:XX

Feels like I have some gas that's . . . uhhm. . . stuck (I Don't know if that's possible).
10F:00:XX:XX

Bloated/ gas. 10F:03:XX:XX

End of day bloated. 10F:06:XX:XX

Bloatedness throughout the day. 10F:26:XX:XX

Feeling quite bloated and gassy. 11F:14:XX:XX

Bloated abdomen- better for being massaged 16F: 00:XX:XX

Bowel: still constipated, tried to pass stool a few times, unable to. Feeling bloated 21F: 17: XX: XX

MORNING

Felt slightly bloated in the morning but it was better and eventually disappeared in the evening. 29F: 01: XX: XX

WAKING ON

I woke up feeling slightly bloated but it disappeared quite quickly in the morning. 27F: 07: XX: XX

I woke up feeling quite bloated today as if there was a huge air bubble in my stomach. Concomitants- I had a little pain in my stomach and my back was pulsating every time I stood up or when I was walking. Location- lower abdomen, stomach. 29F: 05:07: 00

EVENING

Bowel movements still regular. Slight bloating in the evening (from around 7pm). 04F:08:19:00

EATING AFTER

Was feeling quite bloated throughout the day from all the rich food that was available at the conference. 11F:15:XX:XX

Went home to Pietermaritzburg today. Overate a bit so had minor bloating and stomach ache, otherwise no symptoms. 06F:00:XX:XX

GREEN TEA AMEL

Green tea helped bring relief to the bloatedness. Hopefully it will help keep constipation away too. 06F:04:XX:XX

MENSES DURING

At first I thought I was bloated but it was way too low in my pelvis to be bloating in my colon. I wasn't sure if it was period pain until I saw the

menstrual blood started to come out late in the evening and that's when the feeling of bloated disappeared as well. 29F: 16: XX: XX abdomen, distended, menses, during

PRESSURE, AMEL

Bloated abdomen- better for being massaged 16F: 00:XX:XX

DRYNESS

I discovered some dry areas of skin in the region below my umbilicus. Had a bout of blurred vision after rising from a seated position. 15M:14:XX:XX

Solid stool for the first time in a while although I still have the weird dry patches on my lower left quadrant of the abdomen, under my right breast and in the crease line of my under breast. 06F:22:XX:XX

FLATULANCE

Increased passage of gas (fart?) 01F:05:XX:XX

A lot of gas moving in tummy. 01F:42:XX:XX

Feels like I have some gas that's . . . uhhm. . . stuck (I don't know if that possible).10F:00:XX:XX

Bloated/ gas. 10F:03:XX:XX

Been quite gassy this morning. 11F:01:XX:XX

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

Feeling quite bloated and gassy. 11F:14:XX:XX

Bowel- difficult to have a stool today and my stomach was full of gas 27F:06: XX: XX

I am quite constipated as I have been eating beans a lot these days, my stomach is full of gas-27F:21: XX: XX

I finally had a bowel movement – it was gasey and the stool was quite hard but this brought me relief. 27F: 20: XX: XX

Git – I felt a bit constipated and I only had a small hard stool and after that I still felt, I needed to relieve myself but only gas comes out. 27F:25: XX

GRUMBLING

Abdomen is constantly grumbling even though not hungry. 01F:42:XX:XX

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

PAIN

WAKING ON

GIT- woke up due to abdominal pains 21F: 08: XX: XX
C-diarrhoea, L-GIT, A-Menstruation pain, M- > hot (water) bottle on
abdomen, > rest/ staying in bed, < movement, T-morning on waking, I-4, S-
mild bearing down sensation. Dull pain 21F: 20: XX: XX

MIDDAY

Stomach has a throbbing pain on my left side, just under my rib cage. It has
like a poking feeling. It started around midday and it is still paining. 23F:06:
XX XX

LEFT

6:10 pm LUQ (left upper quadrant) pain & discomfort (+/- 40 mins) deep ache
5/10 intensity. 04F:00:06:10

Cramps in the abdomen LQ (LEFT QUADRANT) <pressure, < cold 19F: 20:
XX: XX

Stomach has a throbbing pain on my left side, just under my rib cage. It has
like a poking feeling. It started around midday and it is still paining. 23F:06:
XX XX

CRAMPING

9:18 am cramps throughout abdomen & discomfort (4/10). Discomfort is also
relieved by lying down. 04F:31:09:18

Bad abdominal cramps seem to be from diarrhea. 06F:17:XX:XX

Really bad abdominal cramps today. Couldn't go to university or eat at all.
06F:18:XX:XX

Cramping badly but forced myself to go to school. 06F:19:XX:XX

Around 12pm I had some cramping in the abdomen. (an uncomfortable
feeling) – Probably because I didn't pass a stool in the am but then it went
away after 5 minutes. Didn't feel like I needed to pass stool though – just
cramping in mid-abdomen. Pain did not move or radiate. 07F:02:XX:XX

Terrible abdominal cramps, better when I apply pressure, took long time to go
away, from 1pm till night, constipation? Gas? 16F: 09: 13:00:XX

Cramps in the abdomen LQ (LEFT QUADRANT) <pressure, < cold 19F: 20:
XX: XX

17:00 Cramps around umbilical area, comes and goes 22F:14:17:00

GROIN PAIN WITH

Experienced some hesitation today while urinating. Slight groin pain
as well. This was in the morning and was accompanied by a general
feeling of cramping in the abdomen. 15M:18:XX:XX

DIARRHOEA WITH

Bad abdominal cramps seem to be from diarrhea. 06F:17:XX:XX

9:18 am cramps throughout abdomen & discomfort (4/10). Increased bowel
movement in the morning which mildly relieves the discomfort. Associated
mild nausea. 04F:31:09:18

LYING AMEL

9:18 am cramps throughout abdomen & discomfort (4/10). Discomfort is also relieved by lying down. Increased bowel movement in the morning which mildly relieves the discomfort. Associated mild nausea. 04F:31:09:18

GIT- woke up due to abdominal pains. C- Diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool a 2 times.M> passing stool> warm drinks,Morning -6:05,S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains 21F: 08: 06:05

MENSES DURING

C-diarrhoea, L-GIT, A-Menstruation pain, M- > hot (water) bottle on abdomen, > rest/ staying in bed, < movement, T-morning on waking, I-4, S- mild bearing down sensation. Dull pain21F: 20: XX: XX

The pain in the pelvic region is increased. pulling down pain, > during day, active, heat, shower , heat bag feels heavy like there is pressure 18F: 09: XX: XX

Have been experiencing period pains since midnight. Sensation- it feels as though my uterus is being twisted or like someone is squeezing it very hard.it is much worse on the right side. 29F: 16: XX: XX

PRESSURE

AMEL

Terrible abdominal cramps, better when I apply pressure, took long time to go away, from 1pm till night, constipation? Gas? 16F: 09: 13:00-

AGG

Cramps in the abdomen LQ (LEFT QAUDRANT) <pressure, < cold 19F: 20: XX: XX

PULLING DOWN/ BEARING DOWN

The pain in the pelvic region is increased, pulling down pain, > during day, active, heat, shower, heat bag 18F: 09: XX: XX

C-diarrhoea, L-GIT, A-Menstruation pain, M- > hot (water) bottle on abdomen, > rest/ staying in bed, < movement, T-morning on waking, I-4, S- mild bearing down sensation. Dull pain21F: 20: XX: XX

SHARP

Had quite sharp abdominal pain during the night. Not in any specific area, just very sharp (like cutting knives). 06F:08:XX:XX

Stomach has a throbbing pain on my left side, just under my rib cage. It has like a poking feeling. It started around midday and it is still paining. 23F:06: XX XX

Sharp abdominal pain, ovulation? Abdomen, pain, sharp 16F: 17: XX

GIT- woke up due to abdominal pains. C- Diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool a 2 times.M> passing stool> warm drinks,Morning -6:05,S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains 21F: 08: 06:05

GIT- before going to bed 1 had a sharp abdominal pain which got better after I took a stool. 27F:02: XX: XX

Stabbing gut pain at 17:00. 11F:20:XX:XX

STOOL AMEL

GIT- woke up due to abdominal pains. C- Diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool a 2 times.M> passing stool> warm drinks,Morning -6:05,S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains 21F: 08: 06:05

Woke up with abdominal pains, C- diarrhoea constant hunger (unsatisfied with hungry),L-abdomen, stress,M- >passing stool , warm drinks , warm applications ,I-8,S- Cramping sharp pains, stomach feels like it is turning, hungry but I do not feel full after eating.21 F: 12: XX: XX

GIT- before going to bed 1 had a sharp abdominal pain which got better after I took a stool. 27F:02: XX: XX

THROBBING PAIN

Stomach has a throbbing pain on my left side, just under my rib cage. It has like a poking feeling. It started around midday and it is still paining. 23F:06: XX XX

HYPOGASTRIUM REGION

GIT- woke up due to abdominal pains. C- Diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool a 2 times.M> passing stool> warm drinks,Morning -6:05,S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains 21F: 08: 06:05

RIBCAGE UNDER

Abdomen, sucking , throbbing, pressing pain, radiating to my lower back 24F: XX: XX: XX

EXTENDING TO BACK

Abdomen, sucking , throbbing, pressing pain, radiating to my lower back. 24F: XX: XX: XX

UMBILICAL REGION

Now there's pain across my umbilicus mostly. 06F:08:XX:XX

17:00 Cramps around umbilical area, comes and goes. 22F: 14: 17:00

WARMTH AMEL

The pain in the pelvic region is increased, pulling down pain, > during day, active, heat, shower, heat bag 18F: 09: XX: XX

4.3.14. RECTUM

CONSTIPATION

Did not have stool. 01F:32:XX:XX

Difficulty passing stool. 01F:34:XX:XX

No passage of stool. 01F:33:XX:XX

No bowel movements today. 04F:12:XX:XX

Felt sluggish in the morning and felt constipated. 06F:01:XX:XX

Felt slightly bloated today. Green tea helped bring relief. Hopefully it will help keep constipation away too. 06F:04:XX:XX

Slightly constipated but otherwise fine. 06F:23:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

Slightly constipated. 06F:31:XX:XX

Slight constipation. 10F:00:XX:XX

23:30 – defecated – slight pain – slight constipation at the beginning. 10F:01:XX:XX

Constipated. 10F:03:XX:XX

A little constipated in the afternoon. 10F:04:XX:XX

Constipation. 10F:09:XX:XX

Constipation in the morning. 10F:16:XX:XX

Felt constipated towards the end of the day. 10F:18:XX:XX

Constipated in the morning right till the night (although I ate a pear and even drank hot chocolate). 10F:19:XX:XX

Slight constipation. 10F:22:XX:XX

Slight constipation in the morning. 10F:26:XX:XX

I haven't passed a stool today, not normal. 13F:01:XX:XX

Had a bowel movement, haven't had one in the past 2 days. 11F:12:XX:XX

Bowel habit- did not pass stool today 21F: 07: XX: XX

Bowel habit- did not pass stool today- 21F: 11: XX: XX

Bowel habits: constipated- 21F: 11: XX: XX

Bowel movement: nothing 21F: 13: XX: XX

Bowel habits – no still 21F: 15: XX: XX

I haven't had a bowel movement 27F:01: XX: XX

No bowel movement 27F: 08: XX: XX

I am slightly constipated as I have not had a bowel movement in the last 2 days. 27F:18: XX: XX

Git – I felt a bit constipated and I only had a small hard stool and after that I still felt, I needed to relieve myself but only gas comes out. 27F:25: XX

Still constipated and no bowel movement 27F: 21: XX: XX

BANANA AMEL

Diet- increased fruit intake, bananas practically helped with the constipation 21F: 18: XX: XX

BEANS AGG

I am quite constipated as I have been eating beans a lot these days, my stomach is full of gas-27F: 20: XX: XX

BLOATEDNESS WITH

Bowel- difficult to have a stool today and my stomach was full of gas 27F:06: XX: XX

Bowel: still constipated, tried to pass stool a few times, unable to. Feeling bloated 21F: 17: XX: XX

BREAD AGG

Constipated whole day (could be after I ate whole wheat bread, but I have ate this bread before and it didn't cause constipation...weird...). 10F:17:XX:XX

EATING AMEL

Defecated only after I ate a pear and some samosas. 10F:16:XX:XX

FLATUS WITH

Git – I felt a bit constipated and I only had a small hard stool and after that I still felt, I needed to relieve myself but only gas comes out. 27F:25: XX

I am quite constipated as I have been eating beans a lot these days, my stomach is full of gas-27F: 20: XX: XX

URGING INNEFFECTUAL

Didn't pass stool in the morning, even though I tried. 07F:02:XX:XX

Bowel- I am constipated, I have the urge to pass stool, but I am unable to. 21F: 02: XX: XX

Bowel- no stool, have urge to pass stool but constipated 21F: 16: XX: XX

Bowel: still constipated, tried to pass stool a few times, unable to. Feeling bloated 21F: 17: XX: XX

I pass out the stool till I feel like I have nothing left in my stomach to pass out. But still feel the urge and need to empty my bowel. 29F: 25: XX: XX

Git – I felt a bit constipated and I only had a small hard stool and after that I still felt, I needed to relieve myself but only gas comes out. 27F:25: XX

I was feeling very nervous in the morning before I left for the exam, couldn't even eat and kept on trying to pass out stool but nothing came out. 29F: 26: XX: XX

DIARRHOEA

Still having loose stool. 06F:19:XX:XX

Still have running tummy. 06F:19:XX:XX

Slightly runny stool. 06F:29:XX:XX

Have a runny tummy. 12F:28:XX:XX

Running tummy again 16F: 01: XX: XX

NIGHT

Very upset tummy – runny late at night- rectum, diarrhoea, night 16F: 04: XX: XX

ACCOMPANIED BY NAUSEA

Still having loose stool / stomach bug and feeling nauseous. 06F:18:XX:XX

9:18 am cramps throughout abdomen & discomfort (4/10). Discomfort is also relieved by lying down. Increased bowel movement in the morning which mildly relieves the discomfort. Associated mild nausea. 04F:31:09:18

Stool thin, rectum diarrhoea accompanied by nausea 16 F: 00: XX: XX

ANXIETY DURING

When I'm nervous I also tend to have a running tummy. 29F: 25: XX: XX

I had a runny stomach this morning the stool was loose and had a foul smell. I think it was because I was nervous and it was quite explosive. 27F: 12: XX: XX

BLOODY

Diarrhea 18:00. Dull pain in lower left quadrant before diarrhea. Blood in diarrhea and on tissue when wiping. 01F:46:XX:XX

COLD DRINKS AMEL

Didn't eat very much so as to not aggravate my stomach. Had sips of coco cola it seemed to help. 06F:29:XX:XX

EATING AGG

Running stomach worse. Eating once a day to try avoid diarrhea. 06F:17:XX:XX

Didn't eat very much so as to not aggravate my stomach. 06F:29:XX:XX

Had an urgent, very loose bowel movement once getting home. Stomach gurgled a lot until then. Had some chocolate about 8pm and the gurgling continued until I went to bed. 11F:08:XX:XX

EXPLOSIVE

Bowel- twice, light brown (morning), stool was loose, C- Diarrhoea, L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool a 2 times. M> passing stool> warm drinks, Morning -6:05, S- Sharp burning pain, I felt I needed to relieve myself urgently. 21F: 08: 6:05

I had a runny stomach this morning the stool was loose and had a foul smell. I think it was because I was nervous and it was quite explosive. 27F: 12: XX: XX

MENSES DURING

Diarrhea with arrival of period, burning sensation. 12F:37:XX:XX

Bowel habits: Diarrhoea, loose dark brown still, passed 4 times. diarrhoea L-GIT ,A- Menstruation pain ,M- > hot (water) bottle on abdomen , > rest/ staying in bed, < movement, T-morning on waking , I-4,S-mild bearing down sensation. Dull pain 21F: 20: XX: XX

PAIN WITH

BURNING

Diarrhea with arrival of period, burning sensation. 12F:37:XX:XX

Explosive diarrhoea. Burn was in anus after passing stool. 21F: 08: 6:05

CRAMPING

Bad abdominal cramps seem to be from diarrhea. 06F:17:XX:XX

Have a bit of a running stomach and cramps. 06F:15:XX:XX

Had a runny tummy, caused my stomach cramps obviously ate something funny-16 F: 00: XX

SPICY FOOD AGG

At the beginning of the proving due to spicy food, explosive diarrhoea, towards the end of the proving I could handle spicy food. Spicy food no longer aggravate me. Pain – burning in abdominal area before stool, burning stool bright brown, more solid there after loose stool, it even changed the colour of water. 27F: XX: XX: XX

PAIN

23:30 – defecated – slight pain – slight constipation at the beginning. 10F:01:XX:XX

23:00 defecated, Little strain. 10F:03:XX:XX

Slight pain and difficulty when passing stool. 10F:16:XX:XX

Defecated in the morning – little pain and some difficulty. 10F:20:XX:XX

REGULAR BOWEL MOVEMENTS

Bowel movements have become more regular, the past 1 ½ weeks was quite irregular. 11F:27:XX:XX

Bowel movements still regular. Also seem to have now adapted to one specific time, not so random anymore where I would need to go to the toilet at any point throughout the day. 11F:28:XX:XX

URGING

EATING AFTER

Immediately after eating, I feel like I need to rush to the toilet. 29F: 25: XX: XX

4.3.15. STOOL

BLOODY

Passed bloody stool [was an old symptom that came back during the proving]. 01F:10:XX:XX

Diarrhea 18:00. Dull pain in lower left quadrant before diarrhea. Blood in diarrhea and on tissue when wiping. 01F:46:XX:XX

BROWN

Stool: I went to the toilet after I had a cup of tea. My stool was firm and long. It was brown. 23 F: 06: XX: XX

Stool- my stool looks like balls, it is brown in colour but it is round, my stool has been round recently and like balls everytime, my wisdom tooth starts to come up and now my wisdom is troubling me. It started yesterday. 23F: 10: XX: XX

I have a stool every morning after a cup of tea, stool is always brown and long. 23 F: 18: XX: XX

My stool was very loose, looked like bubbles with Brown colour. 27F:00: XX: XX

LIGHT

Bowel: once light brown 21 F: 00: XX: XX

Stool, brown, light 21 F: 05: XX: XX

Bowel habits - once, light brown (morning) 21 F: 08: XX: XX

Bowel- twice, light brown (morning), stool was loose

Bowel habits – once light brown 21 F: 25: XX

Bowel habits- twice light brown 21 F: 26: XX

Bowel habits- once light brown stool 21 F: 27: XX

Bowel- 2 times, light Brown 21 F: 32: XX

Stool- light brown, hard, looked like sausage 24F:04: XX

Stool- light brown, soft lumpy 24F:08: 21:45pm

Stool- light brown, hard and long 24F:17: XX: XX

Stool- soft and mushy (like porridge), light brown 24F:15: XX: XX

Passed out stool in the evening. I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour. 27F: 09: XX: XX

I'm passing a lot of watery stool, very light brownish colour, and it smells terrible. It feels worse when I am passing out the stool and a few minutes afterwards. 29F: 25: XX: XX

GREENISH

Passed out stool in the evening. I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour. 27F: 09: XX: XX

YELLOW

Stool- brownish yellow, long and fragile 24F:17: XX: XX

DARK

C- diarrhoea.L- Gastro Diarrhoea was brown, watery foul smelling. 21F: 08: 6:05

Bowel habits – finally passed stool (morning), still as dark brown and dry continuous 21 F: 18: XX: XX

Stool: dark brown, floating balls 21 F: 12: XX: XX

Bowel -once dark brown 21 F: 33: XX: XX

Stool- dark brown, looks like long rocks 24F:07: XX: XX

DIFFICULT

Passed stool with great effort. 01F:35:XX:XX

Passed stool quite easily today, there is slight straining but not very much. 01F:37:XX:XX

Defecated in the morning – little pain and some difficulty. 10F:20:XX:XX

DRY

Bowel habits – finally passed stool (morning), still as dark brown and dry continuous 21 F: 18: XX: XX

FLATULENCE WITH

Finally had a bowel movement – it was gasey and the stool was quite hard but this brought me relief. 27F:19: XX: XX

FLOATING

Stool: dark brown, floating balls 21 F: 12: XX: XX

FRAGILE

Stool- yellow, fragile, looks like small, round rocks 24F:00: XX: XX

Stool- brownish yellow, long and fragile 24F:17: XX: XX

FREQUENT

Passed stool three times today. Definite increase. 01F:05:XX:XX

Passed stool 2 times 01F:06:XX:XX

Bowel habits: passed stool 3 times (once is loose, diarrhea-like stool). 01F:07:XX:XX

Increased bowel movements over the past three days. 04F:03:XX:XX

Increased bowel movements, soft stool. Generally have needed to go around 6pm.
04F:04:XX:XX

Increased bowel movement (this mildly relieves the period pain) also tiredness.
04F:09:XX:XX

Bowel movements regular over the past few days - generally have to go in the morning on waking (between 7 – 9 am) stool soft and easy to pass. 04F:14:07:00

Bowel- twice, light brown (morning), stool was loose 21 F: 08: XX

Had watery stool twice 22F: 15: XX: XX

My stool was very loose, looked like bubbles with Brown colour. 27F:00: XX: XX

Bowel- when I woke up I felt like I needed to make a stool but I felt constipated and in between my sleep I would wake up and have a movement. At the 3rd stool, it was loose and I relived. 27F:10: XX: XX

I finally had a bowel movement – it was gasey and the stool was quite hard but this brought me relief. 27F: 20: XX: XX

I had a few bowel movement today and I do not feel as constipated anymore 27F:28: XX: XX

HARD

Stool: I went to the toilet after I had a cup of tea. My stool was firm and long. It was brown. 23 F: 06: XX: XX

Stool- poop look rough not regular smooth balls 16F:02: XX: XX

Passed hard stool 22F: 30: XX

Stool- yellow with some parts brown, hard, looks like rolls 24F:00: XX: XX

Stool- yellow like mustard looks like sausage, hard 24F:03: XX

Stool- yellow, like sausage, was hard and long 24F:05: 10: 15

Stool- light brown, hard, looked like sausage 24F:04: XX

Stool- light brown, hard and long 24F:17: XX: XX

Finally had a bowel movement – it was gasey and the stool was quite hard but this brought me relief. 27F:19: XX: XX

Passed out stool in the evening. I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour. 27F: 09: XX: XX

Slightly hard stool. Slightly inflamed hemorrhoids. Odd combination after having diarrhea.
06F:30:XX:XX

LOOSE

GIT- I had a runny stomach this morning the stool was loose and had a foul smell.. 27F:13: XX

Bowel- when I woke up I felt like I needed to make a stool but I felt constipated and in between my sleep I would wake up and have a movement. At the 3rd stool, it was loose and I relived. 27F:10: XX: XX

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

LONG

Stool: I went to the toilet after I had a cup of tea. My stool was firm and long. It was brown. 23 F: 06: XX: XX

Bowel habits – finally passed stool (morning), still as dark brown and dry continuous 21 F: 18: XX: XX

Stool- I have a stool every morning after a cup of tea, stool is always brown and long. 23 F: 18: XX: XX

Stool- light brown and yellow, long and looks like rolls 24F:01: XX: XX

Stool- yellow, looks like rolls 24F:01: XX

Stool- mustard like rolls 24F:01: XX: XX

Stool mustard colour- big rolls 24F:02: XX: XX

Stool- yellow, like sausage, was hard and long 24F:05: 10: 15

Stool- yellow, soft, long like sausage 24F:05: XX: 14:05.

Stool- bright yellow, long (like sausage) 24F:09: XX: XX

Stool- light brown, hard and long 24F:17: XX: XX

Stool- brownish yellow, long and fragile 24F:17: XX: XX

Stool- yellow like mustard looks like sausage, hard 24F:03: XX

MULTIPLE GRAPES LIKE

Passed out stool in the evening. I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour. 27F: 09: XX: XX

MUSTARD

Stool- mustard like rolls 24F:01: XX: XX

Stool mustard colour- big rolls 24F:02: XX

Stool- mustard, hard round 24F:08:6:30

Stool- yellow like mustard looks like sausage, hard 24F:03: XX

Stool- mustard – soft and mushy 24F:16: XX: XX

MUSHY

Stool- mustard – soft and mushy 24F:16: XX: XX

Stool- soft and mushy (like porridge), light brown 24F:15: XX: XX

ODOR

FOUL SMELL

GIT- I had a runny stomach this morning the stool was loose and had a foul smell. I think it was because I was nervous and it was quite explosive. 27F:12: XX

I'm passing a lot of watery stool, very light brownish colour, and it smells terrible. It feels worse when I am passing out the stool and a few minutes afterwards. 29F: 25: XX: XX

PAINLESS

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

ROUGH

Stool- poop look rough not regular smooth balls. Stool, hard 16F:02: XX: XX

ROUND

Stool- mustard, hard round 24F:08:6:30

Stool- yellow, soft, thin, round 24F:04: XX: XX

Stool- my stool looks like balls, it is brown in colour but it is round, my stool has been round recently and like balls every time, my wisdom tooth starts to come up and now my wisdom is troubling me. It started yesterday. 23F: 10: XX: XX

ROCKS

Stool- yellow, fragile, looks like small, round rocks 24F:00: XX: XX

SINKS TO THE BOTTOM

Stool-yellow in colour and sinks to the bottom, looks like Rat stool. 27F:03: XX: XX stool, heavy

SOFT

Stool- mustard – soft and mushy 24F:16: XX: XX

Stool- yellow, soft, thin, round 24F:04: XX: XX

Stool- yellow, soft, long like sausage 24F:05: XX: 14:05

Stool- light brown, soft lumpy 24F:08: 21:45pm

Stool- soft and mushy (like porridge), light brown 24F:15: XX: XX

Stool- soft and mushy (like porridge), light brown 24F:15: XX: XX

Stool- dark yellow and soft 24F:11: XX: XX

Stool- dark yellow and soft 24F:12: XX: XX

Increased bowel movements, soft stool. Generally have needed to go around 6pm.
04F:04:XX:XX

THIN

Stool- yellow, soft, thin, round 24F:04: XX: XX

URGING

Increase urge to pass stool. 01F:07:XX:XX

WAKING ON

Bowel- when I woke up I felt like I needed to make a stool but I felt constipated and in between my sleep I would wake up and have a movement. At the 3rd stool, it was loose and I relived. 27F:10: XX: XX

WATERY

Had watery stool twice 22F: 15: XX: XX

I'm passing a lot of watery stool, very light brownish colour, and it smells terrible. It feels worse when I am passing out the stool and a few minutes afterwards. 29F: 25: XX: XX

YELLOW

Stool- yellow, fragile, looks like small, round rocks 24F:00: XX: XX

Stool- light brown and yellow, long and looks like rolls 24F:01: XX: XX

Stool- yellow, looks like rolls 24F:01: XX

Stool- yellow like mustard looks like sausage, hard 24F:03: XX

Stool- yellow, soft, thin, round 24F:04: XX: XX

Stool- yellow, like sausage, was hard and long 24F:05: 10: 15

Stool- yellow, soft, long like sausage 24F:05: XX: 14:05

Yellow, soft, looked like hurdhee mixture 24F: 06:16:59

Stool- yellow, very soft, looks like mud 24F:06: XX: XX

Stool-yellow in colour and sinks to the bottom, looks like Rat stool. 27F:04: XX: XX

Bright

Stool- bright yellow, long (like sausage) 24F:09: XX: XX

Dark

Stool- dark yellow and soft 24F:11: XX: XX

Stool- dark yellow and soft 24F:12: XX: XX

Alternating with brown

Stool- yellow with some parts brown, hard, looks like rolls 24F:00: XX: XX

4.3.16. URINARY SYSTEM

BLADDER

PAIN

BURNING PAIN

URINATION, DURING, AGG,

I can't stop itching on my private part and a white liquid thing is coming out which is new to me. And when I pee there's a burning feeling. 12F:03: XX: XX

URINATION

DECREASED

Less urge to urinate 01F:13: XX: XX

Hardly urinate as often. 10F:04: XX: XX

FREQUENT

Frequent urination. 10F:11: XX: XX

Been needing the toilet more today. 11F:23: XX: XX

Urination - 4 times, odourless, light, yellow 21 F: 07: XX

Urination - 5 times, light yellow, odourless 21 F: 11: XX: XX

Urination - 4 times tonight - total of 9 for today 21 F: 11: XX: XX

Urination -increase 6 times 21 F: 20: XX: XX

The first time I emptied my bladder in the morning the urine was a dark coloured yellow and I couldn't pick up any unusual distinct odour. I emptied the bladder about 6 or more times today. 27F: 07: XX: XX

Yellowish colour, frequent, about 4- 5 times. 27F: 09: XX: XX

Urinary system- I feel like it works overtime because I get thirst and I urinate a lot 27F: 12: XX: XX

Appetite- I ate a lot more during the movies and my thirst increased and I urinated a lot. 27 F: 13: XX: XX

I ate a lot more during the movies and my thirst increased and I urinated a lot. 27F: 24: XX: XX

The urine has been a very clear yellowish colour. Emptied my bladder a couple of times. 29F: 01: XX: XX

It has been quite frequent today, the urine is quite clear as well. I have been passing small amounts of urine frequently. 29F: 03: XX: XX

Quite frequent, urine is a clear colour. 29F: 04: XX: XX

I emptied my bladder quite often today and the urine was very clear colour. 29F: 05: XX: XX

I have been urinating quite frequent, clear yellow colour. 29F: 12: XX: XX

NIGHT

Urinary- I realised that I urinate a lot at night and I woke up a few times to go take a pee-normally I only pee before going to bed (N), normally I only pee before going to bed and after I wake up in the morning. 27F: 04: XX: XX
Bladder, urination, frequently, night

My urine in the morning is quite strong than it used to be and now I urinate a lot, I remember waking up at night to go urinate. 27 F: 12: XX: XX

COLD AGG

Sleep- I does off immediately I get into bed, it does not take me long but I always feel much colder when I get into bed as if the blanket are wet I only wake up to urinate. 27F:07: XX: XX

HESITATION

Experienced some hesitation today while urinating. Slight groin pain as well. This was in the morning and was accompanied by a general feeling of cramping in the abdomen. 15M: 18: XX: XX

URGING

Once writing the test felt much better although I did find I needed to urinate urgently – something which doesn't happen to me during a test. But I had been drinking a lot of water. 11F:03: XX: XX

4.3.17. MALE

ITCHY

My pubic area has been extremely itchy the past few days. 15M:14:XX:XX

PAIN

Groin pain worse at night. 15M:02:XX:XX

SHARP

Transient groin pain – sharp in nature, ropey feeling. 15M:24:XX:XX

NIGHT AGG/ SLEEP AGG

Slight groin pain again today that was a bit aching in quality today. Worse at night. 15M:03:XX:XX

Had a bit of groin pain today again, a bit irritable at night and I didn't manage to get sleep until late. 15M:15:XX:XX

ACCOMPANIED BY ABD CRAMPS/ HESTITATION WHILE URINATING

Experienced some hesitation today while urinating. Slight groin pain as well. This was in the morning and was accompanied by a general feeling of cramping in the abdomen. 15M:18:XX:XX

PRESSURE, CLOTHES FROM AGG/ WALKING AGG

Had some moderate groin pain earlier today as well. The pain was worse when I was walking and wearing tight clothing. 15M:20:XX:XX

4.3.18. FEMALE

ITCHING

I can't stop itching on my private part and a white liquid thing is coming out which is new to me. And when I pee there's a burning feeling. 12F:03:XX:XX

LEUKORRHOEA

BROWN

Period is not the usual bleeding with period pain, instead it is more like the excretions on the last day of period. It is light brown, toffee like in colour with slight streaks of red within. No pain, no blood, just excretions. Never had this kind of excretions before.

01F:04:XX:XX

Period almost stopped now, there is still bits of dark /brown blood or discharge otherwise everything else is normal. 01F:09:XX:XX

BATHING

COLD, AMEL/ HEAT, AGG

Still no sign of period (Bleeding- the brown – black- red discharge is still present). Better for cold bath or shower, worse for hot bath/ shower. 01F:05:XX:XX

CLEAR

Discharge - clear odourless 21 F: 07: XX: XX

Discharge- clear odourless 21 F: 08: XX: XX

ODOURLESS

Discharge; thick white and odourless 21 F: 03: XX: XX

Discharge - thick, white, odourless 21 F: 05: XX: XX

Discharge - clear odourless 21 F: 07: XX: XX

Discharge- clear odourless 21 F: 08: XX

SCANTY

Discharge: Discharge from vagina small quantity but frequent every time I went to toilet the first few days of proving. Discharge was gooey. 21 F: 04: XX: XX

THICK

Discharge; thick white and odourless 21 F: 03: XX: XX

Discharge - thick, white, odourless 21 F: 05: XX: XX

WHITE

I can't stop itching on my private part and a white liquid thing is coming out which is new to me. And when I pee there's a burning feeling. 12F:03:XX:XX

Still have white thing coming out of my private parts but no itching any longer. 12F:05:XX:XX

White thing is still coming out of my private parts. I ate 3 times today. Going up stairs still makes me out of breath. 12F:08:XX:XX

White thing still coming out of my private part. 12F:11:XX:XX

White thing still coming out of my private part. 12F:12:XX:XX

The white thing is coming out of my private part. 12F:14:XX:XX

White discharge still coming out of my private part. 12F:19:XX:XX

White thing is still coming out of my private part. 12F:23:XX:XX

I had a discharge after my period, white and thick, it only went away when my next period began. 12F:37:XX:XX

Discharge; thick white and odourless 21 F: 03: XX: XX

Discharge - thick, white, odourless 21 F: 05: XX: XX

YELLOW

Discharge- dull, yellow, ¼ glass. 24F :00:XX

MENSES

AS IF MENSES WOULD APPEAR

In the morning around 7. Felt as though my menstruating but it was not about to occur. 19F:20: XX: XX

BLOATING DECREASED

Menstrual cycle day 4. Very light flow, reddish brown blood. No pain or bloating. 04F:12:XX:XX

BROWN

Blood, is brown, cloths – gelatinous, varied in size, can feel the cloths passing 18F: 09: XX: XX

Menstruation ended, just panty liner that is stained brown 22F: 14: XX: XX

DARK

The menstrual blood was very dark red /brownish in colour with a lot of cloths and I was bleeding quite heavy for the first hour or 2 but it became better afterwards. 29F: 16: XX: XX

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the cloths passing through., craved coffee, energy started to decrease thereafter 21F: 19: XX:XX.

Menstrual cycle- 3 days, light flow panty liner, dark brown, bright red 22F: XX: XX: XX

LIGHT

Menstruation – light brown 21F: 26: XX: XX

CLOTTED

Period: less smell, less clots, bleeding same as normal (normal = before taking meds). 01F:07:XX:XX

Menstrual cycle day 1. Started at around 10 am. Blood was bright red & fairly clumpy.
04F:09:10:00

Still bleeding slightly heavier than usual especially for day ¾ Clotting as well present in the blood. 06F:20:XX:XX

The menstrual blood was very dark red /brownish in colour with a lot of clots and I was bleeding quite heavy for the first hour or 2 but it became better afterwards. 29F: 16: XX: XX

GELATINOUS

Blood, is brown, clots – gelatinous, varied in size, can feel the clots passing 18F: 09: XX: XX

HARD

Menstruation- delayed by 3 days, 2 pads a day, dark deep red, lot of hard clots. 24F: XX: XX: XX

SENSATION OF CLOTT PASSING

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the clots passing through., craved coffee, energy started to decrease thereafter 21F: 19: XX:XX.

CONSISTENT FLOW

My flow has been a bit different this month. Quite a bit lighter than normal but more constant than before. 11F:27: XX: XX

My periods have changed now I bleed more consistently but the blood is lighter in colour. 12F:37: XX: XX

COPIOUS

Menstrual cycle day 2, period heavy with bright red blood. 04F:10:XX:XX

Gone through more than 7 strong tampons today so I'm bleeding a LOT.
06F:19:XX:XX

Still bleeding slightly heavier than usual especially for day ¾ Clotting as well present in the blood. 06F:20:XX:XX

Bleeding is heavy, well to me, changed 3 sanitary pads for the day 18F: 09: XX: XX

Flow is still heavy. (3 sanitary pads) 18F: 10: XX: XX

Menstruation – bright red, heavy flow, 5 pads 21F: 20: XX: XX

Menstruation: bright red, no clots, heavy flow 5 pads 21F: 21: XX: XX

Menstruation – red 3 pads, no clotting 21F: 23: XX: XX

Period is very heavy. I am bleeding a lot, there are no pains, I normally have pains, I feel normal. 23F: 13: 19: 00

The menstrual blood was very dark red /brownish in colour with a lot of clots and I was bleeding quite heavy for the first hour or 2 but it became better afterwards. 29F: 16: XX: XX

MOTION, AGG

Bleeding is only heavy during the day or it's because I am active. At night the bleeding is not heavy. 18F: 09: XX: XX

EARLY

Time of period is slightly earlier. 01F:03: XX: XX

LATE

Got my period 2 weeks later than the usual time. 24F: 14: 17: 30
I just started to realise i didn't get my period, and it was late, I should have gotten it around the 18/19 March. But I got it later today Female: menses, late; too 18F: 09: XX: XX

I am probably getting my menses late because of all the stress 18F: 09: XX: XX

LIGHTER

My flow has been a bit different this month. Quite a bit lighter than normal but more constant than before. 11F:27: XX: XX

Period became lighter but went on for longer. 11F:43: XX: XX

My periods have changed now I bleed more consistently but the blood is lighter in colour. 12F:37: XX: XX

The colour of the blood is not as dark as it use to be. Now it's a light red and only lasts 3-4 days rather than a week long. 09F:55: XX: XX

RED

BRIGHT RED

Menstrual cycle day 1. Started at around 10 am. Blood was bright red & fairly clumpy. 04F:09:10:00

Menstrual cycle day 2, period heavy with bright red blood. 04F:10:XX:XX

I feel much better. No period pains still. Blood is much lighter red than before and less blood flow than usual. 09F:30:XX:XX

Menstruation – bright red, heavy flow, 5 pads 21F: 20: XX: XX

Menstrual cycle- 3 days, light flow panty liner, dark brown, bright red 22F: XX: XX: XX

DARK RED

Menstrual cycle day 3. Medium flow, darker red blood. 04F:11:XX:XX

Delayed by 3 days, 2 pads a day, dark deep red, lot of hard cloths. 24F: XX: XX: XX

The menstrual blood was very dark red /brownish in colour with a lot of cloths and I was bleeding quite heavy for the first hour or 2 but it became better afterwards. 29F: 16: XX: XX

REDDISH BROWN

Menstrual cycle day 4. Very light flow, reddish brown blood. No pain or bloating. 04F:12:XX:XX

SCANTY

06:30 started menstruating (small drops, poor flow, used a panty liner) 22F: 12: 6:30

SMELL

Period: less smell, less clots, bleeding same as normal (normal = before taking meds). 01F:07:XX:XX

PAIN

Menses pain still as severe, usually i take ponstan for the pain but haven't taken anything due to being on proving. 18F: 10: XX: XX

BENDING AMEL

Got my period 2 weeks later than the usual time ,My stomach, M- worse when I sleep, and better when I press my hand on my stomach , better for pressure, bending. 24F: 14: 17: 30

Menstruation- have been experiencing period pains since midnight. Modalities- felt better for bending double, hard pressure, to and extent of taking my right arm and pressing hard against my abdomen , felt worse for movement after eating. 29F: 16: XX: XX

EATING AMEL

Got my period 2 weeks later than the usual time ,My stomach, M- worse when I sleep, and better when I press my hand on my stomach , better for pressure, bending, I- extremely painful, unbearable pain, like something is twisting or outing my stomach, T- generally before I eat ,S- its throbbing and shooting 24F: 14: 17: 30

LYING AMEL

At midnight I felt I needed to pee. Then I had my period with some sort of pains. Felt like someone is pulling me felt better when I lie on my belly. 09F:05:XX:XX

MOTION AGG

Modalities- felt better for bending double, hard pressure, to and extent of taking my right arm and pressing hard against my abdomen , felt worse for movement after eating. 29F: 16: XX: XX

The period pain has reduced. Can only feel it after moving around a lot or after exercising. Still feels as if my uterus is being squeezed and it twisting. 29F: 17: XX: XX

PHYSICAL ACTIVITY AMEL

Period pains decreased to 4/10 – relieved by heat, pressure and physical activity. 04F:10:XX:XX

PRESSING PAIN

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure. Better for heat - either hot water, heat pack. 18F: 09: XX: XX

Have been experiencing period pains since midnight. Sensation- it feels as though my uterus is being twisted or like someone is squeezing it very hard.it is much worse on the right side. 29F: 16: XX: XX

PRESSURE AMEL

Period pains decreased to 4/10 – relieved by heat, pressure and physical activity. 04F:10: XX: XX

got my period 2 weeks later than the usual time ,My stomach, M- worse when I sleep, and better when I press my hand on my stomach , better for pressure, bending, I- extremely painful, unbearable pain, like something is twisting or outing my stomach, T- generally before I eat ,S- its throbbing and shooting 24F: 14: 17: 30
Modalities- felt better for bending double, hard pressure, to and extent of taking my right arm and pressing hard against my abdomen , felt worse for movement after eating. 29F: 16: XX: XX

PULLING PAIN

At midnight I felt I needed to pee. Then I had my period with some sort of pains. Felt like someone is pulling me felt better when I lie on my belly. 09F:05:XX:XX

Still have my menses. Pain has subsided. Female, menses 18F: 11: XX: XX

SHOOTING PAIN/ THROBBING

Got my period 2 weeks later than the usual time ,My stomach, M- worse when I sleep, and better when I press my hand on my stomach , better for pressure, bending, I- extremely painful, unbearable pain, like something is twisting or outing my stomach, T- generally before I eat ,S- its throbbing and shooting 24F: 14: 17: 30

WARM APPLICATIONS AMEL

Premenstrual- dull, achy pain, bearing down, > hot water bottle, cry, emotional 21F: 19: XX: XX

PAINLESS

Period is very heavy. I am bleeding a lot, there are no pains, I normally have pains, I feel normal. 23F: 13: 19: 00

Period seem to have arrived sometime at midnight + (official period with bleeding) but no period pain. 01F:06:00:00

No period pain. 01F:33: XX: XX

Period pains decreased to 4/10 – relieved by heat, pressure and physical activity. 04F:10: XX: XX

No period pain. 04F:11: XX: XX

Menstrual cycle day 4. Very light flow, reddish brown blood. No pain or bloating. 04F:12: XX: XX

No period pains. Woke up with 2/10 discomfort only in the lower abdomen which went away after a few minutes. I'm absolutely mind blown. I usually suffer immensely with period pain, especially on the first day. 04F:40: XX: XX

No period pain entire morning. Period started today. 04F:39: XX: XX

Period pains not there anymore. 09F:07: XX: XX

I was feeling a lot better today. I got my period today but surprisingly I didn't experience any premenstrual pains. Its weird to not have any pains in my tummy. 09F:30:XX:XX

I feel much better. No period pains still. Blood is much lighter red than before and less blood flow than usual. 09F:30:XX:XX

I'm so surprised that I have no pain at all when I have my period now!!! There's no cramping at all. 09F:55:XX:XX

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

Still no period pains. 12F:00:XX:XX

There are no period pains. 12F:37:XX:XX

PREMENSTRUAL SYMPTOMS REDUCED

Less premenstrual symptoms. 04F:40:XX:XX

I'm so surprised that I have no pain at all when I have my period now!!! There's no cramping at all. There also isn't any premenstrual symptoms, so when the period came this time around it felt sudden because there were no signs beforehand. The colour of the blood is not as dark as it use to be. Now it's a light red and only lasts 3-4 days rather than a week long. 09F:55:XX:XX

Got my period, very strangely- did not experience usual PMS (boobs were not extra sensitive, little to no bloatedness, no back pains). 10F:15: XX: XX

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

Still have my menses. Pain has subsided. Female, menses 18F: 11: XX: XX

PAIN

COITION DURING

Painful uncomfy sex, made me nauseous. 16F:03:XX:XX

UTERUS

Had 1 severe uterine cramp around 1pm. Lasted possibly 10 sec. was piercing in nature. 11F:28:XX:XX

SENSATION OF OVARIES

Towards the end of the afternoon could feel something is up in my right lower quadrant by my ovary. I am more aware of it. Its not painful I just have a sense of it. 11F:17:XX:XX

SEXUAL DESIRE,

DECREASE

Notable – libido decreased reason? Altitude, tired, hormonal. 16F: 02:XX

INCREASE

Libido increased.16F: 12: XX: XX

Sexuality - increased sexual feelings. 21F: 13: XX: XX

4.19. LARYNX TRACHEA

VOICE

LOSS OF

My voice is gone!!! 09F:47: XX: XX

SOFT

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

4.3.20. RESPIRATION

DIFFICULT

Slight difficulty breathing (NOT TOO MAJOR). 03F:00: XX: XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26: XX: XX

ACCOMPANIED BY HEART PALPITATIONS

Heart - palpations 8, heart felt like it was beating way too fast. I could feel the palpations in my (R) arm and chest wall. (Felt like beating was not localised). I also had to take in deep breaths it was difficulty breathing 3. Palpitations > deep inhalation and exhalation 21F:11: XX: XX

ASCENDING, STAIRS, AGG

Feeling really tired, when walking up the steps I feel like I'm out of breath and like I have been running for hours. 12F:06: XX: XX

White thing is still coming out of my private parts. I ate 3 times today. Going up stairs still makes me out of breath. 12F:08: XX: XX

I've noticed that walking upstairs has become difficult. I feel heavy. Breathing becomes difficult and I need air. 12F:37:XX:XX

EATING, AMEL

Breathing eased after breakfast (buttered toast and orange juice). 03F:00: XX: XX

NERVOUS, DURING

I just feel even more nervous, my first exam is 3 days away and I am really- really nervous. I am having a hard time breathing properly and like I have constantly take deep breaths as if feel like running out of breath, feels as if I had been running or exercising and my breathing rate has increased. 29F: 25: XX: XX

4.3.21. COUGH

Cough quite a bit today. 01F:26:XX:XX

Cough is getting worse. 03F:13:XX:XX

Cough !! ugh!! 03f:15:XX:XX

Still coughing. 03F:18:XX:XX

WORK, COUGH, TIRED ... 03F:20:XX:XX

Cough still annoying me. 03F:23:XX:XX

Cough. 03F:25:XX:XX

Getting a bit chesty, slight tickle in my throat. Even coughing a tad today. 11F:40:XX:XX

12:30 remedy 2, start coughing. 22F: 00: 12:30

AFTERNOON

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels itchy and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F: 09: 14: 00

NIGHT

8 am slightly dry throat on waking. Coughed throughout the night (dry cough). After drinking water the dryness was relieved. 04F:27:08:00

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat 21F: 23: 20:00

Chest/ respiratory system- my chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F:09: XX: XX

ACCOMPANIED BY

HEADACHE

L-respiratory A-change in weather M->warth, warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat 21F: 23: 20:00

Head – headache only on coughing, feel light headed on looking down/ changing position of head 21F: 25: XX. : XX

KNEE PAIN

Cough and knee persists. 03F:19:XX:XX

NAUSEA

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. 21F: 23: 20:00

CHOKING

I thought I should record this. I was in bed watching a movie with my family. I was not eating or drinking ,just sitting when I chocked, I felt like I was being chocked by my own saliva, like when I was swallowing, my saliva, it went down the wrong way. It was very brief, with a short coughing spasm after 5 seconds 21 F: 00: XX: XX

COLD, AIR, AGG

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm. 21F: 23: 20:00

Cough, exposed to cold draft (outside at night) very next day (running nose, cough). 23F: XX: XX: XX

COLD DRINKS AGG

Dry cough, no pain caused by the ice cold water. 17M: 00:12:30

C – cough- wet, can't Expectorate -nose, A-change in weather ,M->blowing nose, water,<cold drinkI-6,T-morning. 21F: 22: XX: XX

Chest is sore I am coughing a lot. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F: 09: 14: 00

CONSTANT

Through (throat) tighten up- keep on coughing and increase phlegm (phlegm), clear thick and nose was blocked 22F: 18: XX : XX

My chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F: 09: XX: XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels itchy and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F: 09: 14: 00

DECREASED ENERGY AGG

The more I tired I feel the worse my cough gets. 03F:24:XX:XX

DRY

Cough – started dry. 03F:10:XX:XX

Dry cough, no pain caused by the ice cold water. 17M: 00:12:30

DRINKING AMEL

8 am slightly dry throat on waking. Coughed throughout the night (dry cough). After drinking water the dryness was relieved. 04F:27:08:00

HOARSE

S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat 21F: 23: 20:00

Respiratory- cough (hoarse) 21F: 32: XX: XX

INTERMITTENT

22:00 Cough on and off +- phlegm. 22F: 31: 22: 00

IRRITABILITY WITH

Cough !! ugh!! 03f:15:XX:XX

Cough still annoying me. 03F:23:XX:XX

PAIN

Hard cough, hurts my throat. 03F:13:XX:XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels itchy and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F: 09: 14: 00

Chest/ respiratory system- my chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F:09: XX: XX

PAINLESS

Dry cough, no pain caused by the ice cold water. 17M: 00:12:30

RATTLING

Respiratory – cough, rattling, wet, unable expectorate, nausea with cough 21F: 26: XX: XX

SPASMODIC

I thought I should record this. I was in bed watching a movie with my family. I was not eating or drinking ,just sitting when I choked, I felt like I was being choked by my own saliva, like when I was swallowing, my saliva, it went down the wrong way. It was very brief, with a short coughing spasm after 5 seconds 21 F: 00: XX: XX

SUPPRESSION AGG

Want my throat to be free of cough. Feel as though something is stuck + needs to come out. The more I try to suppress it the more it wants to come out. 03F:14: XX: XX

Feels as though I need to always clear my throat. When I talk, the cough wants to come up with my words. The more I suppress it the more it needs to come out. 03F:24: XX: XX

TALKING AGG

When I talk, the cough wants to come up with my words. 03F:24:XX:XX

WARM DRINKS AMEL

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T-whole day but worse at night after 8pm. 21F: 23: 20:00

Chest is sore I am coughing a lot. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F: 09: 14: 00

WET

Slightly wet cough now. 03F:13:XX:XX

C – cough- wet, can't expectorate-nose, A-change in weather ,M->blowing nose, water,<cold drinkI-6,T-morning ,S- excessive Post nasal drip, feels if mucus from the post nasal drip is getting stuff in 21F: 22: XX: XX

WEATHER CHANGE FROM

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T-whole day but worse at night after 8pm. 21F: 23: 20:00

C – cough- wet, can't expectorate-nose, A-change in weather. 21F: 22: XX: XX

4.3.22. EXPECTORATION

BROWN

Chest and respiratory – my chest is sore, everytime I cough my chest start to pain a lot, and the cough is gone bad, everytime I cough, thick phlegm comes up and the phlegm is brown in colour. 23F:10: XX: XX

CLEAR

Still coughing, phlegm still a little at times, hard to cough up, clear 21F : 02: 10: 00

through (throat) tighten up- keep on coughing and increase phlegm (phlegm), clear thick and nose was blocked 22F: 18: XX : XX

24:00 exercise makes me cough up (clear) 22F: 06: XX: XX

DIFFICULT

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat 21F: 23: 20:00

C – cough- wet, can't expectorate-nose, A-change in weather ,M->blowing nose, water,<cold drinkl-6,T-morning ,S- excessive Post nasal drip, feels if mucus from the post nasal drip is getting stuff in 21F: 22: XX: XX

Respiratory – cough, rattling, wet, unable expectorate, nausea with cough 21F: 26: XX: XX
Can't expectorate, feel I would feel better if I cough just expectorate. 21F: 29: XX: XX

Still coughing, phlegm still a little at times, hard to cough up, clear 21F : 02: 10: 00

Can't expectorate, feel I would feel better if I cough just expectorate. 21F: 29: XX: XX

EATING AGG

20:30 – Still have phlegm in throat < after eating- 22F: 13:20: 30

Had a mucus attack after supper for +/- an hour 22F: 18: XX: XX

EXERTION DURING

24:00 exercise makes me cough up (clear) 22F: 06: XX: XX

GREEN

Expectation- green stringy, gooey. 21F: XX: XX: XX

WHITE

Chest is still sore, my cough is still bad, everytime I cough white phlegm comes up now and my chest pains a lot. 23F:11: XX: XX

THICK

through (throat) tighten up- keep on coughing and increase phlegm (phlegm), clear thick and nose was blocked 22F: 18: XX : XX

Chest and respiratory – my chest is sore, everytime I cough my chest start to pain a lot, and the cough is gone bad, everytime I cough, thick phlegm comes up and the phlegm is brown in colour. 23F:10: XX: XX

4.3.23. CHEST

CONGESTION

Chest- my chest feels tight and congested. My chest has a slight pain when I cough. It feels better when I rub vicks on it. 23F:08: XX: XX

Chest tight, (it feels congested) 22 F: 00: XX: XX

Chest very tight, scratchy, rough. Starting just after rising on 22 F: 01: XX: XX

Congested. Through feel like closing, and pulling on breathing. 22 F: 06: XX

EATING AGG

Still congested (had this symptom last year) <after eating> not eating 22 F: 09: XX: XX

DRYNESS

Tour to the Drakensburg with the orchestra. Seem to have a large patch of dry skin under my left breast and extending onto my left rib cage. It isn't itchy but its quite dry. 06F:13:XX:XX

ERUPTIONS

AXILLA

Had a pimple under my left armpit before the proving, now the pimple under left armpit appears again 01F:27:XX:XX

Pimple less painful and smaller. 01F:29:XX:XX

Pimple not painful anymore but still present. 01F:30:XX:XX

Pimple almost disappeared. Not sore anymore. 01F:31:XX:XX

Pimple popped, there was no pain this time and popped without any sign only noticed that it popped because have blood on towel after wiping left armpit. 01F:36:XX:XX

Skin: rash on forehead and axilla (small pustules) on left side (axilla). according to follow up (C- no other symptoms L- left axilla and forehead on left side A-, M- better for cold applying. S- No sensation, I didn't bother me. I- small rash hardly noticeable. T- Can't remember.) 21F:03: XX: XX

PAINFUL

Pimple is bigger and more painful. Better for lubricant. 01F:28:XX:XX

Pimple dull pain worse for touch, pressure, friction and heat, better for shower, lubricant (or something that doesn't cause friction). 01F:28:XX:XX

HEAT

15h00 My chest going down to my stomach is now absolutely hot, while my limbs and especially my feet feel absolutely cold. My stomach feels as if I have stood against something hot. I have an ice pack on my stomach right now and I can't seem to sit still 17M:00: 15: 00

ITCHING

Chest itching 22 F: 01: XX

PALPATIONS

Heart - palpations 8, heart felt like it was beating way too fast. I could feel the palpations in my (R) arm and chest wall. (Felt like beating was not localised). I also had to take in deep breaths it was difficulty breathing 3. Palpitations > deep inhalation and exhalation 21F:11: XX:XX

Heart: increased in palpitations, I am very aware of my heart beat,>removing my bra and wearing loose clothing,>sitting up, <laying down 21 F: 18: XX: XX

PAIN

COUGH DURING AGG

Chest- my chest feels tight and congested. My chest has a slight pain when I cough. It feels better when I rub vicks on it. 23F:08: XX: XX

My chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F: 09: XX: XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels litchi and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F: 09: 14: 00

My chest is sore, every time I cough my chest start to pain a lot, and the cough is gone bad, every time I cough, thick phlegm comes up and the phlegm is brown in colour. 23F:10: XX: XX

Chest – chest is still sore, my cough is still bad, every time I cough white phlegm comes up now and my chest pains a lot. 23F: 11: XX: XX

Chest, sharp burn on the end of the sternum, boring pain as if something was going in, like pins is inside. This occurred 3 times in the same place. << INSPIRATION, pain decreases on expiration. Pain lasted 20 mins. 27F: XX: XX: XX

S- rattling cough, substernal pain, feel extremely exhausted from continuous coughing 21F: 24: XX: XX

MAMMAE

Also seem to be slightly queasy and tender breasted. 06F:14:XX:XX

Breast sensitive, < movement or touch 22 F: 06: XX: XX

Breast- tender [scale 1-10 = 7] 21 F: 11: XX: XX

PERSPIRATION

Perspiration; Increased odor axillary region 21F:02: XX: XX

Perspiration- increased, in odour, axillary region 21F: 03: XX: XX

Sweaty Underarms – excessive 24F: XX: XX: XX

4.3.24. BACK

ERUPTIONS

CERVICAL REGION

Skin: rash on neck and left side of face, maxillary region 21F: 17: XX: XX

HEAT

SENSATION

Woke up at 6 am feeling very hot which lasted until just after 7 am. Heat mostly around the neck and upper back – middle. 04F:02:06:00

FLUSHES

10:28 am had a hot flush lasting about 2-3 minutes. Feels like the heat started at the back of my neck & spread down my back, across my shoulders & down both arms. No sweating. I had just drunk some cold appetizer & eaten an egg. 04F:00:10:28

PAIN

Muscle pain in back. 10F:14:XX:XX

My back hurts, it's like I need a massage. 12F:01:XX:XX

ACHING

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

BURNING

My back is sore, it pains at the shoulder blade, it burns and the pain is on the inside. 23F: 04: XX: XX

EATING AGG

Eating/chewing causes pain, slightest movement causes pain. 18F: 15: XX: XX

Cannot eat/chew without feeling discomfort. 18F: 17: XX: XX

JARRING AGG

Jarring movement make it worse, better for heat pack 18F:13: XX: XX

LUMBAR REGION

Have had some lower back pain. 11F:27:XX:XX

Low - mid back been oddly sore today. 11F:36:XX:XX

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure 18F: 09: XX: XX

MENSES DURING

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure 18F: 09: XX: XX

MOTION AGG

Neck sprain on my left side. I can't turn my neck to the left. I can't bend forwards it b Rest is better- no movement 18F:13: XX: XX

Movement is restricted. 18F: 14: XX: XX

Any movement causes pain- unbearable 18F: 16: XX: XX

Unable to work with the pain in the neck, had to cancel clinic and did not attend lectures. Pain still causing restriction of movement, heat pack still helps. 18F: 16: XX: XX

Neck sprain starting to improve. Restrictions is still here, but the pain is not as bad. 18F: 17: XX: XX

Making me sit upright or stand upright and usually i have bad posture. Its goes to my upper back. It's difficult to see patients because examining them is quiet difficult. 18F: 14: XX: XX

NECK

Neck pain, sides and back of neck. 11F:42:XX:XX

Woke up this morning with quite a sore neck. Pain went away after about 30 minutes. 11F:10:XX:XX

Woke up with neck sprain on my left side.I can't turn my neck to the left. I can't bend forwards it backwards. 18F:13: XX: XX

Unable to work with the pain in the neck, had to cancel clinic and did not attend lectures. 18F: 16: XX: XX

Neck sprain is not improving, thought I sleep on the same side. It would go away. But it didn't work. 18F: 14: XX: XX

CRAMPING

Pain is a cramping 18F: 14: XX: XX

SHARP

Sharp pain. 18F: 14: XX: XX

PIERCING

My back is sore, right by my shoulder blade on both sides. It is like a piercing pain. 23F:16: XX: XX

POUNDING

Whole back is paining. It feels like a pounding feeling. It feels better when I apply a hot water bottle to it23F: 08: XX: XX

PRESSING PAIN

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure 18F: 09: XX: XX Back, pain, menses, during, pressing pain18F: 09: XX:XX

PULSATING

I had a little pain in my stomach and my back was pulsating every time I stood up or when I was walking. 29F: 05:07: 00

SACROILIAC JOINT

Throughout the day I have been experiencing the most intense lower back pain located on the right over the sacroiliac joint, it was excruciating. 15M:22:XX:XX

SHOOTING

My whole back is sore, the pain started when I woke up and it is like a shooting pain all over my back. I need a hot water bottle and I will put it there. It's the only thing that helps. 23F: 18: XX: XX

SITTING AGG

My back started to be sore just on the level of T12 on the left and it was after a while that I have sitting on a chair typing my assignment. 27F: 13: XX: XX

SLEEP, DURING

Neck was sore again. Pain goes away soon after waking up and only occurs if I sleep on my stomach. 11F:17: XX: XX

Kept moving into a weird position in the last hour of my sleep that when I do wake up my neck hurts a little. 11F:18: XX: XX

SORE

Low - mid back been oddly sore today. 11F:36:XX:XX

My back is sore, it pains at the shoulder blade, it burns and the pain is on the inside. 23F: 04: XX: XX

My whole back is sore, the pain started when I woke up and it is like a shooting pain all over my back. I need a hot water bottle and I will put it there. It's the only thing that helps. 23F: 18: XX: XX

Back- my back is really sore at my shoulder on my right side. It is like a burning. It feels better when the shower is hitting my back. 23F: 10: XX: XX

Woke up this morning with quite a sore neck. Pain went away after about 30 minutes. 11F:10:XX:XX

LEFT

My back started to be sore just on the level of T12 on the left and it was after a while that I have sitting on a chair typing my assignment. 27F: 13: XX: XX

TORTICOLLIS

Neck sprain - torticollis still 18F: 15 XX: XX

WARM APPLICATIONS, AMEL

The pain in the pelvic region is increased. Pulling down pain, > during day, active, heat, shower, heat bag 18F: 09: XX: XX

Back- whole back is paining. It feels like a pounding feeling. It feels better when I apply a hot water bottle to it. 23F: 08: XX: XX

My whole back is sore, the pain started when I woke up and it is like a shooting pain all over my back. I need a hot water bottle and I will put it there. It's the only thing that helps. Back, pain, stitching 23F: 18: XX

Neck feels better than the day before. Heat pack is helping a great deal. Movement is not as restricted. 18F: 18: XX: XX

Better for heat pack 18F:13: XX: XX

Pain- no improvement constantly using heat pack 18F: 14: XX: XX

Heat pack is helping 18F: 17: XX: XX

Neck feels better than the day before. Heat pack is helping a great deal.
Movement is not as restricted. 18F: 18: XX: XX

4.3.25. EXTREMITIES

COLDNESS

My legs being cool feels great especially on a hot day like this. The feeling is totally externally and from within. Body is not experiencing any other pain but it is rather annoying. I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). Hot and cold feels ironic, it's like me in every aspect of life right now. 17M: 00: 15:00

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them 27F:12: 3: 00

DRYNESS

HANDS

The "cold rash" by my thumb web has come back and is now along all my knuckles on my left hand. 11F:30:XX:XX

"Dry rash" is still on my left hand and is feeling a bit tender today. 11F:31:XX:XX

My hands have been very dry today. Particularly my left hand finger webs. 11F:36:XX:XX

COLD AGG

Also starting to get a bit of a "rash" by my left thumb web. Worse on colder days, (use to happen in winter before, but never went further than my left thumb knuckle) now noticed it on my right hand, between each of the knuckles, like excess dryness on the skin. 11F:17:XX:XX

Skin got very dry, especially between the knuckles worse in winter worse on colder days. Looks and feels dry and scaly. 11F:44:XX:XX

PEELING

I noticed today that my feet are starting to peel – mainly by the balls of my feet and almost in the toe webs – no itching involved. 11F:18:XX:XX

ERUPTIONS

BOILS, NATES

Skin infection came up, on the buttocks (left cheek). Painful to touch, < sleeping on it. Skin- boil on left gluteal region, when it burst it was full of pus, difficult to walk, and sit, extreme pain and sensitivity to localised area < SLEEPING, LYING ON BACK 19F:18: XX

DISCHARGE AMEL

Butt feels better now that I have removed the pus. 19F:20: XX: XX

PIMPLES

Full fine pimples have appeared on my left hand (Forearm) where I have put my tattoo. Does not look to major but thought I'd note it down. Those pimples stayed on for a few good minutes, they were red and fine all throughout my left arm. They had no itch or sensation but it just looked very annoying to say the least. 17M:00: 10H

Just got a bucket load of pimples on my right hand, they are absolutely white and itchy, looks like they are full of liquid. Trying not to pay attention to it but they are absolutely ugly, as I am writing and looking at it. It makes me sick to the gut. Some of them look like they are turning yellow, like they have full matter (pus) in them. They are all over my right arm, except my palm and extremely itchy. I don't know what could have aggravated it only been having water and, a cup of tea and a cheese toast. It's just very itchy and very liquidy, feels like touching but avoid doing so, no pain associated, only on my right hand. 17M: 06: 16: XX

GANGLION

I had a ganglion that has now disappeared on the proving. On my wrist between the PIP of my left baby finger and right finger, it was raised and quite prominent, < movement then it disappeared in the proving. 27F: XX: XX

The ganglion I have seen to be going down. 27F: 02: XX: XX

HEAT

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them 27F:12: XX: XX

As the day went on my feet were getting really sore, also seemed a bit swollen and hot. My feet at 23:00 are still feeling quite hot which is very unusual. 11F:34: XX: XX

Been feeling very hot and sweaty whilst everyone else has been cool. Not wearing very warm clothes on reception duty at varsity. Lasted from 12:30 till about 13:15. Was almost like a hot flush. My feet were particularly warm. 11F:00:12:30

HEAVY

Legs still feeling heavy and I just can't seem to lift them up. I just have to drag myself. 29F: 02: XX: XX

My legs just felt heavy as if I had to drag them when I had to move, I couldn't lift them up properly and I failed to finish my leg of jogging in the morning, I just felt super exhausted and gave up(energy zero). 29F: 01: XX: XX

ITCHY

My arms and legs also feel itchy, similar to my head but theres no rash on my arms or legs. 05M: 04: XX: XX

NUMBNESS

LEG

Had a numbing pain in right leg inside shine bone. 22F: 30: XX: XX

UPPER LIMB

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

PAIN

Leg is still painning17M: 11: 23: XX

My thigh is so painful right now. Anyway, enough of complaining just got to deal with it. 17M: 12: 15: XX.

Feels good this morning with the exception of my leg pain. 17M:04:9:30

ACHING

Bit of general aches and pains, though my RIGHT wrist and RIGHT and LEFT big toes are painful. 06F:02: XX: XX

BATHING AMEL

My back is really sore at my shoulder on my right side. It is like a burning. It feels better when the shower is hitting my back. 23F: 10: XX: XX

BURNING

No headache, sinuses but my finger is still swollen and pains, hope it is not fractured, would be rather disappointed (red, hot like fire coming out), 17M: 19:07:15

My back is sore, it pains at the shoulder blade, it burns and the pain is on the inside. 23F: 04: XX: XX

My back is really sore at my shoulder on my right side. It is like a burning. It feels better when the shower is hitting my back. 23F: 10: XX: XX

COLD APPLICATION

Thigh strain is acting up I see. Paining like hell. I will ice it down now 17M:06: XX: XX

Wrist pain deceased with each day, Ice pack helped. 18F:00: XX: XX

My wrist feels better, but if I try to strain or move the wrist it hurts. Ice pack still works. 18 F: 03: XX

CRAMPING

Leg is painning like hell though absolutely cramping had to stay put for a few minutes before I could move out of bed. This is becoming rather frustrating, have these on an off pains. 17M: 11: XX: XX

DULL

Right knee is also hurting tonight – right above the patella somewhat dull pain. 11F:18:XX:XX

EXTERION AGG

Thigh strain can be felt when movement in the leg 17M: 05:21: XX

Thigh strain from last night still remains, left thigh is bad, hope it is not torn, will take a bath and ice it down again. Hopefully that makes it better. 17M: 03: 7: XX

Thigh strain still here and is annoying. 17M: 04:8: 30

INJURY

Might need some ice, my finger got hurt and is awfully swollen (right pointing finger), don't even know how. 17M:18:22: 00

Played a game of soccer today, played through the pain for a while but then it stopped. Not to happy with the game, hate losing and sometime get too passionate. But we lose and we learn, just got out of the bath and think I have picked up an injury. Thigh strain, this is sudden, left thigh, felt no symptoms during or directly after the game. Not to please with this, hate the muscular injuries they usually bad news. Anyway going to ice it down for a while now as I watch the LFC game. Hopefully that is not a big problem, feeling the pain on my left thigh right above my knee running up, just going to numb it and lay still for a while. 17M: 02: XX: XX

INTERMITTENT

Thigh strain come and go as it pleases but surely that get better soon 17M: 08:06: XX

KNEES

Right knee is also hurting tonight – right above the patella somewhat dull pain. 11F:18:XX:XX

Cough and knee persists. 03F:19:XX:XX

Left knee hurt – very sore. 16F: 19: XX

Exhausted, did more walking than usual, feet hurt, knees hurt, exhausted! 16F: 03: XX

MOTION AGG

Thigh strain can be felt when movement in the leg 17M: 05:21: XX

My wrist feels better, but if I try to strain or move the wrist it hurts.
Ice pack still works. 18 F: 03: XX: XX

Wrist seems to be getting better. Rotation and bending without much discomfort. 18 F: 01: XX: XX

PIERCING

My back is sore, right by my shoulder blade on both sides. It is like a piercing pain. 23F:16: XX: XX

POUNDING

This thigh strain is still here, doubt it has any intension of disappear any time soon. Hope the muscle is not torn, because I would then be idle for longer periods in the day. Pain feels like something is moving in my thigh pounding from inside 17M:03:23: XX

PUNCHING PAIN

My legs are paining. It feels like someone is punching it hard. 23F: 06: XX: XX

SHOULDER

There is a kind of muscular spasm in between my shoulder blades but more on the right side. 11F:18: XX: XX

SLEEP AGG

Sore right shoulder probably from sleeping weirdly. 06F:09: XX: XX

SORE

Except my thigh strain which doesn't want to leave I know have a pain in my right ankle. Feel absolutely sore, can't place it on the floor without the pain. 17M: 04: 23: XX

As the day went on my feet were getting really sore, also seemed a bit swollen and hot. My feet at 23:00 are still feeling quite hot which is very unusual. 11F:34: XX: XX

My fingers is rather sore 17M: 19: 07: 15

Sore right shoulder probably from sleeping weirdly. 06F:09: XX: XX

My back is really sore at my shoulder on my right side. It is like a burning. It feels better when the shower is hitting my back. 23F: 10: XX: XX

My back is sore, right by my shoulder blade on both sides. It is like a piercing pain. 23F:16: XX: XX

STINGING

Left shoulder still paining, stinging pain 24F: 00: XX: XX

THINKING AGG

Still feeling this thigh strain, think it's getting worse and my ankle as well. Hope it comes right soon, thinking about that makes my head pain. 17M: 05:21: XX

TIGHT

Thigh strain still existing, leg is actually tight right now, can move it very less right now. Will take a shower and ice it down for a while. 17M: 09: 06: XX

WALKING AGG

Exhausted, did more walking than usual, feet hurt, knees hurt, exhausted! 16F: 03: XX

Right foot painful on walking on ball (heel) side of foot but > to the small the heel feel like walking on a stone 22 F: 08: XX: XX

Exhausted, did more walking than usual, feet hurt, knees hurt, exhausted! 16F: 03: XX

STIFFNESS

Thigh strain still existing, leg is actually tight right now, can move it very less right now. Will take a shower and ice it down for a while 17M: 09: 06: XX

(L) Knee gets stiff if I cross my legs for a long time difficult to walk immediately need to limber up. It is a stiff pulling pain in the knee. Better for heat. Worse for cold. 03F:18: XX: XX

Cough and knee persists. 03F:19: XX: XX

TWITCHING

Had 2 to 3 twitches on my left shoulder blade around 2pm. 11F:14: XX: XX

WEAKNESS

Today I was going up the stairs and my legs felt weak. 27F: 27: XX: XX

Felt quite faint and weak, mainly in my arms around lunch time, also a bit shakey. 11F:37: XX: XX

NAILS

Nails feel like they're getting weaker 06F:39: XX: XX

Hair- my hair grew longer, nails grew longer and faster, I had to cut my nails weekly, feels fuller. 27F: XX: XX: XX

4.3.26. SLEEP

DAYTIME

Took nap in the afternoon. 01F:38:XX:XX

I was battling to stay awake especially around 2:30 – 4:00pm. 04F:25:14:30

Woke up feeling a bit weak and more tired than usual so slept most of the day. 06F:07:XX:XX

Felt sleepy around 2pm which is unusual. 07F:02:XX:XX

Increased exhaustion. I spent most of the day sleeping or relaxing in bed. I slept from 10pm till 7 am..... woke up for a little then went back to bed for the rest of the day. I just feel so tired. 09F:53:XX:XX

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

Energy levels dropped at 10:15. Had a 20 minute nap. 11F:05:10:15

Energy levels dropped at 3pm. Slept for about 45minutes. 11F:09:15:00

Slept for about 1.5 hours on the couch when I eventually got home. 11F:16:XX:XX

Took the next remedy at 7:30, I had to force myself to wake up today. My energy level is low. I went to only one class today cousin I was just too tired to be in class. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

A bit tired. I have been in bed the whole day. I feel so drained and so very sleepy. 12F:18:XX:XX

Sleeping the whole day. 12F:25:XX:XX

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

What a day it has been, had a good long nap from 3 till 7 feel so relaxed now but doubt I am going to get some sleep anytime soon. 17M: 03: XX: XX

Had a lovely nap from 2-4pm, that was refreshing 17M: 04: XX: XX

I want to sleep the whole day. I feel tired and sleeping makes it feel better. I usually sleep on my left side, but now my nose is dripping so I have to have my body on my left side and my head has to be facing upwards. It is really uncomfortable. 23F: 06: XX: XX

Slept for about 7 hours and slept again in the afternoon for 4 hours and I still felt like I needed more sleep. I slept flat out peacefully. 27F: 10: XX: XX

Had an afternoon nap, upon waking up my head felt heavy and eye also upon opening them and it was better if I squint eye. 27F: 12: XX: XX

I slept for about 5 hours during the night and had another 2 hour nap in the afternoon. I slept quite peaceful and I woke up well rested. 29F: 00: XX: XX

I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F: 01: XX: XX

DIFFICULT, FALLING OFF

Battled to fall asleep last night – although I fell asleep watching TV at around 11:30pm (for 30 mins), once I got into bed I could not fall asleep for about 2 hours. 04F:30:XX:XX

Battled to fall asleep last night despite being tired – I got into bed at 11pm & only fell asleep after 12:30am. 04F:31:XX:XX

Woke up at 4:50am & didn't fall asleep again until 5:30 am. 04F:31:04:50

Couldn't fall asleep last night and had what seemed like quite an interrupted sleep thereafter. It wasn't very nice. 11F:37:XX:XX

Struggled to sleep again, actually just don't feel tired – 23:00. 11F:37:XX:XX

Would love to get some sleep right now but seems highly impossible. So I'm just going to lie here and stay still hoping that at least the headache goes away or sleep arrives soon. Good night. 17M: 01: 21: 00

07h00- Indifferent morning and sleep that was, feel off to sleep eventually at 1h30 this morning, even though I slept late but don't feel tired, lazy or sleepy at all. 17M: 13:07:00

02:00 can't fall asleep. 21F: 03: 02: 00

24:15 – cannot fall asleep. 21F: 03: 00: 15

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

I had 9 hours of sleep. I was about restless when I went to bed. It took about 3 hrs got me to fall asleep, I was feeling hot and not comfortable at all but after that I slept well and there were no interruptions. I slept on right side and woke up on left side. 23F:14: 8:00

Sleep – 6 hrs, quality7, took long to fall asleep 21 F: 18: XX: XX

Sleep- I was abit restless when I went to bed. It took me 3 hours to fall asleep and I slept for 5 hours. I was feeling tired when I woke up. I slept on my left side and woke up on my back. 23F: 20: XX: XX

Terrible, got disturbed, could not fall asleep again, had 5.5 hours of sleep, slept on tummy 24F: 04:6:30

I dosed off immediately I get into bed, it does not take me long but I always feel much colder when I get into bed as if the blanket are wet I only wake up to urinate. 27F: 06: XX: XX (cs)

Poor night's sleep as I battled to fall asleep and spent most of the night dozing but not falling into a deep sleep so I had a very long night and even longer day seeing patients. Extremely lethargic and grumpy as I just went a full night's sleep. 28M: 06: XX: XX

DISTURBED

Woke up very early today. Very interrupted sleep. I didn't sleep as well as what I usually do. 11F:04:XX:XX

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

Woke up groggy, slept terribly though from unusual sounds outside so was quite alarmed about that. 11F:20:XX:XX

Couldn't fall asleep last night and had what seemed like quite an interrupted sleep thereafter. It wasn't very nice. 11F:37:XX:XX

My sleep still breaks in the early parts of the morning. Sleep is still unrefreshing. 18F: 08: XX: XX

Constantly waking up at 4:30 19F:05: XX: XX

Sleep- I slept good, I had 6 hours of sleep, my sleep was interrupted by annoying cough at around 2am. 23F: 08: XX: XX

Sleep- I slept okay, sleep was interrupted by my cough and blocked nose, at times I felt like I could not breathe and wake up. I sleep on my left side and I woke up either on my left side or right side, but mostly woke up on my right side 23F: 09: XX: XX

Sleep-I did not sleep well, my sleep was interrupted by my cough. I was tired when I woke up. I always sleep on my left side and I woke up on my right side, and I woke up on my left side. I had about 6 hours of sleep. 23F: 10: 11:00

I kept drifting into sleep and waking up. 27F: 10: XX: XX

POSITION

ABDOMEN/STOMACH

Sleep on tummy, and fell asleep on hands once or twice. 03F:26:XX:XX

Sleeping position: stomach / abdomen 21F:00: XX: XX

Sleeping position: on my side at first, then my back with arms over my head and I woke up on my stomach 21F: 03: XX: XX

Sleeping position - woke up on my abdomen 21F: 06: XX: XX

Terrible, got disturbed, could not fall asleep again, had 5.5 hours of sleep, slept on tummy 24F: 04:6:30

AGG

Neck was sore again. Pain goes away soon after waking up and only occurs if I sleep on my stomach. 11F:17:XX:XX

BACK

Sleeps on back facing up, arms above head. 22F: XX: XX: XX

I slept on my left and woke up on my back. 23F: 06: XX: XX

I had a good sleep- no interruptions, 8 hours, I slept on my left and woke up on my back. 23F: 18:8: 00

Sleep- I was abit restless when I went to bed. It took me 3 hours to fall asleep and I slept for 5 hours. I was feeling tired when I woke up. I slept on my left side and woke up on my back. 23F: 20: XX: XX

I slept well, I had 10 hours of sleep, I slept on my left side and got up on my back. No interruptions. 23F: 22: 12: 00

CHANGED FREQUENTLY

Kept moving into a weird position in the last hour of my sleep that when I do wake up my neck hurts a little. 11F:18:XX:XX

EXTREMEITIES ON

Sleep on tummy, and fell asleep on hands once or twice. 03F:26:XX:XX

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

RIGHT SIDE

I slept on my left side and I woke up either on my left side or right side, but mostly woke up on my right side 23F: 09: XX: XX

I slept well, I had 10 hours of sleep and I slept on my left side and woke up on my right side. 23F: 13: 11:00

I slept on right side and woke up on left side. 23F:14: 8:00

Slept well, I had 10 hours of sleep. I slept on my left and woke up on my right. 23F:15: 9: 00

Had a nice sleep. Slept for 9 hours with no interruptions. I sleep on my right side and got up on my right side. 23F: 17: 9: 00

My sleeping was 10 hours I sleep on my left side and got up on my right side. 23F: 26: XX: XX

I had a good sleep in my husband's arms. I had 9 hour of sleep and no interruptions. I slept on my left side and got up on my right side. 23F: 28: XX: XX

RIGHT SIDE, AGG

I no longer sleep on my right side, it is quite uncomfortable, but I sleep better now. I don't recall any dreams. 27F: 26: XX: XX

LEFT SIDE

Slept in a bad position so left side of neck is sore. 06F:23:XX:XX

I had a good sleep, I slept for 9 hour without interruptions. I slept on my left and woke up on my left. 23F:16: 9: 00

I slept well. I had 9 hours of sleep. I slept on my left and woke up on my left side. I had no interruptions. 23F: 19: 00: 00

I had 8 hours of sleep, my sleep was interrupted at 02:25 am there was a loud bang sound in my kitchen but I don't know what is was. I was I slept on my left side and got up on my left side. 23F: 24: 15: 00

I slept well, I had 10 hours of sleep and no interruptions. I slept on my left and woke up on left side. 23F: 26: 12: 00

PROLONGED

I slept well, I had 9 hrs of sleep and I feel relaxed. I cannot remember my dreams. 23F: 01: XX: XX

I had 9 hours of sleep. I feel rested. . 23F: 05: 9: 00

9 hours of sleep. 23F: 06: XX: XX

I slept well, I had 10 hours of sleep and I slept on my left side and woke up on my right side. 23F: 13: 11:00

I had 9 hours of sleep. I was about restless when I went to bed. It took about 3 hrs got me to fall asleep, I was feeling hot and not comfortable at all but after that I slept well and there were no interruptions. I slept on right side and woke up on left side. 23F:14: 8:00

Slept well, I had 10 hours of sleep.. 23F:15: 9: 00

I had a good sleep, I slept for 9 hour without interruptions. 23F:16: 9: 00

Had a nice sleep. Slept for 9 hours with no interruptions. 23F: 17: 09: 00

I had a good sleep- no interruptions, 8 hours, I slept on my left and woke up on my back. 23F: 18:8: 00

I slept well. I had no interruptions. 23F: 19: 00: 00

I slept well, I had 10 hours of sleep. No interruptions. 23F: 22: 12: 00

I had 8 hours of sleep, my sleep was interrupted at 02:25 am there was a loud bang sound in my kitchen but I don't know what it was. I was I slept on my left side and got up on my left side. 23F: 24: 15: 00

I slept well, I had 10 hours of sleep and no interruptions. 23F: 26: 12: 00

My sleeping was 10 hours I sleep on my left side and got up on my right side. 23F: 26: XX: XX

I had a good sleep in my husband's arms. I had 9 hour of sleep and no interruptions. 23F: 28: XX: XX

Slept for about 8 hours. It is still slightly longer than I usually sleep. Even though I didn't nap in the afternoon. I was well rested when I woke up and the sleep was quite peaceful. 27F: 06: XX: XX

slept quiet well for about 7 hours .i still felt like I wanted to sleep more though when I woke up but I had to wake up to be on campus on time. 27F: 07: XX: XX

Slept for about 7 and a half hours I still felt quite sleepy when I woke up, but the sleep was quite peaceful, didn't have any distractions. 27F: 09: XX: XX

Slept got quite a long time. Slept early with the intent of waking up early to go jogging but I ended up not being able to wake up so I slept for about 10 hours and I still felt sleepy when I woke up. The sleep itself was very peaceful. I had not interruption it all. 27F: 11: XX: XX

no motivation to wake up but sleeping gets me more tired so I woke up and made myself breakfast, I ate a lot maybe out of boredom but I was enjoying myself. 27F: 17: XX: XX

Sleep- I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F: 01: XX: XX

I slept more than usual, it was for about 10 hours and still had a 2 or 3 hour nap in the afternoon. 29F: 02: XX: XX

I still slept for long than usual though it didn't get to have an afternoon nap. I slept for 9 hours in today although I did wake up at around 2 am after having a rather weird dream. 29F: 04: XX: XX

I have been sleeping more than usual again. I slept for about 9 hours, it was quite a peaceful night, I didn't have any disturbances during my sleep. 29F: 12: XX: XX

REFRESHING

Found that I can now sleep peacefully for a full 8 hours, no interruptions. 05M:02:XX:XX

Good sleep. 05M:03:XX:XX

Comfortable sleep, no difficulty. 05M:01:XX:XX

Woke up at 6am. Feel refreshed. No headache. 07F:02:XX:XX

Slept very well though. 11F:24:XX:XX

Had a really good sleep last night so felt really good and refreshed ready to conquer the day. 11F:27:XX:XX

Today was a good day, slept really well, about 8 hours, feeling refreshed. Was full of energy. 11F:28:XX:XX

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

Slept very well even managed to wake up to my first alarm at 6:00am was awake properly. 11F:39:XX:XX

Had a lovely sleep, no dreams that I can remember, feels so nice. 17M: XX:XX:XX

Had a lovely nap from 2-4pm, that was refreshing 17M: 04: XX: XX.

Sleep - excellent 9. I had a busy dream but can't remember the dream. 21F: 12: XX: XX

Sleep – 8 hrs quality 7. Refreshed. 21 F: 19: XX: XX

Feels refreshed despite having very little sleep 22F: XX: XX: XX

I slept well, I had 9 hrs of sleep and I feel relaxed. I cannot remember my dreams. 23F: 01: XX: XX

I had a good refreshing sleep although with my increased thirst I urinated alot which made me wake up at times. That I usually don't. 27F: 00: XX: XX

Slept for about 8 hours. It is still slightly longer than I usually sleep. Even though I didn't nap in the afternoon. I was well rested when I woke up and the sleep was quite peaceful. 27F: 06: XX: XX

Sleep;I slept very well, I had 9 hours of sleep, and it was quite peaceful, I woke up energised. 23F: 07: XX: XX

I woke up very refreshed and nicely early, I arrived at church and did my part and I was prepared for church. 27F: 09: XX: XX

Slept for about 7 hours and a half hours I still felt quite sleepy when I woke up, but the sleep was quite peaceful, didn't have any distractions. 27F: 09: XX: XX

Slept got quite a long time. The sleep itself was very peaceful. I had not interruption it all. 27F: 11: XX: XX

I had a refreshing rest. 27F: 12: XX: XX

I slept like a baby and it was a peaceful night. 27F: 31: XX: XX

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

My sleep has improved since starting this I think I read the exercise and to be exhausted in order to sleep better. 28M: 12: XX: XX (cs)

Woke up feeling pretty good after a long sleep. 28M: 18: XX: XX

I slept for about 5 hours during the night and had another 2 hour nap in the afternoon. I slept quite peaceful and I woke up well rested. 29F: 00: XX: XX

I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F: 01: XX: XX

Slept for about 7 hours and I rested quite well. 29F: 05: XX: XX

Sleep- slept of about 5 hours. It was peaceful and I felt well rested afterwards. 29F: 13: XX: XX

RESTLESS

I had 9 hours of sleep. I was about restless when I went to bed. It took about 3 hrs got me to fall asleep, I was feeling hot and not comfortable at all but after that I slept well and there were no interruptions. I slept on right side and woke up on left side. 23F:14: 8:00

I had a late night but I was quite restless as I kept on waking up. 27F: 28: XX: XX

SENSITIVITY

LIGHT TO

I noticed that I am more sensitive to noise during sleep although. I can fall asleep regardless of noise. 27F: 02: XX

NOISE TO

I noticed that I am more sensitive to noise during sleep although. I can fall asleep regardless of noise. 27F: 02: XX

SHORT/ NAPPING

Took nap in the afternoon. 01F:38:XX:XX

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes. 11F:00:18:00

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

Energy levels dropped at 10:15. Had a 20 minute nap. 11F:05:10:15

Energy levels dropped at 3pm. Slept for about 45minutes. 11F:09:15:00

Slept for about 1.5 hours on the couch when I eventually got home. 11F:16:XX:XX

Woke up feeling refreshed although I slept late last night. 15M:16:XX:XX

What a day it has been, had a good long nap from 3 till 7 feel so relaxed now but doubt I am going to get some sleep anytime soon. 17M: 03: XX: XX

Had a lovely nap from 2-4pm, that was refreshing 17M: 04: XX: XX

Mood is still bad, slept for barely 2 hours last night.17M: 09: XX:XX

Eyes- my eyes were blood shot but no pain or anything, just be because I did. Was not get (getting) enough sleep. 27F: 00: XX: XX

SLEEP, SHORT AMEL

Woke up early to study. Got about 4.5 hours of sleep. Was feeling fine. 11F:03:XX:XX

07h00- Indifferent morning and sleep that was, feel off to sleep eventually at 1h30 this morning, even though I slept late but don't feel tired, lazy or sleepy at all. 17M: 13:7: XX

Feels refreshed despite having very little sleep 22F: XX: XX: XX

Didn't have enough sleep but I can manage, slept for 3.5 hours 24F: 09: 6:15

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

I slept for about 5 hours during the night and had another 2 hour nap in the afternoon. I slept quite peaceful and I woke up well rested. 29F: 00: XX: XX

SLEEPINESS

My eyes feel heavy and im getting sleepy during the day. 05M:04:XX:XX

Want to sleep. 03F:10:XX:XX

Want sleep + warmth.03F:12:XX:XX

Want to into boardroom turn lights off + sleep on carpet.03F:12:XX:XX

Desire to sleep, + close eyes. 07F:01:XX:XX

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

Took the last one at 20:15. I'm tired and just want to go to sleep. I have a headache at 20:30 but it's not too bad, I think it's caused because I'm so hungry. 12F:01:XX:XX

What a relaxed day, slept almost the entire day, woke up when I needed to eat and bath 17M: 05:21: XX

I want to sleep the whole day. I feel tired and sleeping makes it feel better. I usually sleep on my left side, but now my nose is dripping so I have to have my body on my left side and my head has to be facing upwards. It is really uncomfortable. 23F: 06: XX: XX

I feel miserable I still got the flu, so I'm not feeling good. I want to climb into bed and be in a warm place. 23F: 08: XX: XX

Energy – 3.5/10, very tired, very sleepy 24F: 09: XX: XX

Feeling extremely sleepy 26M: 00: 12: 05

I got to bed and passed out. 27F: 04: XX: XX

I dosed off immediately I get into bed, it does not take me long but I always feel much colder when I get into bed as if the blanket are wet I only wake up to urinate. 27F: 06: XX:

slept quiet well for about 7 hours .i still felt like I wanted to sleep more though when I woke up but I had to wake up to be on campus on time. 27F: 07: XX: XX

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

Slept for about 7 hours and slept again in the afternoon for 4 hours and I still felt like I needed more sleep. I slept flat out peacefully. 27F: 10: XX: XX

I woke up today still in need of sleep ,as I was working on my assignment and I am just trying to be optimistic about today as it is going to be a long day. 27F: 13: XX: XX

I have been dragging myself around the place all day. All I wanted to do was sleep and not do anything. 29F: 01: XX: XX

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

I slept for about 10 hours again today though didn't have an afternoon nap, I have been struggling to stay awake. 29F: 03: XX: XX

I am stilling quite sleep, even after an hour of waking up, I just feel like going back to bed. 29F: 03: XX: XX

STUDYING DURING

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

Still not feeling very energetic. Couldn't wake up early in the morning. I have been studying but dozing off a lot. 29F: 12: XX: XX

I felt very chilly, couldn't study because I had to sleep, when I got to bed my blanket seem to be very light. 27F: 02: XX: XX

OVERPOWERING

@ work today felt very sleepy. Not normally sleepy @ work. Very tired and lethargic. 03F:12:XX:XX

I was battling to stay awake especially around 2:30 – 4:00pm. 04F:25:14:30

Very slow, minimal energy so I slept in both of lectures. 06F:31:XX:XX

Slept at 10:30pm because I felt tired. Would have liked to stay up later. 07F:03:XX:XX

At 13:00 I feel so tired that I don't want to do anything like I can't cope I need to take a taxi back home to sleep. 09F:26:13:00

Didn't go to campus, not ill but extremely tired. Just want to sleep in. 09F:34:XX:XX

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes. 11F:00:18:00

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

Once the seminar started (chiropractic congress this weekend) the fatigue set in and I was battling to keep my eyes open (9:15 – 10:30). 11F:14:XX:XX

Slept for about 1.5 hours on the couch when I eventually got home. 11F:16:XX:XX

At 22:00 started getting heavy eyes. Just wanted to fall asleep on the spot. 11F:21:22:00

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

At 5pm I was exceptionally tired and could barely keep my eyes open. 11F:36:XX:XX

Took the next remedy at 7:30, I had to force myself to wake up today. My energy level is low. I went to only one class today cause I was just too tired to be in class. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

Sleeping the whole day. 12F:25:XX:XX

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

Feeling a bit tired this morning and it went on all day. I even crashed in the afternoon when I fell asleep for an hour at 5pm. 15M:09:XX:XX

Tired by 10pm for the last few days, I have to go to sleep by then. I wake up refreshed but by midday my energy is to an all-time low. 15M:23:XX:XX

What a relaxed day, slept almost the entire day, woke up when I needed to eat and bath 17M: 05:21: XX

I woke up very late and still tired, so I made breakfast and ate, after eating I felt drowsy and slept again to wake up during midday and refreshed and cooked, I ate and watched movies. 27F: 16: XX: XX

I slept for about 10 hours again today though didn't have an afternoon nap, I have been struggling to stay awake. 29F: 03: XX: XX

I am stilling quite sleep, even after an hour of waking up, I just feel like going back to bed. 29F: 03: XX: XX

Sleep- I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F: 01: XX: XX

SLEEPLESSNESS

10 november 2015 – 2;35 am – no desire to go to bed yet even after 00;00. 01F:04:02:35

Went to bed at 2;00 (26 november). 01F:20:02:00

Feel tired but no desire to sleep. 01F:20:XX:XX

No urge to sleep. 01F:39:XX:XX

Usually falls asleep at 2/3am. 01F:39:XX:XX

Battled to fall asleep last night – although I fell asleep watching TV at around 11:30pm (for 30 mins), once I got into bed I could not fall asleep for about 2 hours. 04F:30:XX:XX

Battled to fall asleep last night despite being tired – I got into bed at 11pm & only fell asleep after 12:30am. 04F:31:XX:XX

Could not sleep. 07F:02:XX:XX

Wide awake at 23:09pm. 10F:00:XX:XX

Did not sleep last night, was wide awake till 3:00am. 10F:01:XX:XX

Not very sleepy. 10F:01:XX:XX

Struggled to sleep again, actually just don't feel tired – 23:00. 11F:37:XX:XX

Had a bit of groin pain today again, a bit irritable at night and I didn't manage to get sleep until late. 15M:15:XX:XX

Sleep: insomnia, its 02:51, I feel wide awake 21F: 11: 2: 51

Sleep insomnia. 21F: 21: 15:00

I could not sleep today, it took me a great while to feel drowsy 27F: 07: XX: XX

COUGH FROM,

Sleep- can't sleep, coughing a lot 21F: 22: XX: XX

Sleep- 3hrs, quality 4, cough unable to sleep, <laying down, night time 21F: 23: XX

Sleep- insomnia, due to coughing 21F: 26: XX: XX

Sleep- can't sleep, slept at 4 am, tossing and turning. Coughing too much every time i go to the bathroom thinking I am going to throw up. But no vomiting. 21F: 29: XX: XX

UNREFRESHING

Sleep is very unrefreshing. 01F:XX:XX:XX

I woke up late not very refreshed but ate and continued to watch movies and series- energy levels is 4/10 27F: 18: XX: XX

My sleep isn't refreshing, I'm always feeling tired and exhausted. 12F:37:XX:XX

My sleep still breaks in the early parts of the morning. Sleep is still unrefreshing. 18F: 08: XX: XX

Sleep- quality 2. Slept for 4 hrs, poor sleep. 21 F: 12: XX: XX

Sleep- 3hrs, quality 4, cough unable to sleep, <laying down, night time 21F: 23: XX:XX

Sleep-5 hrs quality 4 21F: 24: XX: XX

Sleep – 5hrs, quality 5 21F: 29: XX: XX

Sleep-5 hrs, quality 6 21F:30: XX: XX

Sleep, I had 6 hours of sleep, my sleep was interrupted by annoying cough at around 2am. 23F: 08: XX: XX

Sleep- I slept okay, sleep was interrupted by my cough and blocked nose, at times I felt like I could not breathe and wake up. I sleep on my left side and I woke up either on my left side or right side, but mostly woke up on my right side 23F: 09: XX: XX

Sleep-I did not sleep well, my sleep was interrupted by my cough. I was tired when I woke up. I always sleep on my left side and I woke up on my right side, and I woke up on my left side. I had about 6 hours of sleep. 23F: 10: 11:00

Sleep- I was abit restless when I went to bed. It took me 3 hours to fall asleep and I slept for 5 hours. I was feeling tired when I woke up. I slept on my left side and woke up on my back. 23F: 20: XX: XX

Terrible, got disturbed, could not fall asleep again, had 5.5 hours of sleep, slept on tummy 24F: 04:6:30

Eyes- my eyes were blood shot but no pain or anything, just be because I did. Was not get (getting) enough sleep. 27F: 00: XX: XX

Slept for about 5 hours. It is normal but didn't feel well rested, although the night was peaceful, didn't have any disturbance. 27F: 08: XX: XX

I woke up late not very refreshed but ate and continued to watch movies and series- energy levels is 4/10 27F: 18: XX: XX

Poor night's sleep as I battled to fall asleep and spent most of the night dozing but not falling into a deep sleep so I had a very long night and even longer day seeing patients. Extremely lethargic and grumpy as I just went a full night's sleep. 28M: 06: XX: XX

Fairly poor night's sleep. So I've been fairly tired today, 28M: 05: XX: XX

WAKING

DIFFICULT

Trouble waking up this morning. 03F:03:XX:XX

Got 7 hours of good sleep, struggled to wake up though. 11F:06:XX:XX

Slept well but struggled to get up. 11F:16:XX:XX

Really starting to have a problem waking up in the mornings. Only got up at 8am. 11F:38:XX:XX

Took the next remedy at 7:30, I had to force myself to wake up today. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

Slept for quite a long time. Slept early with the intent of waking up early to go jogging but I ended up not being able to wake up so I slept for about 10 hours and I still felt sleepy when I woke up. 27F: 11: XX: XX

Still not feeling very energetic. Couldn't wake up early in the morning 29F: 12: XX: XX

I have been sleeping more than usual again. I slept early again hoping to be up early and go jogging but I could not seem to get myself out of bed when my alarm went on and I ended up waking up 3 hours later. 29F: 12: XX: XX

EARLY

Woke up at 4:50am & didn't fall asleep again until 5:30 am. 04F:31:04:50

Managed to wake up early today maybe its due to less carbohydrate intake. 06F:10:XX:XX

Woke up early today (6:45), sleep broke early. 06F:21:XX:XX

Body in the habit of waking up early now. 06F:22:XX:XX

Woke up at 5:30am. Refreshing sleep. No dreams. 07F:00:XX:XX

Woke up at 5:30am. Felt refreshed. 07F:01:XX:XX

Woke up at 3:30am. Feel very good/ fresh/ energetic. Energy 9/10. 07F:03:XX:XX

Woke up very early today. Very interrupted sleep. I didn't sleep as well as what I usually do. 11F:04:XX:XX

Woke up somewhat easily this morning. Was feeling good. 11F:14:XX:XX

Slept very well even managed to wake up to my first alarm at 6:00am was awake properly. 11F:39:XX:XX

Early get up again, feels like a good morning today. 17M: 10:06:30

My sleep still breaks in the early parts of the morning. Sleep is still unrefreshing. 18F: 08: XX: XX

Waking up was not a problem because I woke up before my alarm went off 27F: 02: XX: XX.

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

LATE

More awake today but still woke up late. 01F:18:XX:XX

I woke up very late and still tired, so I made breakfast and ate, after eating I felt drowsy and slept again to wake up during midday and refreshed and cooked, I ate and watched movies. 27F: 16: XX: XX

Overslept this morning. 11F:02: XX: XX

Slept in a bit longer than normal today. 11F:12: XX: XX

Slept tightly last night. Overslept a bit again. 11F:13: XX: XX

Really starting to have a problem waking up in the mornings. Only got up at 8am. 11F:38:XX:XX

Got up late for work today, it's okay will report to that an hour late. 17M: 25: 07: XX

I woke up late not very refreshed but ate and continued to watch movies and series-energy levels is 4/10. 27F: 18: XX: XX

I woke up so late today and I panicked as I normally don't oversleep today was my first in years. I hurried to get ready and I just managed to make it by a little while late than I expected. I felt bad for being late at church as I had committed to being early. 27F: 30: XX: XX

SHOWER AFTER. AMEL

Still continue with tiredness but wakeful (especially after shower).
01F:27:XX:XX

NOISE FROM

Was awoken abruptly by the neighbors arriving home fell asleep quickly again.
11F:08:XX:XX

Woke up groggy, slept terribly though from unusual sounds outside so was quite alarmed about that. 11F:20:XX:XX

This morning I was constantly being woken up by someone's alarm which must have been someone's actual phone alarm. It sounded like various alarms and it frightened me at first. So being woken up wasn't too much fun. 11F:30:XX:XX

I had 8 hours of sleep, my sleep was interrupted at 02:25 am there was a loud bang sound in my kitchen but I don't know what it was. 23F: 24: 15: 00

My sleep is easily disturbed by noise and it leaves me confused. But I had an early night. 27F: 07: XX: XX

SALIVATION FROM

when I get to bed as soon as I sleep on my left side I fast fall asleep and I later on wake up to find that I am drooling actually , I think the old saliva wakes me up and then I turn on the right side on my right side / on my tummy. 27F: 03: XX: XX

SHOCKED,

Had to wake up exceptionally early this morning to work at a sports event. Didn't get more than 5 hours of sleep. Was quite startled by my alarm. Had lots of energy from 5am till 8am. 11F:09:XX:XX

Was woken up abruptly at 2:50am when the alarm went off. Proceeded to go off repeatedly within the next 20 minutes so my levels of anxiety and panic shot through the roof. Didn't sleep until 4:45. 11F:26:02:50

I had a dream that I was in a rural area, hut made of mud, all alone, by myself, I was attacked by a black dog, the dog was very vicious, rage and stood up on its rare feet .When I woke up I was scared, woke up when the dog came to attack me , my heart was beating very fast, it felt so real. 29F: XX: XX: XX.ns

DREAM STATE IN

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. I was beginning to run out of breathe in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F: 05:2: 00

URINATION, DESIRE TO

I had a good refreshing sleep although with my increased thirst I urinated alot which made me wake up at times. That I usually don't. 27F: 00: XX: XX to

I realised that I urinate a lot at night and I woke up a few times to go take a pee- normally I only pee before going to bed (N), normally I only pee before going to bed and after I wake up in the morning. 27F: 03: XX: XX

YAWNING

I feel like I'm just always yawning, just so tired. 09F:54:XX:XX

4.3.27. DREAMS

ABANDONED

Dreams- bus left me 19F: XX: XX

ACCIDENTS

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see were pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. I was unable to control the steering and I tried to stop the car but it just kept on moving until I crashed on the side of the bridge and crashed the glasses and the car fell into the water. I managed to get my two sister out of the car and they started swimming out towards land but I got stuck and couldn't move. I was beginning to run out of breathe in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F: 05:2: 00

Just woke up, had a dream that I was travelling by car to Durban, and then suddenly was hit by a motorbike on the passenger side, where I was sitting, I was traveling with a close cousin in a white vehicle, which could easily be identified. The person who was driving the motorbike could easily be seen. That person did not speak and was bleeding really badly. The weird part was when the person wrote with their blood on the white vehicle that "this is just the start of a war". Too much of game of thrones? 17M: 01: 6: XX

The next dream I had was of another accident, where I was driving my sister's vehicle and I had knocked into someone. At the point of the sound in the dream, I woke up to be covered in sweat. At that point I never slept. I let the day continue. 17M: 01: 6: XX

ANGER

Dreams – I was at home (PE) and my family, who I have not seen in many years were visiting. It was my birthday, I remember thinking I was celebrating my birthday very early ,(in march when it is october), they bought me a gift, it was a strange box, it was blue on the sides and opaque on the top. I also gave them gifts. I gave my one aunt a pair of black shoes and my cousins gold hand bags with lip-gloss and other make-up accessories inside. My one aunt, who is younger than me decided to stay for a few days with my grandmother (all my father's side family). There was a point in the dream I felt really angry , I'm not sure whom my anger was directed at, but I remember thinking , " why am I getting so angry in the dream", I remember thinking it must be the remedy because I felt extremely angry which is very uncharacteristic me. 21 F: 02: XX: XX

Dreams- I was at home(PE) my younger cousin was home with me(having a very loving relationship normally), I went outside to hang up washing and told her not to let anyone in . When I got back there was a guy, he stays on my street, he was sitting in the lounge, in his blue underpants/ brief, nothing else. I was very upset and started shouting and swearing my cousin for disobeying me. She didn't seem to pay much notice to me, so I tried talking to him asking him to leave but he refused. I started sweeping a mat feeling very frustrated. I don't know what the above dream could mean to me, I don't swear / get upset especially with her (my cousin). We were alone the sun was shining, time frame, morning during the week 21 F: 02: XX: XX

I was at a house, a double story white houses. It was my house/home in the dream but I have never seen this house before. We were having a family lunch. Family kept on ringing the door bell, I went to check who it was at the door but before getting it i walked past the pool with people I didn't recognise, swimming in formal dresses (evening gowns). The pool was in the lounge area. When I finally opened the door it was the police, my neighbours complained about the bell that keep ringing. I didn't remember anything else. I felt a little frustrated that no-one answers the door when the bell stand the first few times. 21F: 07: XX: XX

ANIMALS

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again. Anyway, up this morning with no sinus at all, not a sneeze to note, nor an irritating nose, first time in ages that I remember this. Went outside just to make sure, well maybe the drugs is good for something after all. 17M: 03: XX: XX

Dreams - I dreamt about a white and brown abandoned kitten. I found the kitten on the stairs outside my home in PE. I was tempted to taken the kitten in but did not due to fair (fur) of animal's . I kitten gave me a longing/ hopeful look, hoping I would take him in but I could not take the kitten as I put him down, his claws went to my legs. Trying to hold on to me. I woke up after that. 21F: 08: XX: XX

ANXIOUS

Dream- also unfamiliar different people. Both I started of feeling anxious and felt better when the dream went on. 16F: 14: XX: XX

Woke up recalling a dream so I decided to record it right away instead of the end of the day like I normally record. In the dream Y and I find ourselves stuck somewhere, my dreams are usually not so vivid so I'm unsure of where I just had the sensation we were stranded and couldn't get out or back home. During the dream I recall feeling very stressed and on the verge of panic but once I woke up from it I was instantly aware of it being a dream so that stress subsided. 28M: 04: XX: XX

BEATEN, BEING

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

0h30- just had a weird dream, dreamt I was learning how to play music and because I was not catching on very quickly the music coach hit me with the guitar over my head. The funny part was even though the guitar was over my head I was still trying to play it. The weird part was I was learning this at a wedding, where someone was getting married, and I could hear people "booing" me but could not see any one of them. The place was pitch dark with a while light hitting from me back. Also a few days ago, I was telling to someone I would like to learn to play musical instruments. 17M: 17: XX:XX

BETRAYED, HAVING BEEN

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

I dreamt I caught my bf cheating and I hit him and that girl so hard, tense and scary atmosphere, dull colours, grey, brown, peach 24F:15: XX: XX

BLOODY

Just woke up, had a dream that I was travelling by car to Durban, and then suddenly was hit by a motorbike on the passenger side, where I was sitting, I was traveling with a close cousin in a white vehicle, which could easily be identified. The person who was driving the motorbike could easily be seen. That person did not speak and was bleeding really badly. The weird part was when the person wrote with their blood on the white vehicle that "this is just the start of a war". Too much of game of thrones? 17M: 01: 6: XX

06h00- just had a terrible dream, I was locked in a building all alone, one which was a high and empty building with no roof. The sky was visible and dead birds kept on falling through

the roof. The body of the bird fell first then the head followed. I could only see blood of the birds along with the bird. The birds were all black, with the head being white and the floor was red from all the blood. Then a headless but an alive chicken fell through and this chicken was running around and even gave birth. At that point in the dream, I threw up but the colour was green. I then broke sleep, I felt like really throwing up, I was stinking with perspiration. What a horrible stench, like something had died in the room. Shirt and upper body were soaking wet. This is the first time this happened during a dream, a piece of that site gives me the creeps. Feel horrified by that site. On the good part I have no sinus which is good but a minor cause for celebration in comparison to that horrific dream. Like a whole bunch of birds just falling, what did I cause the apocalypse in dream. Had a good shower, feel much better that, hope I did seeing that is/ was almost an hour, I felt extremely dirty and crept out. 17M: 28: 06:00

I had a dream that I was at campus with a few friends and class mates and we were having a drink and playing some card. Energy felt great, was very fun, everyone was sharing jokes and talking in general, until 2 people started fighting over cards. Eventually a person (all known) hurt someone and only blood could be seen everywhere, lots and lots of blood. Actually felt like throwing up when I broke sleep at that point as I don't really feel comfortable looking at blood but all is cool. (Blood makes me feel weak, I have the description in my head that someone is losing their life, blood is something that holds them together). 17M: 10: 6: 30

I had a horrible dream. Dreamt that I witnessed someone being stabbed in my presence. It happened inside my yard among other people there as well. The person who was stabbed and the person who was stabbing could not be seen. Everyone else in the dream, all known showed no concern towards the incident, everyone carried on as normal. I could only see blood on the floor and sprayed out of the person on the ground. Rather horrific that as I do not like the site of blood in general (I feel weak and uneasy) actually shiver thinking of it right now. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M: 12: 07: XX

CALM

Dreams – I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm. . 23F: 20:12:00

A new dream, some like before, started very uneasy almost scary ended v.nicely warm fuzzy feeling, not familiar venue or people, 16F: 17: XX: XX

Dreams – I was with old high school friends that I have not seen in years. Not the same friends as in the previous dream. We were at the same sort of pool but was in the middle of nowhere. The pool was in front of a mountain /some large rock was surrounded by a lot of large rocks. (The) pool was not man made but the floor was made up of rocks and there was grass on the side, not covered by rock. I don't remember any colours in the dream except. Everything looked very earthy brown, my friends and I were diving into the pool from the rocks. I dove into the water hoping I would not knock into any of the rocks in the water and hurt myself. I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water. 21 F: 01: XX: XX

Had a dream last night of the holiday jess and I went for at the beginning of October. It was a very relaxed dream where I remember us driving through the Midlands and just feeling very much at peace has a very simple and nice dream to experience as if I was reliving the holiday 28M: 12:XX: XX

Dreamt that I was learning for an exam that was to be written the next day, kept on dropping my stationary on the floor during my dream, not sure why, but the surrounding seemed different but rather quite. There was no one else in the dream to note. So it was very quiet and lonely but also very peaceful. 17M: 11: XX

I had a late night and had a nice calm dream of me at a country house surrounded by water and I was just sitting outside watching the waves 27F: 22: XX

CELEBRATION

Dreams- I dreamt my family and that we were going for a party, atmosphere was lively and a lot of bright colours (red, pink). 24F:01: XX

Dreams- dreamt I went to a party with my friends, atmosphere was lively, bright colours, yellow, pink red, silver, grey blue. 24 F: 10: XX

CHANGE OF

Had a dream. I was happy. I wanted to bring change and was ready for it. 09:02:XX:XX

COITION

I had a weird dream where I was having sexual encounter with someone I consider part of my past, I did not sleep well 27F: 17: XX: XX

COLOURFUL

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see were pink, a very bright shades and red. 29F:05:02:00

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again. 17M: 03: XX:XX

06h00- just had a terrible dream, I was locked in a building all alone, one which was a high and empty building with no roof. The sky was visible and dead birds kept on falling through the roof. The body of the bird fell first then the head followed. I could only see blood of the birds along with the bird. The birds were all black, with the head being white and the floor was red from all the blood. Then a headless but an alive chicken fell through and this chicken was running around and even gave birth. At that point in the dream, I threw up but the colour was green. 17M: 28: 06:00

Dreams- I dreamt my family and that we were going for a party, atmosphere was lively and a lot of bright colours (red, pink). 24F:01: XX:XX

Dreams- dreamt about my boyfriend, he took me on a holiday, romantic atmosphere, pretty colour – pink-red lilac. - 24F: 02: XX: XX

Dreams- I dreamt that my family and I went for a wedding, excited atmosphere, bright colours, red, pink, orange, blue, silver 24F: 05: XX

Dreamt about my cousin and that we playing dress up, pretty colours, pink, purple, lilac 24F: 06: XX: XX

Dreams- dreamt I went to a party with my friends, atmosphere was lively, bright colours, yellow, pink red, silver, grey blue. 24 F: 10: XX

Dreams- dreamt about my family and friends that we all went for a wedding, atmosphere was very lively, bright colours, gold/silver, red, pink, turquoise and yellow 24F:11: XX: XX

Dreams – I dreamt my boyfriend bought me pink flowers for me, romantic gestures, pretty colours, pink, red, purple. 24F:12: XX: XX

Dreams- dreamt one guy was holding me like his gf, romantic atmosphere, pretty colours, red, pink, lilac 24F: 16:XX: XX

Dreams- I dreamt my boyfriend and I went to the movies and had such a nice time, romantic atmosphere- pink, lilac, blue, grey. 24F: 17: XX: XX

BLACK

I had a dream that seemed to have disturbed me but I tried so hard to remember and I could. The only thing I could remember was the room I was in. it was a round hut that was painted with black all right around and had very tiny windows. I don't quite remember all the events that occurred. 27F: 07: XX: XX

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours- blue, green, black and brown 24F:14:XX: XX

I dreamt I caught my bf cheating and I hit him and that girl so hard, tense and scary atmosphere, dull colours, grey, brown, peach 24F:15: XX: XX

BROWN

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However there was also a beach/ water source close by. I never saw it, but was aware it was there. In my dream there was this person (girl) I'm not sure who she was but she was radiating with jealousy. Her jealousy was directed at me. I was afraid of her and tried to get away from her in the dream you were there too (the researcher). You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked she was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you try and move away while you distract the girl. I got away and you were blowing black sand / powder in her direction. I woke up after that. 21F : 14 :XX: XX

DULL

I dreamt I over slept and missed writing my paper, tense atmosphere, greyish colour. 24F:04:XX: XX

Dreamt I failed one paper, colours were very dull and grey 24F:07: XX

Dreamt I was studying for my paper, atmosphere was tense and stressful, dull colours like grey and white. 24F:07: XX:XX

COMMUNICATION

I dreamt about whatsapp. I dreamt about my phone and chatting but I couldn't recognise the surroundings. 23F: 28: XX: XX

The second dream was weird but also funny, I was just dreaming that I was chatting on whatsapp, couldn't see who I was chatting to but could see the date and time of the one message from the chat which was sent to me. "29/12/15 at 8:37". The message read, "sorry to do this but it's time we cut our ties, sorry that it ends like this and thanks for what you have done for me, I can't be more thankful for it but in recent times you have become surplus to my requirements and don't need you as a friend anymore. Sorry but I don't wish to have any form of communication with you anymore as I don't wish to carry these shit friendships in 2016. I wish you everything of the best for your life ahead and thanks for helping me with what I needed, goodbye!!!" It's a long message to remember right, but imagine how shit it feels on my end to remember that. Just when I thought the last day of November would be kind to me. Anyway I just want to go back to sleep, but with the dreams I am having I rather just stay awake and wait for them to happen. .17M: 06:06: XX

COOKING

Dreams of cooking and restaurants "le good Life". 03F:03:XX:XX

DEAD BIRDS

06h00- just had a terrible dream, I was locked in a building all alone, one which was a high and empty building with no roof. The sky was visible and dead birds kept on falling through the roof. The body of the bird fell first then the head followed. I could only see blood of the birds along with the bird. The birds were all black, with the head being white and the floor was red from all the blood. Then a headless but an alive chicken fell through and this chicken was running around and even gave birth. At that point in the dream, I threw up but the colour was green. I then broke sleep, I felt like really throwing up, I was stinking with perspiration. What a horrible stench, like something had died in the room. Shirt and upper body were soaking wet. This is the first time this happened during a dream, a piece of that site gives me the creeps. Feel horrified by that site. On the good part I have no sinus which is good but a minor cause for celebration in comparison to that horrific dream. Like a whole bunch of birds just falling, what did I cause the apocalypse in dream. Had a good shower , feel much better that, hope I did seeing that is/ was almost an hour, I felt extremely dirty and creeped out. 17M: 28: 06:00

DEAD PEOPLE

Dreams- I was at home in PE visiting family, talking about my studies and how I'm doing in Durban. I also saw my brother (died last year), reality dream [dreams of dead people] 21F: 19 : XX:XX

Dreamt of dead people- my brother and grandfather- woke up confused 24F: XX: XX: XX

First I dreamt that I was kicked out of the house because I have no job and not contributing to anything, things were clear, I got home and everyone was sitting with 3 bags, saying "your time is up, time to leave ". Actually started crying, but eventually was out of my yard and then chased by a black dog, to a place where I could not identify with after a while, eventually left all they things. I had with me along the way. Then came to a point where the dog started talking to me after it stopped, it said something along the lines of "go there is nothing here for you, you have done nothing and you are worth nothing, no one wants you here, go where you required, you have no friends and family that need you any more, you're done, go before the new year comes in before you spoil 2016". I am not sure what the dog resembled but as I walked away from it, I ran into a known face, saying that " sorry your home time was not now, in another life you should get the opportunity". This person I had seen is now late, which is even more shit. 17M: 06:06: XX

DESSERT

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However there was also a beach/ water source close by. I never saw it, but was aware it was there. 21F : 14 :XX: XX

DISAPPEARING

Had a weird dream that I was trying to do magic, not sure why, am I trying that hard to disappear. No really I was trying to do magic to make my money accumulate. The when I failed to do so the roof from the house disappeared. Haha, not sure what that means. (He literally wants to escape the present, actually dreaming of it) 17M: 23:8: XX

DOGS, BLACK

First I dreamt that I was kicked out of the house because I have no job and not contributing to anything, things were clear, I got home and everyone was sitting with 3 bags, saying "your time is up, time to leave ". Actually started crying, but eventually was out of my yard and then chased by a black dog, to a place where I could not identify with after a while, eventually left all they things. I had with me along the way. Then came to a point where the dog started talking to me after it stopped, it said something along the lines of "go there is nothing here for you, you have done nothing and you are worth nothing, no one wants you here, go where you required, you have no friends and family that need you any more, you're done, go before the new year comes in before you spoil 2016". I am not sure what the dog resembled but as I

walked away from it, I ran into a known face, saying that “ sorry your home time was not now, in another life you should get the opportunity”. This person I had seen is now late, which is even more shit. 17M: 06:06: XX

DRIVING

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see were pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. 29F: 05:2: 00

Had a dream last night of the holiday jess and I went for at the beginning of October. It was a very relaxed dream where I remember us driving through the Midlands and just feeling very much at peace has a very simple and nice dream to experience as if I was reliving the holiday 28M: 12:XX: XX

Dreams; i dreamt of me, I was driving my own car, but the car was going faster and faster and I could not stop. I tried to stop it but I was so scared then I woke up and my heart was racing. 23f: 06: XX: XX

DROPPING THINGS

Dreamt that I was learning for an exam that was to be written the next day, kept on dropping my stationary on the floor during my dream, not sure why , but the surrounding seemed different but rather quite. There was no one else in the dream to note. So it was very quiet and lonely but also very peaceful. 17M: 11: XX

DROWNING

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. As he started to cry, I took the child and started to perform CPR; despite his father discouraging me. After a few cycles and assistance with breathing, the child was revived. Soon after that armed gunmen entered the house and tried to kill me and my only escape was a small window. 06F:33:XX:XX

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see were pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. I was unable to control the steering and I tried to stop the car but it just kept on moving until I crushed on the side of the bridge and crashed the glasses and the car fell into the water. I managed to get my two sister out of the car and they started swimming out towards land but I got stuck and couldn't move. I was beginning to run out of breathe in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F: 05:2: 00

DRUGS

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours- blue, green, black and brown 24F:14:XX: XX

EXAMS/ STUDYING

Dreamt that I was learning for an exam that was to be written the next day, kept on dropping my stationary on the floor during my dream, not sure why , but the surrounding seemed different but rather quite. There was no one else in the dream to note. So it was very quiet and lonely but also very peaceful. 17M: 11: XX

Dreamt I was studying for my paper, atmosphere was tensed and stressful, dull colours like grey and white. 24F:07: XX:XX

I dreamt someone was teaching me new things I had not studied and all these felt new but somehow I could understand and this person asked me questions and I knew my work. 27F: 10: XX

FAILING

I dreamt I over slept and missed writing my paper, tensed atmosphere, greyish colour. 24F:04:XX: XX

Dreamt I failed one paper, colours were very dull and grey 24F:07: XX

FALLING

I dreamt that I was back in highschool. During break a friend of mine and I took chairs from a classroom and decided to go sit on the ledge just under the roof on the 3rd floor. A gust of wind arose and I watched my friend teeter on her chair and then fall to her death. I heard a cry of grief, quite close to me and realized that her father was also on the roof. I edged my chair cautiously forward toward him because I am terribly afraid of heights. As I moved closer, I too lost my balance and caught a hold of his trouser leg. He was too grief stricken to help me back up. Just before I let go one of the maintenance men used a ladder to reach us. As soon as we were both down, I rushed over to my friend and saw her broken body. I too left in grief. 06F:23:XX:XX

06h00- just had a terrible dream, I was locked in a building all alone, one which was a high and empty building with no roof. The sky was visible and dead birds kept on falling through the roof. The body of the bird fell first then the head followed. I could only see blood of the birds along with the bird. The birds were all black, with the head being white and the floor was red from all the blood. Then a headless but an alive chicken fell through and this chicken was running around and even gave birth. At that point in the dream, I threw up but the colour was green. I then broke sleep, I felt like really throwing up, I was stinking with perspiration. What a horrible stench, like something had died in the room. Shirt and upper body were soaking wet. This is the first time this happened during a dream, a piece of that site gives me the creeps. Feel horrified by that site. On the good part I have no sinus which is good but a minor cause for celebration in comparison to that horrific dream. Like a whole bunch of birds just falling, what did I cause the apocalypse in dream. Had a good shower , feel much better that, hope I did seeing that is/ was almost an hour, I felt extremely dirty and crept out. 17M: 28: 06:00

Dreamt that I fell down the stair case at my sister's house, and broke my two legs and bust my head. Don't remember much after that I broke sleep. 17M: 30: XX: XX

Subconsciously feel that I am falling and wake up. Go back to sleep thereafter 26M: 14:22: 09

Feel like I am falling as I am subconsciously sleeping, wake up with a shock 26M: 33: 12:31

Dreams- dreams of falling in my sleep, I feel like I was kicking something and falling, shocked on awakening. 26F: XX: XX: XX

FIGHTING

I had a dream that I was at campus with a few friends and class mates and we were having a drink and playing some card. Energy felt great, was very fun, everyone was sharing jokes and talking in general, until 2 people started fighting over cards. Eventually a person (all known) hurt someone and only blood could be seen everywhere, lots and lots of blood. Actually felt like throwing up when I broke sleep at that point as I don't really feel comfortable looking at blood but all is cool. (Blood makes me feel weak, I have the description in my head that someone is losing their life, blood is something that holds them together). 17M: 10: 6: 30

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours- blue, green, black and brown 24F:14:XX: XX

FOREST/JUNGLE

Dream- trapped in a house – escaped – into forest – being chased – found a way out except the pathway is full of snails (so weird). 10F:09:XX:XX

I had I dream where I was kidnapped, and taken to a forest where there was a monster that eats people. And I was being guarded by these two men with guns, but I influenced them to help me escape before the boss came back. And they did, but the boss came to where I lived and tried to kill them. So I run into the house went straight to the safe where my dad keeps his gun to kill him before he killed me and when I pulled the trigger the gun did not go off. And that was when I woke up. But the guy looked like someone I know but just can't really remember who. 12F:01:XX:XX

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again 17M: 03: XX: XX

GUNMEN

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. As he started to cry, I took the child and started to perform CPR; despite his father discouraging me. After a few cycles and assistance with breathing, the child was revived. Soon after that armed gunmen entered the house and tried to kill me and my only escape was a small window. 06F:33:XX:XX

HAPPY

Had a dream. I was happy. I wanted to bring change and was ready for it. 09:02:XX:XX

Dream made me feel a little happier to help. Dreams, helping- people 16F:XX:XX

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again. 17M: 03: XX:XX

Dreams – I was with old high school friends that I have not seen in years. Not the same friends as in the previous dream. We were at the same sort of pool but was in the middle of nowhere. The pool was in front of a mountain /some large rock was surrounded by a lot of large rocks. (The) pool was not man made but the floor was made up of rocks and there was grass on the side, not covered by rock. I don't remember any colours in the dream except. Everything looked very earthy brown, my friends and I were diving into the pool from the rocks. I dove into the water hoping I would not knock into any of the rocks in the water and hurt myself. I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water. 21 F: 01: XX: XX

Dreams- I dreamt I was eating kfc and I was with my cousin at kfc, and we were eating chicken and rolls. I felt so happy and nice. 23 F: 13: XX: XX

I went to bed early and I had a nice dream, I was playing with my niece and she was quite older and we were very happy but I don't recall of it. 27F: 25: XX: XX

HOME

I now recall having a dream (from sleeping after 4:45am) about my house being burgled. This person would keep jumping over the fence coming into my property and jumping back into the neighbours garden. And the neighbours were completely oblivious to it, which really infuriated me. 11F:26:XX:XX

I had I dream where I was kidnapped, and taken to a forest where there was a monster that eats people. And I was being guarded by these two men with guns, but I influenced them to help me escape before the boss came back. And they did, but the boss came to where I lived and tried to kill them. So I run into the house went straight to the safe where my dad keeps his gun to kill him before he killed me and when I pulled the trigger the gun did not go off. And that was when I woke up. But the guy looked like someone I know but just can't really remember who. 12F:01:XX:XX

Dreams- I was at home(PE) my younger cousin was home with me(having a very loving relationship normally), I went outside to hang up washing and told her not to let anyone in . When I got back there was a guy, he stays on my street, he was sitting in the lounge, in his blue underpants/ brief, nothing else. I was very upset and started shouting and swearing my cousin for disobeying me. She didn't seem to pay much notice to me, so I tried talking to him asking him to leave but he refused. I started sweeping a mat feeling very frustrated.I don't know what the above dream could mean to me, I don't swear / get upset especially with her (my cousin). We were alone the sun was shining, time frame, morning during the week 21 F: 02: XX: XX

Dreams – I was at home (PE) and my family, who I have not seen in many years were visiting. It was my birthday,I remember thinking I was celebrating my birthday very early ,(in march when it is october), they bought me a gift, it was a strange box, it was blue on the sides and opaque on the top. I also gave them gifts. I gave my one aunt a pair of black shoes and my cousins gold hand bags with lip-gloss and other make-up accessories inside. My one aunt, who is younger than me decided to stay for a few days with my grandmother (all my father's side family). There was a point in the dream I felt really angry , I'm not sure whom my anger was directed at, but I remember thinking ,” why am I getting so angry in the dream”, I remember thinking it must be the remedy because I felt extremely angry which is very uncharacteristic me. 21 F: 02: XX: XX

I was at a house, a double story white houses. It was my house/home in the dream but I have never seen this house before. We were having a family lunch. Family kept on ringing the door bell, I went to check who it was at the door but before getting it i walked past the pool with people I didn't recognise, swimming in formal dresses (evening gowns). The pool was in the lounge area. When I finally opened the door it was the police, my neighbours complained about the bell that keep ringing. I didn't remember anything else. I felt a little frustrated that no-one answers the door when the bell stand the first few times. 21F: 07: XX: XX

RETURNING HOME DIFFICULT

I had a dream last night. It was a university function but a lot of people from my school was there. We had to go somewhere so I went to move my car, but I was going to this venue with my friends so I just moved it closer to where we would be dropped off. When I was walking towards them for some reason I was quite upset with my friends and then I had to go back to my car. That is when I noticed all of my tyres were flat. I also noticed I parked in front of some German boutique so I mentioned that my car would be staying there and if they could please keep an eye on it. And then suddenly we were driving into Durban. Then next thing I was waking up at one of my friends houses cause I couldn't get home. 11F:02:XX:XX

SMALL WINDOWS

I had a dream that seemed to have disturbed me but I tried so hard to remember and I could. The only thing I could remember was the room I was in. it was a round hut that was painted with black all right around and had very tiny windows. I don't quite remember all the events that occurred. 27F: 07: XX: XX

JEALOUSY

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However there was also a beach/ water source close by. I never saw it, but was aware it was there. In my dream there was this person (girl) I'm not sure who she was but she was radiating with jealousy. Her jealousy was directed at me. I was afraid of her and tried to get away from her in the dream you were there too (the researcher). You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked she was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you try and move away while you distract the girl. I got away and you were blowing black sand / powder in her direction. I woke up after that. 21F : 14 :XX: XX

MEETING PEOPLE

Had a dream about meeting the children from this family whose house I'm looking after. 11F:12:XX:XX

Dream- also unfamiliar different people. Both I started off feeling anxious and felt better when the dream went on. 16F: 14: XX: XX

Same as the 20th. Except dream. Mark Raffale that guy that plays hulk. V.different dream, not sure venue etc. not same people. Had a jail like vibe though. 16F: 10: XX: XX

Dreams- Tom Cruise,dinner, what? Completely different dream from usual dream. First part seemed familiar - 16F: 14: XX: XX

MIDDLE OF NOWHERE

Dreams – I was with old high school friends that I have not seen in years. Not the same friends as in the previous dream. We were at the same sort of pool but was in the middle of nowhere. The pool was in front of a mountain /some large rock was surrounded by a lot of large rocks. (The) pool was not man made but the floor was made up of rocks and there was grass on the side, not covered by rock. I don't remember any colours in the dream except. Everything looked very earthy brown, my friends and I were diving into the pool from the rocks. I dove into the water hoping I would not knock into any of the rocks in the water and hurt myself. I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water. 21 F: 01: XX: XX

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However there was also a beach/ water source close by. I never saw it, but was aware it was there. In my dream there was this person (girl) I'm not sure who she was but she was radiating with jealousy. Her jealousy was directed at me. I was afraid of her and tried to get away from her in the dream you were there to (the researcher). You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked she was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you try and move away while you distract the girl. I got away and you were blowing black sand / powder in her direction. I woke up after that. 21F : 14 :XX: XX

Woke up recalling a dream so I decided to record it right away instead of the end of the day like I normally record. In the dream Y and I find ourselves stuck somewhere, my dreams are usually not so vivid so I'm unsure of where I just had the sensation we were stranded and couldn't get out or back home. During the dream I recall feeling very stressed and on the verge of panic but once I woke up from it I was instantly aware of it being a dream so that stress subsided. 28M: 04: XX: XX

MONEY

Had a weird dream that I was trying to do magic, not sure why, am I trying that hard to disappear. No really I was trying to do magic to make my money accumulate. The when I failed to do so the roof from the house disappeared. Haha, not sure what that means. (He literally wants to escape the present, actually dreaming of it) 17M: 23:8: XX

I had a very weird dream, I was visiting another room with a sister from church and there was a fellowship meeting and she was rolling these white looking plitted cloths and her husband was talking about honour and I had R100 in my pocket but I didn't give it away so this troubled me in the morning. 27F:32: XX

MURDER

Had a nightmare..... don't remember much, other than the fact that I was terrified and someone killed me. 06F:05:XX:XX

I dreamt about someone trying to kill me again, but I can't remember what really happened. 12F:03:XX:XX

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

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

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

I had a horrible dream. Dreamt that I witnessed someone being stabbed in my presence. It happened inside my yard among other people there as well. The person who was stabbed and the person who was stabbing could not be seen. Everyone else in the dream, all known showed no concern towards the incident, everyone carried on as normal. I could only see blood on the floor and sprayed out of the person on the ground. Rather horrific that as I do not like the site of blood in general (I feel weak and uneasy) actually shiver thinking of it right now. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M: 12: 07: XX

PLAYING GUITAR

0h30- just had a weird dream, dreamt I was learning how to play music and because I was not catching on very quickly the music coach hit me with the guitar over my head. The funny part was even though the guitar was over my head I was still trying to play it. The weird part was I was leaning this at a wedding, where someone was getting married, and I could people "booing" me so but could not see any one of them. The place was pitch dark with a while light hitting from me back. Also a few days ago, I was telling to someone I would like to learn to play musical instruments. 17M: 17: XX

POLICE, HE IS

Dreams- I dreamt that I was a police detective, working undercover in a big bus and I had two colleagues with me, but I did not recognise who they are. It felt so good. I felt good and alive.
23 F: 19: XX: XX

PRAYER

O! dreamed (Dreamt) of family friend and I trot (thought) her some prayer and was caught pampering it. 22F:09 XX: XX

PREGNANT WOMEN

16h00- feeling absolutely hot, had a small nap and a dream of someone being pregnant, don't know why. Don't enjoy this feeling, 2015 has been a lovely year, hasn't it? 17M: 24:16: XX

Dreams - dreamt about children, that I was at my house and I was pregnant. My kids were there and my husband and we were happy. 23 F: 27: XX: XX

PROPHETIC

Just woke up, had a dream that I was travelling by car to Durban, and then suddenly was hit by a motorbike on the passenger side, where I was sitting, I was traveling with a close cousin in a white vehicle, which could easily be identified. The person who was driving the motorbike could easily be seen. That person did not speak and was bleeding really badly. The weird part was when the person wrote with their blood on the white vehicle that "this is just the start of a war". Too much of game of thrones? (a month later, the prover met an accident with the same cousin, a white van on the opposite lane had a tire blow out that hit the side that he was sitting on) 17M: 01: 6: XX

PURSEUD

Had a dream of a robbery at current (or not< have 5 floors instead of 2, and have an underground floor) house which was brought by one of the guests staying over. The guest was the same age as me but really spoiled. We gave her a very valuable item but she wanted more so talked about us having more "treasures" at home and where she saw it. Robber(s) overheard this. I was over at my parents room when I heard something wrong. Walked over to my cousins home to tell him that someone has broke in when my dad walked out of my cousins home with my little niece. My cousin had also just came out of the house and I told both of them this news. My dad went to my parents room – my mom is resting there- and my cousin told me to take my little niece in as he is going upstairs to tell my cousin-in-law. As we parted, the robbers came and started shooting (end). 01F:11:XX:XX

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. As he started to cry, I took the child and started to perform CPR; despite his father discouraging me. After a few cycles and assistance with breathing, the child was revived. Soon after that armed gunmen entered the house and tried to kill me and my only escape was a small window. 06F:33:XX:XX

Dream- trapped in a house – escaped – into forest – being chased – found a way out except the pathway is full of snails (so weird). 10F:09:XX:XX

I had I dream where I was kidnapped, and taken to a forest where there was a monster that eats people. And I was being guarded by these two men with guns, but I influenced them to help me escape before the boss came back. And they did, but the boss came to where I lived and tried to kill them. So I run into the house went straight to the safe where my dad keeps his gun to kill him before he killed me and when I pulled the trigger the gun did not go off. And

that was when I woke up. But the guy looked like someone I know but just can't really remember who. 12F:01:XX:XX

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

Dreams- I had a weird dream. I dreamt that there was a man who injects girls with some sort of drug and the girls would then become unconscious and they would rape them and leave them on the side of the road and they were coming for me and my sleep broke. I was so scared. 23F: 12: XX: XX

Dreams- I dreamt that I was running from someone but I could not see their face but I know I was scared. I was in a place that I do not recognise. 23 F: 23: XX: XX

ANIMALS, BY,

BLACK DOG

First I dreamt that I was kicked out of the house because I have no job and not contributing to anything, things were clear, I got home and everyone was sitting with 3 bags, saying "your time is up, time to leave ". Actually started crying, but eventually was out of my yard and then chased by a black dog, to a place where I could not identify with after a while, eventually left all they things. I had with me along the way. Then came to a point where the dog started talking to me after it stopped, it said something along the lines of "go there is nothing here for you, you have done nothing and you are worth nothing, no one wants you here, go where you required, you have no friends and family that need you any more, you're done, go before the new year comes in before you spoil 2016". I am not sure what the dog resembled but as I walked away from it, I ran into a known face, saying that " sorry your home time was not now, in another life you should get the opportunity". This person I had seen is now late, which is even more shit. 17M: 06:06: XX

I had a dream that I was in a rural area, hut made of mud, all alone, by myself, I was attacked by a black dog, the dog was very vicious, rage and stood up of its rare feet 29F: XX: XX: XX.

WILD

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

QUARRELS

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

I had a dream that I was at campus with a few friends and class mates and we were having a drink and playing some card. Energy felt great, was very fun, everyone was sharing jokes and talking in general, until 2 people started fighting over cards. Eventually a person (all known) hurt someone and only blood could be seen everywhere, lots and lots of blood. Actually felt like throwing up when I broke sleep at that point as I don't really feel comfortable looking at blood but all is cool. (Blood makes me feel weak, I have the description in my head that someone is losing their life, blood is something that holds them together). 17M: 10: 6: 30

QUARRELING FAMILY

I dreamt of my family – talking and quarreling. 13F:01:XX:XX

I dreamt of the church choir, I was arguing about what song to sing – I didn't get my way I felt disappointed. 13F:01:XX:XX

Dreams- I was at home(PE) my younger cousin was home with me(having a very loving relationship normally), I went outside to hang up washing and told her not to let anyone in . When I got back there was a guy, he stays on my street, he was sitting in the lounge, in his blue underpants/ brief, nothing else. I was very upset and started shouting and swearing my cousin for disobeying me. She didn't seem to pay much notice to me, so I tried talking to him asking him to leave but he refused. I started sweeping a mat feeling very frustrated.I don't know what the above dream could mean to me, I don't swear / get upset especially with her (my cousin). We were alone the sun was shining, time frame, morning during the week 21 F: 02: XX: XX

RAPE

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

Dreams- I had a weird dream. I dreamt that there was a man who injects girls with some sort of drug and the girls would then become unconscious and they would rape them and leave them on the side of the road and they were coming for me and my sleep broke. I was so scared. 23F: 12: XX: XX

RECURRING

I'm positive, had the same dream for the 3rd time now in the space of 2 days, not a big fan of it recurring.17M:07:6: 30

Dreamt the same dream again, funny story this is. I usually don't remember dreams yet im having the same one 4 times. Dreams, recurring17M:07: 22: XX

06h00 shit f***n dream, hate this thing, worse feeling ever, I feel like I can hurt someone right now, if I hit them. Had the same dream again for the 5th time, really annoying. 17M: 08:06: XX

Had a dream that I previously had, not sure why this dream has occurred so many times **(read on 30/11/15 is the first time I had it)**. Exactly the same and nothing different woke up with a shock again. No feeling so good about this, trying to figure out what it means but can't seem to wrap myself around it. For some reason I was having a nice sleep 17M: 16:16: XX

REJECTION

The second dream was weird but also funny, I was just dreaming that I was chatting on whatsapp, couldn't see who I was chatting to but could see the date and time of the one message from the chat which was sent to me. "29/12/15 at 8:37". The message read, "sorry to do this but it's time we cut our ties, sorry that it ends like this and thanks for what you have done for me, I can't be more thankful for it but in recent times you have become surplus to my requirements and don't need you as a friend anymore. Sorry but I don't wish to have any form of communication with you anymore as I don't wish to carry these shit friendships in 2016. I wish you everything of the best for your life ahead and thanks for helping me with what I needed, goodbye!!!" It's a long message to remember right, but imagine how shit it feels on my end to remember that. Just when I thought the last day of November would be kind to me. Anyway I just want to go back to sleep, but with the dreams I am having I rather just stay awake and wait for them to happen. .17M: 06:06: XX

REMEMBERED

Began to remember dreams after taking the substance. 01F:XX:XX:XX

Dreamt the same dream again, funny story this is. I usually don't remember dreams yet im having the same one 4 times. Dreams, recurring 17M:07: 22: XX

The strange symptoms and dreams being remembered, I hate that. 17M: 06:22: XX

ROBBERS

Had a dream of a robbery at current (or not< have 5 floors instead of 2, and have an underground floor) house which was brought by one of the guests staying over. The guest was the same age as me but really spoiled. We gave her a very valuable item but she wanted more so talked about us having more "treasures" at home and where she saw it. Robber(s) overheard this. I was over at my parents room when I heard something wrong. Walked over to my cousins home to tell him that someone has broke in when my dad walked out of my cousins home with my little niece. My cousin had also just came out of the house and I told both of them this news. My dad went to my parents room – my mom is resting there- and my cousin told me to take my little niece in as he is going upstairs to tell my cousin-in-law. As we parted, the robbers came and started shooting (end). 01F:11:XX:XX

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. As he started to cry, I took the child and started to perform CPR; despite his father discouraging me. After a few cycles and assistance with breathing, the child was revived. Soon after that armed gunmen entered the house and tried to kill me and my only escape was a small window. 06F:33:XX:XX

I now recall having a dream (from sleeping after 4:45am) about my house being burgled. This person would keep jumping over the fence coming into my property and jumping back into the neighbours garden. And the neighbours were completely oblivious to it, which really infuriated me. 11F:26:XX:XX

I had I dream where I was kidnapped, and taken to a forest where there was a monster that eats people. And I was being guarded by these two men with guns, but I influenced them to help me escape before the boss came back. And they did, but the boss came to where I lived and tried to kill them. So I run into the house went straight to the safe where my dad keeps his gun to kill him before he killed me and when I pulled the trigger the gun did not go off. And that was when I woke up. But the guy looked like someone I know but just can't really remember who. 12F:01:XX:XX

Had a dream that I was going for a function and was held up by robbers and the funny part is it was know people. I woke up immediately and didn't know whether to be shocked or not, anyway time to get a move on with things –17M: 16: XX

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours- blue, green, black and brown 24F:14:XX: XX

RUNNING

Dreams of running "always running" and very terrified in my dreams. 06F:39:XX:XX

Dreams- I dreamt that I was running from someone but I could not see their face but I know I was scared. I was in a place that I do not recognise. 23 F: 23: XX: XX

SHOT

Dreams- dreamt I got shot on my back and my school friends rushed me to the hospital but no one was attending to me, scary atmosphere. Dreams, shot, being, wounded by a shot, being 24F:13: XX: XX

SNAILS

Dream- trapped in a house – escaped – into forest – being chased – found a way out except the pathway is full of snails (so weird). 10F:09:XX:XX

SNAKES

Dreams- of a snake, cobra snake black and white patterns, it was a person looked jealous emanating through the snake and coming towards me, I noticed the surroundings, deserted hills, water source, she was dressed red, sacred, stand and trying to get away, palpitation, I was in the dream watching. 21F: XX: XX: XX

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

Dreams: strange! You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked the was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you try and move away while you distract the girl. I got away and you were blowing black send / powder in her direction. I woke up after that. 21F : 14 :XX: XX

SPIDERS

Dreams- dreamt there was a big spider in my room and it disappeared when I tried to kill it. I felt so scared because I hate spiders (scared of them), there was a dull atmosphere. 24F: 03: XX: XX

TRAPPED/ STRANDED

Dream- trapped in a house – escaped – into forest – being chased – found a way out except the pathway is full of snails (so weird). 10F:09:XX:XX

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see where pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. I was unable to control the steering and I tried to stop the car but it just kept on moving until I crushed on the side of the bridge and crashed the glasses and the car fell into the water. I managed to get my two sister out of the car and they started swimming out towards land but I got stuck and couldn't move. I was beginning to run out of breathe in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F: 05:2: 00

Same as the 20th. Except dream. Mark raffale that guy that plays hulk. V.different dream, not sure venue etc. not same people. Had a jail like vibe though. 16F: 10: XX: XX

Woke up recalling a dream so I decided to record it right away instead of the end of the day like I normally record. In the dream Y and I find ourselves stuck somewhere, my dreams are usually not so vivid so I'm unsure of where I just had the sensation we were stranded and couldn't get out or back home. During the dream I recall feeling very stressed and on the verge of panic but once I woke up from it I was instantly aware of it being a dream so that stress subsided. 28M: 04: XX: XX

UNREMEMBERED

Dream- weird dream- not scary but weird, actually can't remember details, just a memory of having a dream. 16F: 18: XX: XX

No dreams, well if I dream I can't remember me dreaming. 18F: 08: XX: XX

Dreams: can't remember 21F: 07: XX: XX

Dreams: can't remember 21F: 13: XX: XX

Dreams: can't remember 21F: 15: XX: XX

Dreams: can't remember 21F: 16: XX: XX

Dreams – can't remember- 21F: 28: XX: XX

Dreams- busy but can't remember them 21F: 32: XX: XX

I cannot remember my dreams. 23F: 01: XX: XX

Dreamt – I can't remember what I dreamt about. 23 F: 22: XX: XX

Dream- I do not recall my dream. 23 F: 24: XX: XX

Don't remember any dreams I had. 27F: 06: XX: XX

I had a dream but when I woke up in the morning, I tried so hard to remember it but I couldn't. 29F: 00: XX: XX

Nothing unusual, I don't really remember what I dreamt about 27F: 11: XX: XX

DREAMS, unremembered 27F: XX: XX

VIVID

Woke up recalling a dream so I decided to record it right away instead of the end of the day like I normally record. In the dream jess and I find ourselves stuck somewhere, my dreams are usually not so vivid so I'm unsure of where I just had the sensation we were stranded and couldn't get out or back home. During the dream I recall feeling very stressed and on the verge of panic but once I woke up from it I was instantly aware of it being a dream so that stress subsided. 28M: 04: XX: XX

WATER

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. 06F:33:XX:XX

Dreams – I was with old high school friends that I have not seen in years. Not the same friends as in the previous dream. We were at the same sort of pool but was in the middle of nowhere. The pool was in front of a mountain /some large rock was surrounded by a lot of large rocks. (The) pool was not man made but the floor was made up of rocks and there was grass on the side, not covered by rock. I don't remember any colours in the dream except. Everything looked very earthy brown, my friends and I were diving into the pool from the rocks. I dove into the water hoping I would not knock into any of the rocks in the water and hurt myself. I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water. 21 F: 01: XX: XX

I was at a house, a double story white houses. It was my house/home in the dream but I have never seen this house before. We were having a family lunch. Family kept on ringing the door

bell, I went to check who it was at the door but before getting it i walked past the pool with people I didn't recognise, swimming in formal dresses (evening gowns). The pool was in the lounge area. When I finally opened the door it was the police, my neighbours complained about the bell that keep ringing. I didn't remember anything else. I felt a little frustrated that no-one answers the door when the bell stand the first few times. 21F: 07: XX: XX

Dreams: I dreamt about water, it felt like I was drowning and there was a flood. It was just scary and my heart was racing when I woke up. 23F: 05: XX: XX

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However there was also a beach/ water source close by. I never saw it, but was aware it was there. In my dream there was this person (girl) I'm not sure who she was but she was radiating with jealousy. Her jealousy was directed at me. I was afraid of her and tried to get away from her in the dream you were there too (the researcher). You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked she was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you try and move away while you distract the girl. I got away and you were blowing black sand / powder in her direction. I woke up after that. 21F : 14 :XX: XX

OCEAN

Dreams at the ocean, I am the observer, seeing my friends on the beach. All the people ran into the water leaving 1 person behind. It felt so sad, that person was now all alone. 03F:XX:XX:XX

Dreams – I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm. . 23F: 20:12:00

Dreams; I slept well, I dreamt about the beach, I was walking on the beach, on the shore and these huge waves come crashing on me and there was a lot of people sitting on the walls at the sand and nothing was happening to them, but the waves still so scary and big. I was scared and my sleep broke. My heart was racing. 23F: 07: XX: XX

I had a late night and had a nice calm dream of me at a country house surrounded by water and I was just sitting outside watching the waves 27F: 21: XX

WEAKNESS

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

WEDDING

0h30- just had a weird dream, dreamt I was learning how to play music and because I was not catching on very quickly the music coach hit me with the guitar over my head. The funny part was even though the guitar was over my head I was still trying to play it. The weird part was I was learning this at a wedding, where someone was getting married, and I could hear people "booing" me but could not see any one of them. The place was pitch dark with a while light hitting from me back. Also a few days ago, I was telling to someone I would like to learn to play musical instruments. 17M: 17: XX:XX

Dreams- I dreamt that my family and I went for a wedding, excited atmosphere, bright colours, red, pink, orange, blur, sliver 24F: 05: XX

Dreams- dreamt about my family and friends that we all went for a wedding, atmosphere was very lively, bright colours, gold/silver, red, pink, turquoise and yellow24F:11: XX: XX

4.3.28. FEVER

C-fever (38.2) slight-respiratory cough, M>bed, warmth, sweating, <night, I-8, T-whole day < night, S- rattling cough, substernal pain, feel extremely exhausted from continuous coughing. 21 F: 24: XX

19:30 Temperature: I am feeling so hot and miserable now, I am sweating on my face and arms. It started about 15 mins ago. 27F:XX:XX

4.3.29. PERSPIRATION

MORNING

In the early morning hours I woke up because feel hot and I am sweating. 27F:18: XX: XX

WAKING ON

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them27F:12: 30: XX

INCREASED

Right armpit smells more sweaty than left armpit. 01F:18:XX:XX

Always feels hot and sweaty (sweated more than usual). 01F:28:XX:XX

Did feel flushed again at around 1pm. Lasted about 3 minutes. Felt so hot that I had to fan myself & started sweating on the upper lip and hairline. 07F:03:XX:XX

Perspiration; Increased odor axillary region 21 F: 01: XX: XX

Perspiration- increase in odour, strong sweaty smell 21F: 03: XX: XX

I sweat a lot and it feels like I am salty, I just want to take a shower when I have perspired alot. 27F: 01: XX: XX

OFFENSIVE

Perspiration- odor, offensive 21 F: 07: XX

Perspiration- increase in odour, strong sweaty smell 21F: 03: XX: XX

SALTY

I sweat a lot and it feels like I am salty, I just want to take a shower when I have perspired alot. 27F: 01: XX: XX

4.3.30. SKIN

DRYNESS

Dry skin present despite using lotion. 06F:23:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

Dry skin and prolonged thirst throughout the day. 10F:21:XX:XX

My whole body is becoming dry. 12F:02:XX:XX

Skin: my skin feels dry and rough. It feels weird. It feels lumpy. 23F:06: XX: XX

Skin- my skin still feels ugly. It is dry. It feels horrible. I washed it and it still feels the same. 23 F: 07: XX: XX

ERRUPTONS

INFLAMMED

White blister still present & slightly more swollen/ inflamed (redness around it). 04F:28:XX:XX

RASH

Skin- rash still, skin is oily 21F: 20: XX: XX

Skin: oily, rash improving 21F: 20: XX: XX

Skin-I got a rash, it has not improved it sometimes gets itchy but not intensely. I feels rough on touch. 27F: 00: XX: XX

OILY

Skin- rash still, skin is oily 21F: 20: XX: XX

Skin: oily, rash improving 21F: 20: XX: XX

ROUGH

Skin: my skin feels dry and rough. It feels weird. It feels lumpy. 23F:06: XX: XX

Skin-I got a rash, it has not improved it sometimes gets itchy but not intensely. It feels rough on touch. 27F: 00: XX: XX

SOFT

Skin- feels better, it is not so pimply and not rough. It feels softer now. 23F: 20: XX

Skin- my skin feel soft and its look much better. 23F: 21:XX: XX

4.3.31. GENERALS

MORNING AGG

I use to be really active in the morning, it was my best, most refreshed and active time, but now I am at my worst in the morning, more tired than ever. 09F:53:XX:XX

COLD

AGG

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

DESIRE

Have to have fan on even during cool temperature. 01F:28:XX:XX

Haven't been dealing well with the heat today. Heat just doesn't work with me anymore, I prefer sitting in a cold room. 11F:39:XX:XX

Anyway of to get some sleep, probably will just sit in front of the aircon until I die or fall of too sleep. 17M: 25: 22: XX

22h00- still boiling hot, humid, this weather makes me feel miserable that's why I prefer the rain and/or winter. Too much of heat is to much to handle 17M: 24: 22: XX.

COLDNESS

Perspiration – not much today in fact I felt a bit chilly. 27F: 02:XX: XX

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them 27F:12: 3: 00

DEHYDRATED

Dehydrated feeling throughout the day. 10F:19:XX:XX

Feeling very dehydrated. 10F:27:XX:XX

Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated. 15M:12:XX:XX

Kept getting the sense or feeling of being dehydrated. 15M:16:XX:XX

Drink water feel dehydrated 26M: 13: 14:16

FRUITS AMEL

I feel like I need to take in a lot of vitamin c to help all the dryness. I increased the amount of fruits and fruit juices and that seemed to help. 05M:02:XX:XX

ENERGY

DECREASED

Feel very tired the whole day today but stayed up until 00:00 after having a nap at 19:00. 01F:19:00:00

Tired throughout the day. 01F:39:XX:XX

Energy levels are very low. 01F:XX:XX:XX

Very tired, drained, exhausted. 03F:00:XX:XX

Very tired and lethargic. 03F:11:XX:XX

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

WORK, COUGH, TIRED ... 03F:20:XX:XX

Woke up with a very dry throat (7:30 am) & feeling very tired, along with the craving for a cold beverage. 04F:06:07:30

Increased bowel movement (this mildly relieves the period pain) also tiredness. 04F:09:XX:XX

Very tired throughout the day. 04F:25:XX:XX

Lacked energy today. 06F:20:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

Feeling a bit tired. 09F:20:XX:XX

Feel a bit tired and drained. But I don't understand why. 09F:21:XX:XX

I feel much better but I'm still tired. I thought it was my diet, but even after eating enough I still feel so tired and drained!!!! 09F:23:XX:XX

I feel like I'm just always yawning, just so tired. 09F:54:XX:XX

Symptoms same as yesterday. Just a lot tired down. 10F:01:XX:XX

Fatigue. 10F:14:XX:XX

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

Energy levels definitely started to drop. Very tired. 11F:20:XX:XX

Only had an about average amount of energy, it drops quickly. 11F:22:XX:XX

I can't remark on any changes today. Although energy levels were a bit low. 11F:24:XX:XX

Have been feeling very drained today. 11F:30:XX:XX

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

I'm still tired as hell but better than what I was yesterday. 12F:02:XX:XX

I feel tired. 12F:05:XX:XX

Really tired today. 12F:06:XX:XX

Feeling really tired, when walking up the steps I feel like I'm out of breath and like I have been running for hours. 12F:06:XX:XX

I'm a little bit tired. 12F:09:XX:XX

Feeling a bit tired. 12F:24:XX:XX

In bed the whole day, very exhausted. 12F:26:XX:XX

Feeling very tired. 12F:27:XX:XX

Very exhausted. 12F:28:XX:XX

Feeling very tired. 12F:36:XX:XX

My sleep isn't refreshing, I'm always feeling tired and exhausted. 12F:37:XX:XX

I was feeling a bit lethargic. 15M:11:XX:XX

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

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

22:00 hot day, feeling really, really tired and I never do anything at all. 17M:17: XX: XX

Feels so lazy, don't what to get any work done. 18 F: 05: XX

Energy levels are average. 18F:08: XX: XX

Energy 5- I have been up very early to study for a test as the day goes my energy is decreasing, energy 5 at 11:00. 21F: 13: 11:00

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

Took warm water and lemon, don't feel myself, feel very tired 22F: 15: XX: XX

Energy -low 5 21F: 06: XX: XX

Energy – 3, decreased, few like sleeping, yawning whole day. 21F: 20: XX: XX

Energy- 3/10 24F: 00: 9:02

Energy – 4/10 24F: 07: 9:30

Energy – 3.5/10, very tired, very sleepy 24F: 09: XX: XX

Anxious, nervous, tired 24F: 07: 20:15

Thirsty fatigue, 26M: 02:17: 27

My energy level were 5/10. I was so slow. 27F: 02: XX: XX

I was just feeling too tired. 27F: 07: XX: XX

My energy was quiet low today 27F: 06: XX: XX.

My energy levels was 5/10 and I was tired but with work to be done there was no rest. I got ready and went to school and I started working on my assignments, it was quiet difficult to get a head start. 27F: 13: XX: XX

I've been fairly tired today, 28M: 05: XX: XX

I felt de-energised today and felt weak throughout the day. 29F: 00: XX: XX

Felt tired at all today 29F: 04: XX: XX

I just felt super exhausted and gave up(energy zero). 29F: 01: XX: XX

MORNING

I feel so tired again today. I feel like the tiredness is so much worse in the morning. I feel like I could do anything but I'm too tired to do it at the same time. I know there is a lot of work to do but I just have no energy. 09F:22:XX:XX

Didn't go to campus, not ill but extremely tired. Just want to sleep in. 09F:34:XX:XX

Noticed energy levels to drop at about 9:30 – peaked around 12. 11F:20:XX:XX

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

Feeling a bit tired this morning and it went on all day. I even crashed in the afternoon when I fell asleep for an hour at 5pm. 15M:09:XX:XX

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

Still not feeling very energetic. Couldn't wake up early in the morning. 29F: 12: XX: XX

My legs just felt heavy as if I had to drag them when I had to move, I couldn't lift them up properly and I failed to finished my leg of jogging in the morning, I just felt super exhausted and gave up(energy zero). 29F: 01: XX: XX

WAKING ON

Wakes up tired. 01F:39:XX:XX

Wake up-tired and fatigued 26M: 06:7:22

Wake up-tired and fatigued 26M: 06:7:22: XX

I woke up late not very refreshed but ate and continued to watch movies and series- energy levels is 4/10 27F: 18: XX: XX

I woke up late not very refreshed but ate and continued to watch movies and series- energy levels is 4/10 27F: 18: XX: XX

NOON

Was feeling extremely fatigued in the middle of the day. Appetite was not so great. 15M:17:XX:XX

Feeling quite tired in the middle of the day. 15M:19:XX:XX

Tired by 10pm for the last few days, I have to go to sleep by then. I wake up refreshed but by midday my energy is to an all-time low. 15M:23:XX:XX

Had an interesting day. Completely fatigued by the middle of the day, but went out with friends. 15M:03:XX:XX

AFTERNOON

From about 2pm I was exhausted. 11F:03:14:00

Energy dropped at 2pm, I was finished again. Slept and chilled a bit and regained some energy just after 4pm. 11F:21:14:00

At around 11am the fatigue wore off. It however set in again at approximately 2:30pm. 11F:39:14:30

I no longer have energy at the afternoon. 27F: 01: XX: XX

EVENING

Energy levels lowered at 5pm. 11F:19:17:00

At 5pm I was exceptionally tired and could barely keep my eyes open. 11F:36:XX:XX

Feeling a bit tired this morning and it went on all day. I even crashed in the afternoon when I fell asleep for an hour at 5pm. 15M:09:XX:XX

NIGHT

Was extremely exhausted last night. 15M:08:XX:XX

I got to bed and passed out. 27F: 04: XX: XX

I had an early night as I was quite tired and my body was a bit sore. 27F: 27: XX: XX

EXERTION AGG

Since I walked a lot today I was quiet tired so I an early night. 27F: 14: XX: XX

My legs just felt heavy as if I had to drag them when I had to move, I couldn't lift them up properly and I failed to finished my leg of jogging in the morning, I just felt super exhausted and gave up(energy zero). 29F: 01: XX: XX

Exhausted, did more walking than usual, feet hurt, knees hurt, exhausted! 16F: 00: XX

HEADACHE DURING

Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M: 11: 15: XX

Headache- vertex- throughout spine, just feel weak, went to do work, had H/A worse throughout the evening. 22F: 20: 18:30

INFUENZA DURING

I seem to have picked up the flu, I feel tired and down. 13F:01:XX:XX

I feel miserable I still got the flu, so I'm not feeling good. I want to climb into bed and be in a warm place. 23F: 08: XX: XX

IRRITABILITY WITH

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

MENSES DURING

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the cloths passing through., craved coffee, energy started to decrease thereafter. 21F: 19: XX:XX.

POOR CONCENTRATION

Energy levels have been relatively average. Struggled to study a bit but was not as much as previous days. 11F:27:XX:XX

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

RAIN AGG

Exhausted due to traffic in the rain. 10F:25:XX:XX

SHOWER AMEL

Still continue with tiredness but wakeful (especially after shower). 01F:27:XX:XX

SITTING AMEL

I am still feeling quite tired and I just want to sleep. I feel more relaxed and at peace when I am just sitting and not doing any anything. 29F: 03: XX: XX

SLEEP, DESIRE TO

Increased exhaustion. I spent most of the day sleeping or relaxing in bed. I slept from 10pm till 7 am..... woke up for a little then went back to bed for the rest of the day. I just feel so tired. 09F:53:XX:XX

Woke up feeling a bit weak and more tired than usual so slept most of the day.
06F:07:XX:XX

Very slow, minimal energy so I slept in both of lectures. 06F:31:XX:XX

At 13:00 I feel so tired that I don't want to do anything like I can't cope I need to take a taxi back home to sleep. 09F:26:13:00

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

Stayed in bed the whole day. So exhausted. 09F:29:XX:XX

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes. 11F:00:18:00

Energy levels dropped at 10:15. Had a 20 minute nap. 11F:05:10:15

Energy levels dropped at 3pm. Slept for about 45minutes. 11F:09:15:00

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

Took the next remedy at 7:30, I had to force myself to wake up today. My energy level is low. I went to only one class today because I was just too tired to be in class. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

Took the last one at 20:15. I'm tired and just want to go to sleep. 12F:01:XX:XX

A bit tired. I have been in bed the whole day. I feel so drained and so very sleepy.
12F:18:XX:XX

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

Tired by 10pm for the last few days, I have to go to sleep by then. I wake up refreshed but by midday my energy is to an all-time low. 15M:23:XX:XX

Feel tired , im just drop on bed and im gone. 22F: 10: 21: 00

I want to sleep the whole day. I feel tired and sleeping makes it feel better. I usually sleep on my left side, but now my nose is dripping so I have to have my body on my left side and my head has to be facing upwards. It is really uncomfortable. 23F: 06:XX: XX

Extremely, tired and sleepy, body is tired, want to sleep Energy – 3/10, very tired.
23F: 01: XX: XX

When I got to res, I was just tired and not interested in studying as it was a lot and I felt overwhelmed so I just slept and woke up pretty late and started studying than. I covered most of it but I was going to deprive myself of sleep so I slept when I felt tired. 27F: 08: XX: XX

I have been dragging myself around the place all day. All I wanted to do was sleep and not do anything. 29F: 01: XX: XX

My energy levels have been extremely low. All I want to do all day is just sit in front tv or just sleep. 29F: 02: XX: XX

I am still feeling quite tired and I just want to sleep. I feel more relaxed and at peace when I am just sitting and not doing any anything. 29F: 03: XX: XX

SLEEPLESSNESS WITH

Feel tired but no desire to sleep. 01F:20:XX:XX

Still continue with tiredness but wakeful (especially after shower). 01F:27:XX:XX

STOMACH PAIN DURING

Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. Also feeling rather drowsy and tired. 17M: 02: XX: XX

VERTIGO WITH

At approximately 7pm I suddenly felt extremely weak as if I was about to pass out. 11F:29:XX:XX

I was shivering a lot in the morning and felt quite faint/ weak. Happened around 9am – 11:30 am. 11F:16:09:00

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

Energy levels are low and tending to be dizzy when I try to move. I am actually hungry but I don't have the energy to eat, not sure if an empty stomach is causing my head to pain. 17M: 11: 15: XX

INCREASED

I also feel like I'm on a buzz. 10F:00:XX:XX

More energy today than yesterday. Energy @ 8/10 today. 03F:02:XX:XX

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

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

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

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

I had the energy to do everything. I studied for my second test. Emotionally I feel a bit down. 09F:43:XX:XX

Studying has been much easier today in terms of fatigue. 11F:02:XX:XX

No real qualms about today. Had some increased energy after lunch. 11F:11:XX:XX

Today was a good day, slept really well, about 8 hours, feeling refreshed. Was full of energy. 11F:28:XX:XX

Not tired at all, feel energetic and ready. 12F:14:XX:XX

Not tired at all. 12F:15:XX:XX

I feel very active today. 12F:34:XX:XX

I have lots of energy. 13F:01:XX:XX

My energy levels are very high. 13F:06:XX:XX

Been feeling quite energetic for the past few hours 15M:10:XX:XX

Woke up feeling great. Had a fantastic day treating patients at a sports event and was not tired at the end of the day. 15M:02:XX:XX

Quiet energised 16F:00:XX: XX

07h00- Indifferent morning and sleep that was, fell off to sleep eventually at 1h30 this morning, even though I slept late but don't feel tired, lazy or sleepy at all. 17M:13:XX:XX
My energy levels seem to be balanced. 18F:06: XX: XX

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

Abundant physical energy. 21F: 11: XX: XX

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

My energy levels are 9. Changed, normally I don't have energy at this time, but now I feel energised. 23F: 00: XX: XX

I feel energised and good. 23F: 12: XX: XX

I feel energised and I can't stop smiling. I have so much life brought back into me. I feel really good. 23F:14: XX: XX

I feel very energised today. Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook. I have energy today, I feel like I can do a lot today. 23F: 18:8: 00

I feel relaxed and I have energy. I did lot of work today. Cleaned the whole house and the fridge, washed clothes and cooked now, I want to relax and listen to music. 23F: 20: XX: XX

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

I feel happy and energised. I am so HAPPY and it's all because I got a call for a JOB and I got IT. So I am so happy. 23F: 25: XX: XX

I feel energised. 23F: 26: XX: XX

I feel happy and energised. I feel like doing a lot of house a working and cooking. So I am going to busy myself with all of that. 23F: 27: XX: XX

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

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

My appetite and energy simultaneously increase 24F: 00: XX:XX

Stomach and brain. Seeing my books set off my energy to studying- feeling very excited and motivated to study, I can concentrate more, t- 10 mins after I took time dose, this is very unusual to me s- it's a jumping /thrilling sensations, like adrenalin rush. 24F: 00: 19:35

Energy – 8/10 Very energetic. Wide awake whole day even though I didn't eat, Very focussed on my paper 23F: 01: XX: XX

Energy – 8/10 24F: 06: 20:15

I was hyper managed without food. I was absolutely energetic with very little sleep. 24F : XX: XX: XX

Energy increased, used to have motion sickness and I used to sit in the back seat of the car, now I love the adrenaline rush I want to sit in the front seat of the cars and love fast car driving, 24F: XX: XX:XX

Today I was very energetic and driven to do task I have been putting off. 27F: 01: XX: XX

I felt refreshed and had a buzz to get going, used it all for studying. 27F: 03: XX: XX

My energy level were high. 27F: 03: XX: XX

I was quite energetic. 27F: 07: XX: XX

My energy levels were back to normal and I am feeling almost 100% after the flu. 28M: 00: XX: XX

Fairly full of energy today 28M: 08: XX: XX

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

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

MORNING

Had to wake up exceptionally early this morning to work at a sports event. Didn't get more than 5 hours of sleep. Was quite startled by my alarm. Had lots of energy from 5am till 8am. 11F:09:XX:XX

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

I had a late morning. I was feeling quite energetic (6/10) more than the other days. 27F: 19: XX: XX

WAKING ON

Woke up at 3:30am. Feel very good/ fresh/ energetic. Energy 9/10. 07F:03:XX:XX

Woke up with a lot of energy – slept again and then woke up tired – terrible idea. 11F:19:XX:XX

I woke up energised. 23F: 07: XX: XX

NOON

Noticed energy levels to drop at about 9:30 – peaked around 12. 11F:20:XX:XX

AFTERNOON

Was “active” again at 4pm. 11F:39:16:00

EVENING

Energy levels high around 5pm. 10F:22:XX:XX

MENSES DURING

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

FEELING FAT/ THIN

Also feeling very fat today. 11F:31:XX:XX

I would have said that I was going for a jog but who am I kidding. I am already fit enough and if I got any more thin I would disappear. 17M: 23: 16: 00

FOOD AND DRINKS

ALCOHOL

AGG

On the other hand had a hectic headache, that could have been a hangover, might have had too much to drink last night. 17M: 23:8: XX

AVERSION

Really in need of something to put my mood in the right place, the way it used to be- thought drinking for 3 days recently would make it better but drinking alcohol makes matters worse- it just makes you think more and wont to say the truth more (in that I mean the things you actually feel, which I try to avoid but in recent times I start to speak). 17M: 28: 22:00

I seem to just lose my temper around my husband, he drinks every day. Alcohol annoys me now. 23F: 22: XX: XX

DESIRE

Actually feel like having a drink now, double brandy on the rocks would go down well. 17M: 09:22: XX

It's December and I can't believe I am feeling this way. Hate it, definitely need to do something today, perhaps a drink (alcohol) 17M: 17: XX: XX

Still felt like having a drink, cracked that deal on a 10 year old brandy, had 3 doubles, awkward and strange drinking with no company but still went down rather smoothly. Sometimes the best company to keep is no company. Felt like drinking more but let's save some if I know things well, it's only a slight drizzle now so let's keep some for some upcoming thunderstorm. 17M: 19: 22: XX

08h00- got up today, had a drink last night again for 2 days a row now. 17M: 23:8: XX

22h00- been drinking from 8pm again. 10 year old brandy, rather smooth and mellow. Will have a few more than go to bed. This probably not good for the research but I honestly don't care. 17M: 23: 22: XX

WINE DESIRE

Had a glass of red wine. 22F: 07: 18:30

I am craving some red wine today, nice natural sweet red wine and nik nak chips 23F:16: XX: XX

BASMATHI RICE DESIRE

Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

BREAD

Today I felt like peanut butter with bread and I ate just that. 27F: 08: XX: XX

CAKES DESIRE

Craving for cakes. 03F:29:XX:XX

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I'm eating much unhealthier now. 15M:23:XX:XX

Appetite- significantly craved Ice cream, craved cake, missed home cooked food. Av to oily food. 27F: XX: XX: XX

CANNIBIS DESIRE

Craved – smoking weed 24F: XX: XX: XX

CARBONATED DRINKS DESIRE

CRAVE – FIZZY DRINKS 24F: XX: XX: XX

I woke up feeling like drinking a cool drink and I bought it. 27F: 31: XX: XX

Had nice coke for work past no time 22F: 05: XX: XX

CHEESE CRAVES

Generalities- I do feel like eating some pasta, nice cheesy pasta with hot sauce. I am also craving hot sauce 23F: 08: XX: XX

CHICKEN DESIRE

Craving fast food – KFC, PIZZA, CHICKEN LICKEN. 03F:22:XX:XX

Ate 2 roasted chicken pies, drank cold drink (I used to aggravate on eating pie- I used to vomit when I used to eat it. Now I craved pie and love it so much that I eat it every Friday.) 24F: 15: 16: 35

Craved- Fried chicken, chips 26M: 30: 21:22

Dreams- I dreamt I was eating kfc and I was with my cousin at kfc, and we were eating chicken and rolls. I felt so happy and nice. 23F: 13: XX: XX

Feeling for chicken and mayo pie. 24F: 03: 15:25

Craved Buffalo wings, craved spicy crunch burger. 24F: XX: XX: XX

Craved – water, pizza, all sorts of chicken 26F: XX: XX: XX

Ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects) 24F: 00: 19:35

CHIPS

AGG

Lays chips agg 21F: 00: XX: XX

CRAVE

I am craving some red wine today, nice natural sweet red wine and nik nak chips 23F:16: XX: XX

My appetite has increased greatly. I am eating more than usual and everytime I feel nervous I just get myself a packet of chips or just something to snack on. 29F: 25: XX: XX

CHOCOLATE

AMEL

I ate a chocolate "instead" of sleeping – the sugar helped me stay awake/alert

Slept at 9:45pm. 07F:02:XX:XX

DESIRE

Crave chocolates, chips and junk food. 01F:27:XX:XX

Easter Monday. Went looking for eggs in the garden (Easter tradition). So much chocolates to last till forever. Love chocolate. 03F:07:XX:XX

Want to eat junk (chocolates) and salty foods. 10F:08:XX:XX

Been craving a lot of chocolate today. 11F:13:XX:XX

Still craving chocolate. Predominantly around early afternoon and dinner time. 11F:14:XX:XX

Was really craving chocolate today. Mainly around meal times and late afternoon – 5pm was probably the most prominent time. 11F:27:XX:XX

Still craving chocolate. More towards the morning though. Before lunch. 11F:28:XX:XX

Been craving chocolate more than usual. 11F:30:XX:XX

Took the second powder at 16:19, I have already eaten 2 times right now and it does not seem like I'm getting full. And I keep feel like eating chocolate. 12F:01:XX:XX

I really want something with chocolate. 12F:12:XX:XX

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I'm eating much healthier now. 15M:23:XX:XX

Appetite-craving for chocolate, feeling for junk food 24F: 02: 16: 20

Craved a dark chocolate 22F: 18: 21:45

I craved chocolate so I bought it but it made me very thirsty so I went and bought ice cream 27F: 27: XX: XX

COFFEE DESIRE

Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

Increased tea and coffee intake today (3 cups tea + 1 cup coffee). 11F:23:XX:XX

Craving coffee 21F: 09: XX: XX

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the cloths passing through., craved coffee, energy started to decrease thereafter. 21F: 19: XX:XX.

COLD DRINKS DESIRE

Woke up with a very dry throat (7:30 am) & feeling very tired, along with the craving for a cold beverage. 04F:06:07:30

DONUTS

Generals: 11:15 I have been craving for some donughts, so I made some, it was good. It satisfied me 23F: 00: 11: 15

DRIED FISH

I felt like eating dry fish chutney kitchery. So I am going to make some. 23F: 27: XX: XX

EGGS AVERSION EGGS

Aversion to the smell of eggs. 11F:43:XX:XX

FOOD THAT AGG, DESIRE

Tingling sensation in my stomach .Makes me hungry. Increased appetite. Giving me craving to eat things I don't usually eat 24F: 00: XX: XX

Ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects) 24F: 00: 19:35

Ate 2 roasted chicken pies, drank cold drink (I used to aggravate on eating pie- I used to vomit when I used to eat it. Now I craved pie and love it so much that I eat it every Friday.) 24F: 15: 16: 35

FRIED FOOD

AGG

Went out for dinner, had fried food which made me need the toilet urgently. 11F:06:XX:XX

DESIRE

Craved- Fried chicken, chips 26M: 30: 21:22

Dreams- I dreamt I was eating kfc and I was with my cousin at kfc, and we were eating chicken and rolls. I felt so happy and nice. 23F: 13: XX: XX

GUM DESIRE

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

HEALTHY FOOD DESIRE

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

I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). 17M: 00: 15

Even though I have a great appetite I am trying to limit myself on the amount of food I eat. I only had cornflakes for breakfast and about 5 cups of tea with milk for the rest of the day. I also had a salad in the evening. 29F: 12: XX: XX

ICE CREAM DESIRE

Craving ice cream. 03F:22:XX:XX

Had 3 meals, craving for ice cream. 12F:15:XX:XX

Appetite- significantly craved Ice cream, craved cake, missed home cooked food. Av to oily food. 27F: XX: XX: XX

Full, craving magnum ice cream 24: 05: 21: 30

Not hungry, ate ice cream 24F: 15: 19: 55

ICE CREAM26M: 03:3:32

I had no appetite just felt like ice cream too bad the machine at the shop. (machine stopped working) 27F: 04: XX: XX

I did not urinate much today but my thirst was increased and as I drank water,i became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F: 07: XX: XX

I know that today I was going to spoil myself so I rested and waited till the sun went down and took a walk to a centre and bought myself pizza and some yogurt but I actually craved ice cream but it was okay. 27F: 21: XX: XX

Appetite- craved ice cream27F: 21: XX: XX

I craved ice cream 27F: 29: XX: XX

Significantly craved Ice cream27F: XX: XX: XX

MEAT DESIRE

Really feeling for some meat (meat /steak/chops). 16F: 00: XX

I had a craving for meat- and I ate it then I went to buy some spicy meat and then I had ice cream. 27F: 17: XX: XX

I just wanted something meaty and salty. 27F: 08: XX: XX

Woke up craving meat and made mince for breakfast to go with the bread and lemon tea. 27F: 10: XX: XX

Generals: I feel like eating hot stew, nice mutton stew with full veggies, with a nice cup of hot tea makes me feel better, my appetite is normal. 23F: 06: XX: XX

ROAST LAMB DESIRE

Craving roasted lamb and garlic. 03F:19:XX:XX

OILY FOOD

AGG

Went out for dinner, had fried food which made me need the toilet urgently. 11F:06:XX:XX

AVERSION

Appetite- significantly craved Ice cream, craved caked, missed home cooked food. Av to oily food. 27F: XX: XX: XX

Aversion to oily food. 27F: XX: XX: XX

PASTA DESIRE

Generalities- I do feel like eating some pasta, nice cheesy pasta with hot sauce. I am also craving hot sauce 23F: 08: XX: XX

Full, ate macaroni, drank cold drink, feeling for chicken and mayo pie. 24F: 03: 15:25

PASTRY DESIRE

Ate 2 roasted chicken pies, drank cold drink (I used to aggravate on eating pie- I used to vomit when I used to eat it. Now I craved pie and love it so much that I eat it every Friday.) 24F: 15: 16: 35

Full, ate macaroni, drank cold drink, feeling for chicken and mayo pie. 24F: 03: 15: XX

Ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects) 24F: 00: 19:35

PEANUT BUTTER

Today I felt like peanut butter with bread and I ate just that. 27F: 08: XX: XX

PIZZA DESIRE

Crave pizza. 03F:28:XX:XX

Craved – water, pizza, all sorts of chicken 26F: XX: XX: XX

Went for pizza's on the beach- Had chicken and lobster for lunch 22F: 01: XX: XX

20: 00 felt like having pizzas (pizza) 22F: 12: 20: 00

Feel like eating margarita pizza 24F: 00: 19:35

I had been craving pizza. 27F: 06: XX: XX

I have been craving salty stuff today, especially pizza. I managed to get a medium sized one and that's all I have had for the day, and a couple of cups of tea. 29F: 19: XX: XX

SALT

AMEL

I really felt like eating sand today but I couldn't find the one I had in the house that's why I ended up having salty stuff which made me feel a little better. 27F: 11: XX: XX

DESIRE

Desire for salt. 03F:27:XX:XX

Craving for heavily flavoured chips. 03F:22:XX:XX

Salty foods ++. 03F:10:XX:XX

Want to eat junk (chocolates) and salty foods. 10F:08:XX:XX

I think i have an electrolyte imbalance. I'm feeling quite dizzy and weak and I've been really craving salty food lately which I only noticed today. Had some popcorn with salt at 4pm and feeling much better now. (6:00pm). 11F:38:XX:XX

I just wanted something meaty and salty. 27F: 08: XX: XX

I had been craving salty food so I bought myself pizza. 27F: 06: XX: XX

Craved for salty food even though wasn't hungry, I just had to find something to with lots of salt. 29F: 01: XX: XX

I wanted to only eat salty food and mostly carbs. 29F: 02: XX: XX

I had been craving salty food so I bought myself pizza. 27F: 06: XX: XX

I still craved for something salty and I actually had chicken samosa for breakfast. My lunch was bread with butter and ham and I could have supper, I was just feeling too tired. 27F: 07: XX: XX

I just wanted something meaty and salty. 27F: 08: XX: XX

I craved very starchy and salty food, I had pizza on my way from church and had rice with beef stew and mixed vegetables in the evening. 27F: 11: XX: XX

I have been craving salty stuff today, especially pizza. I managed to get a medium sized one and that's all I have had for the day, and a couple of cups of tea. 29F: 19: XX: XX

SAND

I really felt like eating sand today but I couldn't find the one I had in the house that's why I ended up having salty stuff which made me feel a little better. 27F: 11: XX: XX

Craving for sand but didn't manage to get some. 29F: 13: XX: XX

SARDINES DESIRE

Craving tinned sardines (very weird). 10F:08:XX:XX

SOUR MILK

I felt like sour milk one of my favourite meal and it reminds me of home. 27F: 32: XX: XX

SPICEY FOOD DESIRE

Generalities- I do feel like eating some pasta, nice cheesy pasta with hot sauce. I am also craving hot sauce 23F: 08: XX: XX

Craved Buffalo wings, craved spicy crunch burger. 24F: XX: XX: XX

I drink a lot of tea, I love tea and now that it is cold o drink even more tea. I am still craving spicy food. 23F: 10: XX: XX

Still feel like eating hot and spicy food. I love tea I drink anything hot, I like. 23F: 11: XX: XX

STARCH DESIRE

Also today was craving a lot of starch and sugar and never seemed to be quite full. 15M:11:XX:XX

Was very thirsty in the morning. Still craving starch/sugar quite a bit today. 15M:13:XX:XX

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

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I'm eating much healthier now. 15M:23:XX:XX

I craved very starchy and salty food, I had pizza on my way from church and had rice with beef stew and mixed vegetables in the evening. 27F: 11: XX: XX

I felt like eating dry fish chutney kitchery. So I am going to make some. 23F: 27: XX: XX

Feel like eating roti, pumpkin and beans. So I cooked some. I enjoying it a lot. 23F: 20: XX: XX

I wanted to only eat salty food and mostly carbs. 29F: 02: XX: XX

SNACKING DESIRE

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

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

I rewarded myself with some food and snacks because I was quiet hungry. 27F: 12: XX: XX

My appetite has increased greatly. I am eating more than usual and everytime I feel nervous I just get myself a packet of chips or just something to snack on. 29F: 25: XX: XX

STEW DESIRE

Generals: I feel like eating hot stew, nice mutton stew with full veggies, with a nice cup of hot tea makes me feel better, my appetite is normal. 23F: 06: XX: XX

I craved very starchy and salty food, I had pizza on my way from church and had rice with beef stew and mixed vegetables in the evening. 27F: 11: XX: XX

SUGARY FOOD

AGG

Sugary foods have also started to make me feel quite ill. We had a waffle at wimpy and although it tasted nice I for once in my life would have preferred a savoury meal. 11F:37:XX:XX

DESIRE

Had a 2L bottle of coke all by myself. Really thirsty. I also really like sugary things now. 12F:20:XX:XX Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

Been having serious sugar cravings as well. 15M:04:XX:XX

Also today was craving a lot of starch and sugar and never seemed to be quite full. 15M:11:XX:XX

Was very thirsty in the morning. Still craving starch/sugar quite a bit today. 15M:13:XX:XX

I had a very strong craving for sugar today. A headache came up at the middle of the afternoon. 15M:15:XX:XX

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

Took a fig at 22:00 felt like having something sweet, don't keep sweet things in house 22F: 15: XX: XX

Feeling stuffed now and had a piece of cheesecake for dessert. That was awesome. 17M:19:22: XX

Found some cheese cake, my favourite – home-made but tasted lovely, wasn't enough to have seconds there. 17M: 28:22:00

Got a bad sweet tooth recently, probably will end up being a diabetic if I keep eating so much of sugar. 17M: 28:22:00

Generals: 11:15 I have been craving for some donughts, so I made some, it was good. It satisfied me 23F: 00: 11: 15

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that 27F: 30: XX: XX

TEA

AMEL

Generals: I feel like eating hot stew, nice mutton stew with full veggies, with a nice cup of hot tea makes me feel better, my appetite is normal. 23F: 06: XX: XX

DESIRE

Increased thirst for tea. 03F:28:XX:XX

Increased tea consumption, 3 cups, 2 of which were 2 hours apart and the other was later in the evening. 11F:16:XX:XX

Increased tea and coffee intake today (3 cups tea + 1 cup coffee). 11F:23:XX:XX

Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

Still feel like eating hot and spicy food. I love tea I drink anything hot, I like. 23F: 11: XX: XX

I drink a lot of tea, I love tea and now that it is cold o drink even more tea. I am still craving spicy food. 23F: 10: XX: XX

Even though I have a great appetite I am trying to limit myself on the amount of food I eat. I only had cornflakes for breakfast and about 5 cups of tea with milk for the rest of the day. I also had a salad in the evening. 29F: 12: XX: XX

UNHEALTHY FOODS DESIRE

Desire unhealthy foods. 03F:27:XX:XX

Craving fast food – KFC, PIZZA, CHICKEN LICKEN. 03F:22:XX:XX

My appetite has increased over these weeks – eat a lot – mostly unhealthy foods. 10F:10:XX:XX

Been eating very unhealthy recently. 11F:44:XX:XX

Ate a lot of unhealthy food today. 11F:21:XX:XX

I ate very unhealthily for supper. 11F:33:XX:XX

I have noticed that I'm eating much healthier now. 15M:23:XX:XX

I just like to sit around all day eating junk and watching tv, now worse than a over reacting teenage girl. 17M: 25: 22: XX

Appetite- hungry, feels like eating McDonalds. 24F: 01: XX: XX

Ate a lot of junk 17M: 33:22:00

Appetite-craving for chocolate, feeling for junk food 24F: 02: 16: 20

Dreams- I dreamt I was eating kfc and I was with my cousin at kfc, and we were eating chicken and rolls. I felt so happy and nice. 23F: 13: XX: XX

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that 27F: 30: XX: XX

HEAT

AGG

Haven't been dealing well with the heat today. Heat just doesn't work with me anymore, I prefer sitting in a cold room. 11F:39:XX:XX

What a long day, lovely trip and good time as well. Long drive and but nice to see a different area. Feeling very humid and sticky even though it was very cloudy. Sound barrier in my ears just opened up when I reached Durban, felt nice but is usual whenever I travel.

17M:15:XX:XX

22h00- still boiling hot, humid, this weather makes me feel miserable that's why I prefer the rain and/or winter. Too much of heat is too much to handle 17M: 24: 22: XX.

22:00 hot day, feeling really, really tired and I never do anything at all. 17M:17: XX: XX

HOT BATH DESIRE

12: 30 Glad to announce that disappeared, can normality return now, just going to have a bath and cool down. For a while. . 17M: 00:12:30

HEAT SENSATION

Still feel quite hot – had the fan on the whole day today, only switched off at night. But switched fan back on before going to sleep. 01F:03:XX:XX

Increase body temperature (feels hot instead of cold) 01F:07:XX:XX

Still feels hot- have fan on. 01F:28:XX:XX

Have fan on the whole night, directly on me but still feel hot. 01F:28:XX:XX

Have to have fan on even during cool temperature now. 01F:28:XX:XX

Still feels hot today have fan on. 01F:38:XX:XX

Felt quite warm this evening again. At around 18:00. The warm sensation tonight was a little more uncomfortable. 11F:00:18:00

Was feeling quite hot and flustered between 9:30 and 10:30. 11F:34:XX:XX

Feeling quite hot whilst treating my patient. 11F:39:XX:XX

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

MORNING

Woke up at 6 am feeling very hot which lasted until just after 7 am. Heat mostly around the neck and upper back – middle. 04F:02:06:00

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them 27F: 12: 03: 00

DESIRE COLD

Still feel quite hot – had the fan on the whole day today, only switched off at night. But switched fan back on before going to sleep. 01F:03:XX:XX

Have to have fan on even during cool temperature. 01F:28:XX:XX

Still feels hot today, have fan on. 01F:31:XX:XX

Still feels hot today have fan on. 01F:38:XX:XX

Haven't been dealing well with the heat today. Heat just doesn't work with me anymore, I prefer sitting in a cold room. 11F:39:XX:XX

Did feel flushed again at around 1pm. Lasted about 3 minutes. Felt so hot that I had to fan myself & started sweating on the upper lip and hairline. 07F:03:XX:XX

FLUSHES

10:28 am had a hot flush lasting about 2-3 minutes. Feels like the heat started at the back of my neck & spread down my back, across my shoulders & down both arms. No sweating. I had just drunk some cold appletizer & eaten an egg. 04F:00:10:28

Took next dose in the afternoon – felt a burst of heat after – like a flushing which lasted about 1 minute then subsided. 07F:00:XX:XX

Did feel flushed again at around 1pm. Lasted about 3 minutes. Felt so hot that I had to fan myself & started sweating on the upper lip and hairline. 07F:03:XX:XX

Hot flushes – lasts a few minutes. 10F:14:XX:XX

Been feeling very hot and sweaty whilst everyone else has been cool. Not wearing very warm clothes on reception duty at varsity. Lasted from 12:30 till about 13:15. Was almost like a hot flush. My feet were particularly warm. 11F:00:12:30

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them 27F:12: 3: 00

HEAVINESS

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

INFLUENZA

Have got flu – runny nose (watery discharge), little/no cough. 01F:20:XX:XX

Feeling fluey 03F:00:XX:XX

Feeling fluey. 03F:10:XX:XX

Received a call from home that my stepmom just passed on. Was so devastated, I felt broken. I began to get flu symptoms that went on for the whole entire day. 09F:28:XX:XX

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

I seem to have picked up the flu, I feel tired and down. 13F:01:XX:XX

My eyes are red, I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

PAIN

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

My body is still aching, but most other symptoms are gone. 09F:48:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

Mind/mood; I am irritable this morning because I have a cold and my whole body is sore. My legs are paining. It feels like someone is punching it hard. 23F: 06: XX: XX

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

My body felt sore as if I have been over-resting. 27F: 15: XX: XX

I had an early night as I was quite tired and my body was a bit sore. 27F: 27: XX: XX

Body hurting from taichi from Thursday 16F:17: XX

RAIN

Nice weather we had, had some good rain for about 3 hours, hopefully it can continue throughout the night, really need it. 17M: 12: 23:XX

22h00- still boiling hot, humid, this weather makes me feel miserable that's why I prefer the rain and/or winter. Too much of heat is too much to handle 17M: 24: 22: XX.

The rain is around, got caught in the rain before, and was soaked but actually feels nice playing football in the rain, lovely feeling 17M: 28:22:00

SHAKY

Feeling a little "shaky" 03F:00:XX:XX

For about 20 minutes at about 2pm I was feeling quite weak or rattle shaky. 11F:23:XX:XX

Felt quite faint and weak, mainly in my arms around lunch time, also a bit shaky. 11F:37:XX:XX

SLEEP AFTER AMEL

Woke up feeling significantly better again. 28M: 00: XX: XX

Woke up feeling pretty good after a long sleep 28M: 18: XX: XX

Fair night's sleep and been feeling pretty good spirits for the past few days. 28M: 22: XX: XX

What a day it has been, had a good long nap , from 3 till 7 feel so relaxed now but doubt I'm going to get some sleep anytime soon 17M:03:XX:XX

Slept quite a long time, slept early with the intent of waking up early to go jogging but ended up not being able to wake up so I slept for about 10 hours and I still felt sleepy when I woke up. The sleep itself was very peaceful. I had not interrupted it at all 27F:11:XX:XX

Woke up feeling pretty good after a long sleep 28M:18:XX:XX

SLUGGISHNESS

Very tired and lethargic. 03F:11:XX:XX

Felt sluggish in the morning and felt constipated. 06F:01:XX:XX

Felt a bit sluggish throughout the day. 07F:02:XX:XX

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

I was feeling a bit lethargic. 15M:11:XX:XX

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

Poor night's sleep as I battled to fall asleep and spent most of the night dozing but not falling into a deep sleep so I had a very long night and even longer day seeing patients. Extremely lethargic and grumpy as I just went a full night's sleep. 23M: 06: XX: XX

STIFFNESS

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

SUPRESSED COMPLAINTS

A lot of build up of mucus in the nasal and throat passage -> I've had this problem for a very long time – usually suppressed but now its showing up again. 10F:24:XX:XX

Had a very bad headache for the first time in years (used to suffer regularly from headaches). 06F:06:XX:XX

WARMTH DESIRE

Want sleep + warmth. 03F:12:XX:XX

WEIGHTLOSS

My mother said I look like I've lost a bit of weight. 01F:33:XX:XX

My sister are complaining that I'm losing too much weight. 09F:44:XX:XX

4.4. The Repertory of *Garcinia cambogia* 30CH

Rubrics were converted to the standard repertory format: CHAPTER – RUBRIC – sub rubric – sub-sub-rubric. Rubrics were derived from existing rubrics in the *Synthesis Repertorium Homoeopathicum Syntheticum* repertory (Schroyens, 2004). All new rubrics are indicated by NR i.e. New Rubric

The grading of rubrics utilised by Ross (2011: 164) was employed:

- ☐ Grade 1 (normal font): All valid rubrics are given a default first degree grading;
- ☐ Grade 2 (italics): Any rubric experienced to a marked degree by 3 or more different provers is given a second degree grading;
- ☐ **GRADE 3 (bold)**: Any rubric produced by half or more of the verum i.e. 12 or more provers;
- ☐ All newly created rubrics (indicated by NR) will automatically be graded as Grade 1.

4.4.1. MIND

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Mind, abusive	10, 16	1	2
Mind, activity, desire	17	1	2
<i>Mind, affectionate</i>	3, 3, 4, 4, 9, 11, 15	2	3
Mind, affectionate, returns affection	3, 4	1	3
Mind, ailments from, anger, suppressed	27	1	4
Mind, ailments from, anxiety	9	1	4
Mind, ailments from, discords, friends between ,ones	11	1	4
Mind, ailments from, grief	9, 27	1	5
Mind, alert	1	1	7
Mind, ambition, competitive	10	1	7
<i>Mind, ambition, increased</i>	4, 9, 9, 9, 9, 9, 10, 10, 10, 11, 11, 11, 11, 11, 15, 15, 19,	2	7

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<i>Mind, ambition, loss of</i>	3, 9, 9, 10, 11, 11, 27	2	7
<i>Mind, anger</i>	10, 10, 11, 16, 16, 16, 16, 17, 17, 17, 17, 17, 17, 17, 17, 17, 23, 23, 24, 24, 28, 29, 29, 29	2	7
Mind, anger, alternating with, cheerfulness	10	1	8
Mind, anger, alternating with, sadness	23	1	9
<i>Mind, anger, easily</i>	10, 16, 16, 23	2	9
Mind, anger, husband with	16, 23, 23, 23, 23, 23, 23	1	NR
Mind, anger, menses before	16, 16	1	10
Mind, anger, sleep, amel	23	1	NR
<i>Mind, anger, trifles at</i>	9, 11, 10, 16, 23	2	10
<i>Mind, anticipation examinations, before</i>	3, 9, 11, 11, 11, 12, 15, 15, 17, 24, 24, 24, 26, 27, 27, 27, 29, 29, 29, 29	2	13
<i>Mind, anticipation examinations, before</i>	9, 10, 10, 15, 27	2	CS
Mind, anticipation, exams from accompanied by nausea	11	1	NR
<i>Mind, antisocial</i>	1, 10, 17, 17, 27, 29	2	14
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Mind, anxiety, causeless	4	1	16
Mind, anxiety, family, about his	15, 27	1	18
<i>Mind, anxiety, future about</i>	4, 9, 10, 11, 15, 17, 17, 17, 21, 23, 27	2	18
<i>Mind, anxiety, health about</i>	6, 6, 6, 9, 9, 11, 15, 17	2	18
Mind, anxiety, home about	11	1	19
Mind, anxiety, irrational	15	1	NR
<i>Mind, anxiety, sudden</i>	4, 9, 17, 17	2	21
Mind, anxiety, weather, stormy weather, during	11, 11, 11	1	22
Mind, attached, fictional characters to	10	1	NR
<i>Mind, aversion, family to members of</i>	11, 11, 11, 11, 1, 17, 23	2	23
Mind, aversion, friends to	11, 11, 11, 17	1	23
<i>Mind, bed, remain in bed, desire to</i>	3, 9, 27	2	25
<i>Mind, benevolence</i>	9, 11, 15, 16	2	25
Mind, biting, desire to	1, 1, 1, 3	1	25
Mind, busy	3, 22	1	27
Mind, cannabis, desire	24	1	NR
<i>Mind, carefree</i>	3, 10, 10, 15, 17, 17	2	27
Mind, change, desire, for	17, 21, 21, 26	1	29
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Mind, cheerful, menses during	13	1	31
Mind, chew, desire to chew	1, 11	1	NR

Mind, clairvoyance	17	1	31
Mind, clinging, person or furniture, to	26	1	32
<i>Mind, communicative</i>	3, 4, 12, 15	2	34
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Mind, company, aversion, menses during	12	1	34
Mind, company, aversion to, strangers, aversion to the presence of	1	1	34
Mind, company, desire for	3, 3, 3, 3, 9	1	34
<i>Mind, company, desire for, amel in company</i>	<i>17, 23, 23, 23, 27,</i> <i>27, 27</i>	2	34
Mind, company, family, amel	3, 27	1	NR
<i>Mind, concentration, active</i>	<i>5, 7, 9, 11, 13, 15,</i> <i>15, 15, 15, 15, 24,</i> <i>24, 24, 24, 26, 27,</i> <i>27, 27, 27, 29</i>	2	35
<i>Mind, concentration, difficult 36</i>	<i>3, 6, 6, 6, 9, 9, 11,</i> <i>11, 11, 11, 11, 11,</i> <i>15, 21, 22, 22, 27,</i> <i>27, 27, 29</i>	2	36
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<i>Mind, concentration, difficult, attention, cannot fix</i>	<i>6, 11, 11, 15, 21, 29</i>	2	36
Mind, concentration, difficult, headache with	11	1	36
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Mind, delusion, shaking	3	1	NR
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<i>Mind, ease, feeling of</i>	<i>9, 9, 9, 11, 27, 29</i>	2	93
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<i>Mind, exertion, physical, aversion</i>	12, 12, 15, 15, 27, 27, 29, 29	2	98
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Mind, fear, alone of being	15	1	101
Mind, fear, cancer of	3	1	102
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Mind, fear, failure, examinations in	9	1	106
			(CS)
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Mind, fear, sudden 112	6, 6, 6	1	112
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<i>Mind, forsaken feeling</i>	9, 11, 11, 11, 11, 12, 15, 18, 24, 27	2	116
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4.4.2. PHYSICAL RUBRICS

4.4.2.1. VERTIGO

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4.4.2.2. HEAD

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Head, pain, heat, after	1	1	289
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<i>Head, pain, rest, amel</i>	5, 17, 22	2	299
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Head, pain, forehead, light, agg	11, 24	1	319
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Head, pain, forehead, motion, agg	11	1	320
<i>Head, pain, forehead, pulsating pain</i>	11, 17, 29	2	321
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Head, pain, forehead, sleep, after amel	11	1	322
Head, pain, forehead, extending to eye	9	1	325
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Head, pain, sides, motion agg	11	1	350
Head, pain, sides, pulsating pain	11, 11, 12	1	351
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<i>Head, pain, temples, right</i>	11, 17, 26, 27	2	354
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Head, pain, temples, left, dull	26	1	NR
Head, pain, temples, left, sharp	11, 11	1	355
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Head, pain, temples, cutting pain	13, 26	1	358
Head, pain, temples, dull pain	26, 26	1	358
<i>Head, pain, temples, pulsating pain</i>	12, 19, 26, 26, 28	2	360
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Head, pain, temples, right, extending to eye	27	1	363
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Head, pain, vertex, shooting pain	24	1	368
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4.4.2.3. EYE

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Eye, inflammation, weakness, agg	5	1	NR
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Eye, inflammation, orbits, periosteum	6	1	404
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Eye, lachrymation, coryza, during	4	1	407
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Eye, lachrymation, headache during	4, 29	1	407
Eye, lachrymation , itching	29	1	407
Eye, lachrymation, sleep, amel	4	1	NR
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Eye, pain, sleep, amel	4	1	420
Eye, pain, sleep, loss of, from	1	1	420
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4.4.2.4. VISION

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4.4.2.5. EAR

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Ear, discoloration, redness, left	21	1	465
Ear, discoloration, redness, behind the ears	21	1	465
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Ear, pain, left, sharp	23	1	NR
Ear, pain, burning	27	1	484
Ear pain, dull	23	1	NR
Ear, pain, intermittent	23	1	485
Ear, pain, sharp	23	1	NR
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Ear, pain, extending to, throat	27	1	489
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4.4.2.6.NOSE

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Nose, congestion, morning, waking on	4, 23	1	NR
<i>Nose, congestion, right</i>	4, 11, 22	2	507
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Nose, congestion, dust, agg	23	1	NR
Nose, congestion, exertion, amel	4	1	NR
Nose, congestion, lying on right side agg	1	1	NR
Nose, congestion, pressure, amel	23, 23	1	NR
Nose, congestion, showering, amel	1, 23	1	NR
Nose, congestion, standing, amel	1	1	NR
Nose, congestion, warm bathing, amel	4, 23	1	NR
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Nose, discharge, heat, amel	23	1	NR
Nose, discharge, lying agg	1	1	NR
Nose, discharge, steam amel	23	1	NR
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<i>Nose, discharge watery</i>	1, 1, 12, 23, 23, 23, 26	2	517
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4.4.2.7. FACE

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Face, eruption, burning	29	1	562
Face, eruption, moisture, amel	27	1	NR
Face, eruptions, nodular	24	1	564
Face, eruptions, nodular, forehead	24	1	564
Face, eruption, painful	24, 24	1	564
Face, eruption, painful, piercing pain	29	1	NR
Face, eruptions, painful, prickling	24	1	NR
Face, eruptions, painful, touch; agg	24	1	564
Face, eruption, painless	27, 29	1	NR
Face, eruptions, pimples	23, 23, 23	1	565
Face, eruptions, pimples cheeks	23, 23, 23	1	NR

Face, eruptions, pimples, chin	11	1	565
Face, eruptions, pimples, forehead	27	1	565
Face eruptions, pimples, mouth, around	11	1	565
Face, eruptions, pimples, mouth, corners of	1	1	565
Face, eruptions, pimples, painful	11	1	565
Face, eruptions, pustules	21	1	566
Face, eruptions, pustules, forehead	21, 29	1	566
Face, eruptions rash	21, 21, 21	1	566
Face, eruption, rash, left side	21	1	NR
Face, eruptions, rash, forehead	21	1	566
Face, eruptions, rash, maxillary	21	1	NR
Face, eruption, small	24, 29	1	567
Face, eruptions, sun, from	27	1	NR
Face, eruptions, vesicles	17, 21	1	567
Face, eruption, warmth, agg	27, 29	1	568
Face, eruptions, white	29	1	NR
Face, eruption, cheeks	23, 23, 23, 23, 24	1	568
Face, eruptions, cheeks	24	1	NR
Face, eruptions, chin	11	1	568
Face, eruptions, forehead	21, 21, 24, 29, 29	2	569
Face, eruptions, forehead, right side	29	1	NR
Face, eruption, nose, inside, right	19	1	566
Face, eruption, forehead, menses, before	24	1	569
Face , greasy	21, 21	1	572
Face heat	17	1	572
Face, heat, accompanied, extreme thirst	17	1	NR
Face, heat, burning	17	1	573
Face, heat, cold, air, amel	17, 17	1	NR
Face, heat, drinking, cold water, amel	17	1	NR
Face pain	17	1	578
Face, pain burning	17	1	581
Face, perspiration, lips, upper	7	1	594
Face perspiration, hairline, along	7	1	NR
Face, rough skin	23, 23	1	595
Face, stiffness, jaws	27	1	596
Face, stiffness, jaw, morning, waking on	27	1	NR

4.4.2.8. MOUTH

RUBRIC	FREQUENCY	GRADING	PAGE
Mouth, discoloration, tongue, white	3	1	615
Mouth, dryness	3, 5, 11, 17, 23	2	619
Mouth, dry, morning, waking on	11, 11	1	620
Mouth, dryness, accompanied by headache	17	1	NR
Mouth, dryness, drinks, amel	5	1	620
Mouth, dryness, tongue	5, 5, 5, 5, 5, 23	1	621
Mouth, dryness, tongue, morning, waking on	5	1	621
Mouth, eruptions, vesicles, lips, inner, side of	4	1	622
Mouth, eruptions, vesicles, lips, lower lip, inside	4	1	622
Mouth, eruptions, vesicles, lips, white	4	1	NR
Mouth, eruptions, vesicles, painful	4	1	622
Mouth, eruptions, vesicles, burning	4	1	622
Mouth, eruptions, burning, eating agg	4	1	NR
Mouth, eruptions, vesicles, burning, salt, agg	4	1	NR
Mouth, eruptions, vesicles, burning, acids agg	4	1	NR
Mouth, indented, tongue	21, 21	1	625
Mouth, indented, tongue, water, salty, amel	21	1	NR
Mouth, mucus membrane, excoriation, tongue	21	1	627
Mouth, mucus membrane, excoriation, tongue, movement, tongue, agg	21	1	627

Mouth, odor, bad	15	1	629
Mouth, pain	21	1	630
Mouth, pain, tongue, burnt, as if	21, 21, 23	1	635
Mouth, pain, tongue, motion, amel	21	1	635
Mouth, pain, tongue, burn, as if; water, salty, amel	21	1	NR
Mouth, prickling, gums	27	1	638
Mouth, prickling, palate	27	1	638
Mouth, roughness	21	1	639
Mouth, roughness, left	21	1	NR
Mouth, roughness, tongue	21	1	639
Mouth, salivation, night	27, 27	1	640
Mouth, taste, bitter	3, 23	1	649
Mouth, taste, bitter, tongue, root of	3	1	651
Mouth, taste, sour, morning	15	1	654
Mouth, taste, wanting, loss off taste	21	1	655
Mouth, thick, sensation as if; tongue was	23	1	656
Mouth, tongue, complaints of, one side	21, 23	1	NR

4.4.2.9. TEETH

RUBRIC	FREQUENCY	GRADING	PAGE
Teeth, breaking off	21	1	661
Teeth, grinding, sleep, agg	27	1	664
Teeth pain	21, 27, 27, 27	1	666
Teeth, pain, morning	27	1	666
Teeth, pain, morning, 11h	21	1	NR
Teeth, pain, cold, drinks, agg	21	1	670
Teeth, pain, cold , food, agg	27	1	670
Teeth, pain, heat, amel	21	1	672
Teeth, pain, pressure, amel	21	1	673
Teeth, pain, molar, upper; right	21	1	679
Teeth, pain, molar, upper, right, throbbing pain	21	1	NR
Teeth, breaking off/ eating after	21	1	NR

4.4.2.10. THROAT

RUBRIC	FREQUENCY	GRADING	PAGE
Throat choking	21	1	683
Throat, choking, esophagus, swallowing, agg	21	1	685
Throat – constriction	21, 22	1	685
<i>Throat, dryness</i>	3, 4, 10, 10, 16, 17, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21	2	688
Throat, dryness, morning, waking on	4, 4, 4	1	688
Throat, dryness, accompanied by head, pain	17	1	NR
Throat dry, cough during amel	13	1	688
Throat, dryness, eating, amel	4	1	688
Throat, dryness, itching	13	1	689
Throat, dryness, painful	4, 21, 21	1	689
Throat, dryness, thirst, without	21	1	689
Throat, inflammation	1, 3	1	692
Throat, inflammation, alternating with, eyes, sore	28	1	392 CS
Throat, inflammation, painful	1, 3	1	692
Throat, itchy	12, 23, 23	1	694
Throat, pain, fruits, amel	1	1	NR
Throat, irritation, cough, with	3, 3	1	693
Throat, lump, sensation of a	27	1	694

Throat, obstruction	3, 3, 21	1	697
<i>Throat pain</i>	4, 6, 9, 21, 22, 25, 27	2	697
Throat, pain, morning, sore	4	1	698
Throat pain left	27	1	698
Throat pain burning	28, 28	1	699
			CS
Throat, pain, cold, after taking a	6, 9	1	700
<i>Throat, pain, sore</i>	4, 9, 10, 21	2	702
Throat, pain, warm drinks, amel	23	1	704
<i>Throat, scratching</i>	11, 11, 11, 11, 11, 11, 13, 15, 15, 21, 21, 21, 21, 21, 23	2	709
Throat, scratching, morning	11, 11	1	709
Throat, scratching, afternoon	11	1	NR
Throat, scratching, evening	11, 15	1	709
Throat, scratching, closed room agg	15	1	NR
Throat, swallowing, difficult	15, 21, 21, 21	1	710
Throat, tickling	11	1	713

4.4.2.11. STOMACH

RUBRIC	FREQUENCY	GRADING	PAGE
Stomach, acidity	10	1	723
Stomach, air, filled with air ; as if	29	1	723
Stomach, appetite, capricious	11, 11, 11	1	723
Stomach, appetite, diminished	1, 1, 1, 1, 1, 1, 1, 1, 3, 7, 7, 9, 10, 11, 11, 11, 15, 15, 15, 15, 16, 16, 17, 17, 17, 17, 17, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 22, 22, 22, 22, 22, 22, 23, 23, 23, 23, 23, 23, 24, 24, 24, 24, 26, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 29, 29, 29, 29	3	723
Stomach, appetite, diminished, evening	11	1	724
Stomach, appetite diminished, accompanied by biting, desire to	1, 1	1	NR
<i>Stomach, appetite, increased</i>	4, 4, 5, 5, 10, 10, 11, 11, 11, 11, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 15, 15, 21, 23, 24, 24, 24, 24, 24, 27, 27, 27, 27, 27, 27, 29, 29, 29, 29, 29	2	724
Stomach, appetite, increased morning	11, 11	1	724
Stomach, appetite, increased, accompanied by nausea	11, 11	1	725
Stomach, appetite, increase, diarrhoea, with	29, 21	1	725
Stomach, appetite increased, headache, during	12	1	725
<i>Stomach, appetite, ravenous</i>	12, 12, 12, 12, 21, 29	2	726
Stomach, appetite, ravenous, diarrhoea, during	21, 21	1	726
Stomach, appetite, wanting, headache, during	26	1	728
Stomach, distension	6, 6, 29, 29	1	732
Stomach, distention, morning	29	1	732
Stomach, distension, sensation of	29	1	733
Stomach, eating, overeating agg	6, 11	1	734
Stomach, flatulence of stomach	27, 27	1	744

Stomach, gurgling	11, 11, 11, 11	1	745
Stomach, heat, sensation off, accompanied by cold limbs	17	1	NR
Stomach, heat sensation of, accompanied by restlessness	17	1	NR
Stomach, heat, cold applications, amel	17	1	NR
Stomach, heat, sensation, standing, amel	17	1	NR
Stomach, heaviness, eating, after; agg	27	1	748
<i>Stomach, nausea</i>	6, 6, 6, 6, 11, 11, 11, 11, 16, 17	2	754
Stomach, nausea, morning, waking on	1	1	755
Stomach, nausea, evening	21	1	755
Stomach, nausea, chocolate after	11	1	NR
Stomach, nausea, cough, during, agg	21, 21, 21	1	758
Stomach, nausea, dreams, from	17	1	758
Stomach, nausea, drinking, water amel	11	1	758
Stomach, nausea, eating, after	22, 22	1	758
Stomach, nauseous, food, smell off	16	1	759
Stomach, nauseous, food, thought of	16	1	759
Stomach, nausea, menses, during, agg	9	1	760
Stomach, nausea, milk, agg	21	1	760
Stomach, nausea, motion, agg	24	1	760
			CS
Stomach, nausea, onions, agg	11	1	NR
Stomach, nausea, pain during, abdomen, in	4	1	761
<i>Stomach, pain</i>	15, 16, 17, 21, 29	2	764
Stomach pain morning	29	1	764
Stomach, pain, evening, cramping	11	1	765
Stomach, pain, night	11	1	765
Stomach, pain, aching	6	1	766
Stomach, pain, bending forward, agg	17	1	767
Stomach, pain, burning, food, after	6	1	768
<i>Stomach, pain, cramping</i>	4, 11, 15, 16, 17	2	769
Stomach, pain, cramping, left	17	1	NR
Stomach, pain, drinking agg	29	1	770
Stomach, pain, drinking amel	11	1	770
Stomach, pain, dull pain	29	1	770
Stomach pain, eating, after, agg, cramping	16	1	770
Stomach, pain, lying, back, on, amel	17	1	773
Stomach pain pressure amel	29	1	774
Stomach pain, pressure, hard pressure amel	29	1	774
Stomach pain pulsating	29	1	775
Stomach, pain, sitting, agg	17	1	775
Stomach, pain, standing, agg	29	1	776
Stomach, pain, standing erect, amel	17	1	776
Stomach, pain, stool, amel	21	1	776
Stomach, pain, stool, causing urging to	24	1	776
Stomach pain, tea, amel	11	1	NR
Stomach, pain, walking agg	29	1	778
Stomach, pain, water, agg	29	1	NR
Stomach, pain, water, desire for	17	1	778
Stomach, pain, extending to, back	29	1	779
Stomach, pain, extending to, back, pulsating pain	29	1	NR
Stomach, retching, cough, with	21	1	782
Stomach, stool, during, amel	27	1	785
Stomach, thirst	1, 3, 4, 5, 10, 10, 10, 10, 11, 11, 12, 12, 12, 12, 12, 15, 16, 16, 17, 17, 17, 17, 21, 26, 26, 26, 26, 26, 26,	3	785

	26, 26, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 29, 29, 29, 29, 29		
<i>Stomach, thirst, morning</i>	11, 11, 15, 26	2	785
<i>Stomach, thirst, night , waking on</i>	27	1	786
<i>Stomach, thirst, accompanied by fatigue</i>	26	1	NR
<i>Stomach, thirst, cold, water</i>	3, 17	1	787
<i>Stomach, thirst, decreased</i>	1, 1	1	787
<i>Stomach, thirst, extreme</i>	1, 3, 3, 3, 4, 4, 4, 5, 10, 10, 13, 15, 26, 26, 26, 26	2	787
<i>Stomach, thirst, heat, during</i>	17	1	788
<i>Stomach, thirst, large quantities for</i>	1, 15, 15, 15, 17, 21, 24, 26	2	788
<i>Stomach, thirst, small quantities for</i>	21, 21, 21, 21, 21, 21, 27, 27	2	788
<i>Stomach, thirst, unquenchable</i>	1, 15, 17	2	788
<i>Stomach, thirst, waking on</i>	26, 26, 26, 27, 27	1	788
<i>Stomach, thirstless</i>	10, 11, 21, 22, 22, 29, 29, 29, 29, 29, 29, 29	2	788
<i>Stomach tingling</i>	24	1	789
<i>Stomach, ulcers</i>	9	1	790
			CS
<i>Stomach, ulcers, painful, burning</i>	9	1	790
			CS
<i>Stomach vomiting</i>	17	1	790
<i>Stomach, vomiting-drinking after, cold water, agg : immediately after</i>	17	1	793
<i>Stomach, vomiting: type of, headache; during</i>	17	1	796
<i>Stomach, vomiting, type, liquids</i>	17	1	799
<i>Stomach, vomiting, type of, yellow</i>	17	1	801
<i>Stomach, vomiting, type of, yellow, headache, during</i>	17	1	801

4.4.2.12. ABDOMEN

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Abdomen, distension</i>	6, 10, 10, 10, 10, 11, 16, 29, 29, 29	2	809
Abdomen, distension, morning	16	1	809
Abdomen, distension	6	1	809
			CS
Abdomen, distension, evening	4	1	809
Abdomen, distension, evening 19h	4	1	809
Abdomen, distension, eating after	11	1	810
Abdomen, distension, menses, during, agg	4	1	810
Abdomen, distension, menses, before, agg	10	1	810
			CS
Abdomen, distension, pressure, amel	16	1	NR
Abdomen, eruptions, dryness	15	1	NR
Abdomen, eruptions, dryness, left	6	1	NR
<i>Abdomen, flatulence</i>	1, 10, 11, 11, 11, 27, 27, 27, 27	2	815
Abdomen flatulence, obstructed	1, 10	1	815
Abdomen, pain	4, 6, 7, 11, 15, 16, 16, 18, 19, 21, 21, 21, 21, 21, 22, 27	3	826
Abdomen, pain, right	29	1	826

Abdomen, pain, left	19, 22	1	826
Abdomen, pain, morning	21	1	826
Abdomen, pain, noon	23	1	827
Abdomen, pain, night	6	1	828
Abdomen, pain, bed, amel	21	1	NR
Abdomen, pain, bending double, amel	29	1	830
Abdomen, pain, cold, agg	19	1	832
<i>Abdomen, pain, cramping</i>	4, 4, 6, 6, 6, 7, 16, 19, 22, 21, 21	2	832
Abdomen, pain, cramping, accompanied by dysuria	15	1	NR
Abdomen, pain, cutting pain	6, 11	1	833
Abdomen, pain, diarrhea, before	1	1	834
Abdomen, pain, diarrhea, before, cramping	1, 6, 6	1	834
Abdomen, dragging, bearing down	18	1	834
Abdomen, pain, dull pain	21	1	835
Abdomen, pain, lying, amel	4	1	838
Abdomen, pain, menses, before, agg	9	1	838
Abdomen, pain, menses, during, agg	18	1	839
Abdomen, pain, motion, agg	29	1	840
Abdomen pain motion amel	18, 21	1	840
Abdomen, pain, paroxysmal	23	1	840
Abdomen, pain, pressure, agg	19, 29	1	840
Abdomen, pain, pressure, amel	16	1	841
Abdomen, pain, pressure, hard amel	29	1	NR
Abdomen pain, pulling pain	18	1	NR
Abdomen, pain rest amel	29	1	841
Abdomen, pain, sharp	16, 21, 21, 23, 27	1	NR
Abdomen, pain, stool, after, amel	4, 21	1	843
Abdomen, pain, stool, after, amel, cramping	21	1	843
Abdomen, pain, stool, before, agg	1, 4	1	843
Abdomen, pain, throbbing	23	1	NR
Abdomen, pain, waking on	21, 21, 21	1	845
Abdomen, pain, warm, drinks amel	21, 21	1	846
Abdomen pain warmth amel	18, 21, 21, 21	1	846
Abdomen, pain, hypochondria, left	4	1	848
Abdomen, pain, hypogastrium	4, 21	1	856
Abdomen, pain, hypogastrium, sitting, agg	4	1	857
Abdomen, pain, hypogastrium, sitting, bent forward, agg	4	1	858
Abdomen, pain, hypogastrium, stretching, amel	4	1	858
Abdomen, pain, iliac region	21	1	859
Abdomen, pain, pelvis, menses, during, agg	18	1	869
Abdomen, pain, ribs, below false	23	1	870
Abdomen, pain, umbilicus, cramping	22	1	876
Abdomen, pain, umbilicus, cutting pain	6	1	876
Abdomen, rumbling	1	1	886

4.4.2.13. RECTUM

RUBRICS	FREQUENCY	GRADING	PAGE
<i>Rectum, constipation</i>	1, 1, 6, 6, 6, 6, 7, 10, 10, 10, 10, 10, 10, 10, 10, 10, 11, 13, 21, 21, 21, 21, 21, 27, 27, 27	2	898
Rectum, constipation	4, 11	1	898
Rectum, constipation, bread from	10	1	NR
Rectum, constipation, difficult stool	1, 1, 10, 10	1	900

Rectum, constipation, eating, banana, amel	21	1	NR
<i>Rectum, constipation, ineffectual urging and straining</i>	21, 21, 21, 27, 29	2	900
Rectum, constipation, menses, during, agg	4, 12, 12	1	901
<i>Rectum diarrhea</i>	1, 6, 6, 6, 6, 16, 16, 16, 16, 16, 21, 21, 27	2	902
Rectum, diarrhea, morning, 6h	21	1	903
Rectum, diarrhea, night	21	1	904
Rectum, diarrhea, accompanied by nausea	6, 16	1	904
Rectum, diarrhea, burns after	12	1	906
Rectum, diarrhea, eating, after, agg	6, 6, 6, 11	1	907
Rectum, diarrhea, fright after	6	1	908
<i>Rectum, diarrhea, nervous emotions, agg</i>	6, 27, 29	2	909
Rectum, diarrhea, sudden	21	1	910
Rectum, flatus	1	1	913
Rectum, flatus, stool after	27	1	915
Rectum, pain, burning	21	1	923
Rectum, pain, tenesmus	1, 10, 10, 10, 10	1	929
Rectum, pain, anus, burning	21	1	931
Rectum, urging, eating after, agg	29	1	935
Rectum, urging, frequent	1, 21	1	935
Rectum, urging, waking on	27	1	936

4.4.2.14. STOOL

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Stool, balls like</i>	16, 23, 29	2	939
Stool, bloody, menses, during	1	1	939
Stool, brown	23, 23, 23, 24, 24	1	940
Stool, brown, bright	24	1	NR
Stool, brown, dark	21, 21, 21, 21, 24, 24	1	940
<i>Stool, brown, light</i>	21, 21, 21, 21, 21, 21, 21, 24, 24, 24, 24, 24, 24, 24, 29	2	940
Stool, dry	21	1	941
Stool, fatty	27	1	941
Stool, floating in water	21	1	941
Stool, forcible	21	1	941
Stool, forcible, explosion, like an	27	1	941
Stool, fragile	24	1	NR
<i>Stool, frequent</i>	1, 1, 1, 4, 4, 11, 21, 27, 27, 29	2	941
Stool, frequent	11	1	941
			CS
Stool, frequent, menses, with	4	1	NR
Stool, green, brownish	29	1	942
<i>Stool, hard</i>	16, 21, 23, 24, 24, 24, 24, 24, 24, 24, 24, 24, 27, 29	2	942
Stool, heavy	24	1	943
Stool, long narrow	23, 24, 24, 24, 24, 24	1	944
Stool lumpy	24	1	944
Stool, muddy	24	1	945
Stool, mushy	11, 24, 24, 24	1	945
Stool, mustard	24, 24, 24, 24, 24, 24, 24	1	NR
<i>Stool, odor, offensive</i>	21, 27, 29	2	945
Stool, rat stool	24	1	NR
Stool, rolls like	24, 24, 24, 24	1	NR

Stool round	24	1	NR
Stool, rough	16	1	NR
Stool, sausage	24, 24, 24, 24, 24, 24, 24, 24	1	NR
Stool, shooting, out	21	1	946
<i>Stool, soft</i>	4, 6, 24, 24, 24, 24, 24, 24, 24, 24, 24	2	947
Stool, soft, then hard	6	1	947
<i>Stool, thin</i>	1, 11, 24	2	947
Stool, thin, pouring, out	21	1	948
Stool, watery	1, 21	1	948
Stool, watery, bloody	1	1	948
Stool yellow	24 24 24 24 24 24 24 24 24 24 24	1	949
Stool, yellow, bright	24	1	949
Stool, yellow, brownish	1, 24	1	949
Stool, yellow , dark	24, 24, 24	1	NR

4.4.2.15. BLADDER

RUBRIC	FREQUENCY	GRADING	PAGE
Bladder, pain, urination, during, agg, burning	12	1	956
Bladder, urination, dysuria, painful	15	1	962
<i>Bladder, urination, frequent</i>	10, 11, 21, 21, 21, 21, 21, 27, 27, 27, 27, 27, 29, 29, 29, 29, 29, 29, 29, 29	2	962
Bladder, urination, frequent, night	27, 27	1	963
Bladder, urination, seldom	1, 10	1	967
Bladder, urination, urging	11	1	967

4.4.2.16. URINE

RUBRIC	FREQUENCY	GRADING	PAGE
Urine colour, yellow	24, 29, 29, 29, 29	1	1003
Urine, colour, yellow, bright	24, 24, 24, 24, 24, 24, 24, 24, 24	1	1003
Urine, colour, yellow, dark	27, 29	1	1003
Urine, colour, yellow, light	21, 21, 21, 21, 21, 21, 21, 21, 21, 24, 24, 24, 24, 24, 24, 24, 24, 24, 24	1	1003
Urine, colourless	24, 24, 24	1	1003
Urine, concentrated	27, 27, 29, 29	1	NR
Urine, odor, bloody	29	1	NR
Urine odor offensive	24, 24, 27	1	1006
Urine , odor, expired alcohol	24	1	NR
Urine, odor fishy	24	1	1006
Urine, odourless	21, 21, 21, 21, 21, 21, 21, 29, 29, 29, 29, 29, 29	1	1006
Urine, scanty	24, 24, 29, 29	1	1007
Urine, scanty, afternoon	24	1	1007
Urine, scanty, frequent, and	29	1	1007

4.4.2.17. MALE

RUBRIC	FREQUENCY	GRADING	PAGE
Male genitalia/sex, itching	15, 15	1	1024
Male genitalia/sex, pain	15, 15	1	1025
Male genitalia/ sex, pain, night	15, 15, 15	1	1025
Male genitalia/sex, pain, aching	15	1	1025
Male genitalia/sex, pain, cutting pain	15	1	1026
Male genitalia/sex, pain, pressure agg	15	1	NR
Male genitalia/sex, pain, sleep, agg	15	1	NR
Male genitalia/sex, pain, walking agg	15	1	1026

4.4.2.18. FEMALE

RUBRIC	FREQUENCY	GRADING	PAGE
Female, genitalia/sex- coition, painful	16	1	1045
Female, genitalia/sex, itching	12	1	1051
Female genitalia/sex, leucorrhoea, albuminous	21, 21	1	1053
Female genitalia/sex, leucorrhoea, brown, menses before	1	1	1054
Female genitalia/sex, leucorrhoea, black	1	1	1054
Female genitalia/sex, leucorrhoea, brown	1	1	1054
Female genitalia/sex, leucorrhoea, bloody	1	1	1054
Female genitalia/sex, leucorrhoea, cold water, amel	1	1	NR
Female genitalia/sex, leucorrhoea, hot water, agg	1	1	NR
Female genitalia/sex, leucorrhoea, menses, instead of	1	1	1056
Female genitalia/sex , leucorrhoea, odorless	21, 21, 21, 21	1	NR
Female genitalia/sex, leucorrhoea , scanty	21	1	1057
Female genitalia/sex , leucorrhoea, thick	21, 21	1	1057
Female genitalia/sex, leucorrhoea, toffee coloured	1	1	NR
Female, genitalia/ sex, leucorrhoea, white	12, 12, 21, 21	1	1057
Female genitalia/sex, leucorrhoea, yellow	24	1	1058
Female, genitalia/sex menses, appear, as if menses would appear	19	1	1060
Female genitalia/sex, menses, bright red	4, 4, 21, 21	1	1060
<i>Female genitalia/sex, menses, brown</i>	1, 4, 18, 29	2	1060
Female, menses, brown dark	1, 21	1	NR
Female, menses, brown, light	21	1	NR
<i>Female genitalia/ sex, menses, clotted</i>	6, 18, 18, 21, 29	2	1060
Female genitalia/sex, menses, clotted	1, 4	1	1060
			CS
Female, menses, clots, dark clots	29	1	1060
Female, genitalia/sex, menses, clotted, first day	18	1	1060
Female, genitalia/sex, menses, clotted, gelatinous, bright blood	18	1	1060
Female, menses, clots, hard	24	1	NR
Females, menses, clotted, followed by, weakness	21	1	NR
<i>Female genitalia/sex, menses, copious</i>	4, 6, 6, 18, 18, 21, 21, 21, 21, 29	2	1061
			CS
Female, genitalia/sex , menses, copious, motion, agg	18	1	1061
<i>Female genitalia/sex, menses, dark</i>	4, 16, 18, 21, 24, 29	2	1062
Female genitalia/ sex, menses, dark	9, 11, 11	1	1062
			CS
Female genitalia/sex, menses, early too	1	1	1062
Female, genitalia/sex menses, late; too	18	1	1063
Female genitalia/sex, menses, offensive	1	1	1064
			CS
Female genitalia/sex, menses, painful	9, 18, 18, 18, 18	1	1064
<i>Female genitalia/ sex, menses, painful</i>	1, 1, 1, 4, 4, 9, 9, 12, 12, 12, 13, 23	2	1064
			CS

Female genitalia/sex, menses, painful, bending double, amel	24	1	1064
Female genitalia/sex, menses, painful, eating, amel	24	1	NR
Female genitalia/sex, genitalia/sex , painful, motion amel	18, 21, 21	1	1065
Female genitalia/sex, menses, painful, pressure, amel	9, 24	1	1065
Female genitalia/sex, menses, painful, sleep, amel	24	1	NR
Female genitalia/sex, genitalia/sex, menses, painful, warmth amel	18, 18, 21	1	1065
Female genitalia/sex, menses, scanty	4, 21, 21	1	1066
Female, genitalia/sex, menses, scanty	11, 11	1	1066
			CS
Female genitalia/sex, menses, short too	11	1	1066
			CS
Female genitalia/sex, pain, dull	21	1	NR
Female genitalia/sex, pain, exertion, physical, amel	4	1	NR
Female genitalia/sex, pain, heat, amel	4	1	NR
Female, pain, menses, before	21	1	1074
Female, pain, menses, during, pressing pain	18	1	1074
Female, pain, menses during, squeezing	24	1	NR
Female, pain, menses during, stitching	24	1	1074
Female, pain, menses during , throbbing	24	1	NR
Female, genitalia/sex, pain, motion, agg	21, 29	1	1074
<i>Female genitalia/sex, pain, pressure, amel</i>	<i>4, 9, 24</i>	<i>2</i>	<i>1075</i>
Female, genitalia/sex, pain, pulling	18	1	NR
Female, pain, uterus, cramping	11	1	1080
Female genitalia/sex, pain, uterus, menses, during, agg, squeezed as if	29, 29	1	1081
Female genitalia/sex, sensitiveness ovaries	11	1	1088
Female, genitalia/sex , sexual- desire, diminished	16	1	1088
Female, genitalia/sex - sexual desire, increase	16	1	1088

4.4.2.19. LARYNX AND TRACHEA

RUBRIC	FREQUENCY	GRADING	PAGE
Larynx and trachea, voice, lost	9	1	1109
Larynx and trachea, voice, low	27	1	1109

4.4.2.20. RESPIRATION

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Respiration, difficult</i>	<i>3, 5, 6, 21, 29</i>	<i>2</i>	<i>1120</i>
Respiration, difficult, morning	5	1	1120
Respiration, difficult, breakfast, amel	3	1	1122
Respiration, difficult, palpitations, during	21, 23	1	1125
Respiration, difficult, walking, agg	12	1	1127
Respiration, difficult, walking upstairs, agg	12, 12	1	NR

4.4.2.21. COUGH

RUBRIC	FREQUENCY	GRADING	PAGE
Cough, afternoon, 14h	23	1	1136
<i>Cough, night</i>	<i>4, 9, 21, 23</i>	<i>2</i>	<i>1136</i>
Cough, choking	21	1	1140
Cough, cold, air, agg	21	1	1140
Cough, cold, water, agg	21	1	1141
Cough, constant	1, 22	1	1141
<i>Cough, dry</i>	<i>3, 4, 17, 17</i>	<i>2</i>	<i>1143</i>

Cough, dry, night	4	1	1144
Cough, dry- cold, drinks, agg	17	1	1144
Cough, dry, drinking, after, amel	4	1	1144
Cough, expectoration, amel	21, 22	1	1146
Cough, expectoration, impossible	21	1	1146
Cough, hard	3	1	1148
Cough, hoarse	21, 21	1	1149
Cough, intermitting	22, 22	1	1150
Cough, irritable	3	1	1150
Cough, loose	3, 3, 21	1	1151
Cough, loose, expectoration, loose	21	1	1152
Cough, loose, expectoration, without	21	1	1152
Cough, motion, agg	3	1	1153
Cough painful	21	1	1154
Cough, painful, night, agg	21	1	1154
Cough, painless	17	1	1154
Cough, rattling	21	1	1156
Cough, spasmodic	21	1	1160
Cough, suppression, agg	3, 3	1	1162
Cough, talking, agg	3, 3	1	1162
Cough, tickling throat in	4	1	1163
Cough, tired, agg, when	3	1	1163
Cough, warm, drinks, amel	21, 21	1	1165
Cough, weather, change of weather	21, 21	1	1165

4.4.2.22. EXPECTORATION

RUBRIC	FREQUENCY	GRADING	PAGE
Expectoration, brownish	23	1	1171
Expectoration, clear	22	1	NR
Expectoration, copious	22	1	1171
Expectoration difficult	21, 21, 22, 22	1	1171
Expectoration, difficult, weak to cough out ;too	21, 22	1	1171
Expectoration easy	22	1	1171
Expectoration, eating, after	22, 22	1	1172
Expectoration, exertion, agg	22	1	NR
Expectoration, thick	22, 23	1	1175
Expectoration, watery	22, 22, 22	1	1176
Expectoration, white	23	1	1176

4.4.2.23. CHEST

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Chest, congestion</i>	11, 11, 11, 11, 22, 22, 22, 23	2	1183
Chest, congestion, eating, agg	22	1	NR
Chest, constriction	11, 15	1	1183
Chest, constriction, expiration, agg, during	11	1	1184
Chest, dryness	6	1	1187
Chest, eruptions, dry	6	1	1188
Chest, eruptions, axilla, left	21	1	1189
Chest, eruptions, dry, mammae below	6	1	NR
Chest, heat, accompanied by cold feet	17	1	NR
Chest, itching	22	1	1199
Chest, mucus, lungs	11	1	1201
Chest, oppression: accompanied by respiration difficult	17	1	1203

<i>Chest, pain</i>	9, 9, 21, 21, 21, 22, 22, 23, 23, 23, 23, 23, 23	2	1205
Chest, pain, right	9	1	1205
Chest, pain, left	9	1	NR
Chest, pain, afternoon	23	1	1206
Chest, pain, night 1206	9, 9	1	1206
Chest, pain, burning	23	1	1208
Chest, pain, boring pain	23	1	1208
Chest, pain, cough, during; agg	23, 23, 23, 23	1	1209
Chest, pain, cutting	27	1	1210
Chest, pain, home, agg	9	1	NR
Chest, pain, lying, back on, amel	9	1	1212
Chest, pain, pressing pain	9	1	1213
Chest, pain, sleep, during	9	1	1215
Chest, pain, sore	23, 23, 23	1	1215
Chest, pain, stitching pain	9, 9, 27	1	1215
Chest, pain, warm drinks, amel	23	1	1217
<i>Chest, pain, mammae</i>	6, 9, 21, 22	2	1229
Chest, pain, mammae, menses, before, agg	10, 13	1	123
			CS
Chest, pain, mammae, motion, agg	22	1	1231
chest, pain, mammae, sore	6	1	1231
Chest, pain, mammae, touch, agg	22	1	1231
Chest, pain, sternum	21, 27	1	1246
Chest, pain, sternum, cough, with	21	1	1247
Chest, pain, sternum, inspiration, agg	27	1	1247
Chest, pain, sternum, stitching pain	27	1	1248
Chest, palpitation of heart	6, 21, 21	1	1250
Chest, palpitation of heart, right side	21	1	NR
Chest, palpitations of the heart, breathing, deep, amel	21	1	1252
Chest, palpitations, headache during	21	1	1253
Chest, perspiration, axillae	1	1	1256
Chest, perspiration, axillae, offensive	1, 21, 22	1	1257
Chest, perspiration, axillae, offensive, right	1	1	NR

4.4.2.24. BACK

RUBRIC	FREQUENCY	GRADING	PAGE
Back, heat, morning, waking on	4	1	1277
Back, heat, cervical region	4, 4	1	1277
Back, heat, cervical region, extending down back	4	1	1277
Back heat, flushes	4	1	1277
Back, heat, flushes, morning	4	1	1277
Back, heat, flushes, extending to – up the back	4	1	1277
<i>Back, pain</i>	9, 10, 11, 12, 15, 18, 18, 18, 18, 23, 23, 27	2	1282
Back, pain, morning, bed, agg, in	11	1	1282
Back, pain, cold, agg	18	1	1285
Back, pain, jar, agg	18	1	1287
Back, pain, menses, during, beginning of menses; agg	18	1	1288
Back, pain, pounding	23	1	NR
Back, pain, pressing pain	18	1	1289
Back, pain, pulsating pain	23, 29	1	1289
Back, pain, sharp pain	18	1	NR
Back, pain sore	23	1	1290
Back, pain, stitching	23	1	1291

Back, pain, walking, agg	29	1	1292
Back, pain, warm, application, amel	23, 23	1	1293
Back, pain, cervical, region	11, 18	1	1294
Back, pain, cervical region, left	18	1	1295
Back, pain, cervical region, left, sprained; as if	18	1	1295
Back, pain, cervical region, morning	11, 11	1	1295
Back, pain, cervical region, morning, waking on	18	1	1295
Back, pain, cervical region, cramping	18	1	1296
Back, pain, cervical region, heat, amel	18, 18, 18	1	NR
Back, pain, cervical region, motion, agg	18, 18	1	1297
Back, pain, cervical region, sitting , erect, amel	18	1	NR
<i>Back, pain, lumbar region</i>	<i>11, 18, 27</i>	<i>2</i>	<i>1315</i>
Back, pain, lumbar, menses, during, agg	10	1	1321
			CS
Back, pain, lumber region , sitting agg	27	1	1323
Back, pain, lumbar, sore	11	1	1324
Back, pain, lumbar region, extending to groin , menses; during		1	1327
Back, pain, sacroiliac region, right	15	1	1333

4.4.2.25. EXTREMITIES

RUBRIC	FREQUENCY	GRADING	PAGE
Extremities, coldness	17	1	1356
Extremities, coldness, legs, heat; with body of	17	1	1362
Extremities, coldness, upper arms	27	1	1364
Extremities, coldness, upper limb, bed in	21	1	1364
Extremities, dryness, cold, agg	11	1	NR
Extremities, dryness, feet, soles	11	1	1384
Extremities, dryness, hands	11, 11, 11, 11	1	1384
Extremities, eruptions	17, 17, 17, 21	1	1385
Extremities, eruption red	17	1	1386
Extremities, eruptions, forearm	17	1	1388
Extremities, eruptions, forearm, tattoo on	17	1	NR
Extremities, eruptions, hands, rash	11	1	1390
Extremities, eruption, painless	17	1	NR
Extremities, eruptions, upper arms	1, 21	1	1396
Extremities, eruptions, upper arm , pustules	17, 21	1	1396
Extremities, eruptions, upper limb	17, 17, 21	1	1397
Extremities, eruptions, upper limb, painless	17	1	NR
Extremities, eruptions, upper limb, pustules; large	17	1	1398
Extremities, eruption- upper limb, right	17	1	NR
Extremities, eruptions, upper limb, red	17	1	1398
Extremities, eruptions-upper limb, vesicular, itching	17	1	1398
Extremities, ganglion, wrist, on	27, 27	1	1404
			CS
Extremities, heat, feet	11, 11	1	1405
Extremities- heat- feet- burning, uncovering them	27	1	1405
Extremities heaviness	29	1	1409
Extremities, heaviness, legs	29	1	1411
Extremities, heaviness, leg, morning	29	1	1411
Extremities, heaviness, leg, walking agg	29	1	1411
Extremities, heaviness, shoulders	9	1	1412
Extremities, inflammation, feet	11	1	1413
Extremities, itching, legs	5	1	1419
Extremities, itching, upper limbs	5	1	1423
Extremities, numbness	22	1	1430
Extremities, numbness, waking on	15	1	1431

<i>Extremities pain</i>	3, 6, 11, 16, 17, 17, 17, 17, 17, 17, 17, 18, 22, 23, 23, 23, 23, 24, 24	2	1437
Extremities, pain, burning	23, 24, 24	1	1439
Extremities, pain, cramping	17	1	1440
Extremities, pain, pounding	17	1	NR
Extremities, pain, pulsation	17	1	1442
Extremities, pain, shooting	17	1	1444
Extremities, pain, sore	17	1	1444
Extremities, pain, ankle, right	17	1	1446
Extremities, pain, ankle, sore	17	1	1449
Extremities, pain, ankle, stepping	17	1	1449
Extremities, pain, feet	21	1	1456
Extremities, pain, feet, heels, right	21	1	1461
Extremities, pain, feet, heel, walking agg	21	1	1463
Extremities, pain, feet, sore	11	1	1458
Extremities, pain, fingers	17, 17, 17, 17, 17, 17	1	1467
Extremities, pain, finger, right	17, 17	1	1468
Extremities, pain, finger, sore	17	1	1469
Extremities, pain, fingers, first	17, 17	1	1470
Extremities, pain, finger, first, right	17, 17	1	1470
Extremities, pain, finger, first, broken; as of	17	1	1470
Extremities pain knee	16	1	1499
Extremities, pain, knees, right, dull pain	11	1	1500
Extremities, pain, knee, left	3, 16	1	1500
Extremities, pain, knee, left, sore	16	1	1500
Extremities, pain, knees, night	11	1	1501
Extremities, pain, knees, crossing legs, agg	3	1	1502
Extremities, pain, leg	17, 17, 17, 23	1	1510
Extremities, pain, leg, cramping	17	1	1512
Extremities, pain, shoulders	22	1	1532
Extremities, pain, shoulders, right	6, 11, 23	1	1532
Extremities, pain, shoulder, right, burning	23	1	1532
Extremities, pain, shoulder, burning	23, 23, 24, 24	1	1535
Extremities, pain, shoulder, shooting pain	23	1	1537
Extremities, pain, shoulders, warmth, amel	23	1	1538
Extremities, pain, thighs	17, 17, 17, 17, 17, 17	1	1540
Extremities, pain, thigh, cold application	17	1	NR
Extremities, pain, thigh, lingering	17	1	NR
Extremities, pain, thigh, motion, agg	17	1	1543
Extremities, pain, and thigh, pounding	17	1	NR
Extremities, pain, thigh, pulsating	17	1	1544
Extremities, pain, thigh, recurring	17	1	NR
Extremities- pain, thigh, sensation, something moving inside, as if	17	1	NR
Extremities, pain, toes, first	6	1	1557
Extremities, pain, wrist	6, 18, 18, 18	1	1575
Extremities, pain, wrists, right	6	1	1575
Extremities, pain, wrist, left	18	1	1575
Extremities, pain, wrist, bending, agg	18	1	1576
Extremities, pain, wrist, cold application, amel	18	1	NR
Extremities, pain, wrist, motion, agg	18, 18	1	1576
Extremities, pain, wrist, rotation, agg	18	1	NR
Extremities, perspiration, foot, burning with	27	1	1584
Extremities, perspiration, upper limb	21, 21	1	1586
Extremities, stiffness, knees	3	1	1595
Extremities, stiffness, knees, cold, agg	3	1	NR
Extremities, stiffness, knees, heat, amel	3	1	NR
Extremities, twitching, shoulders	11	1	1618

Extremities, weakness, legs, ascending stairs agg	27	1	1628
Extremities, weakness, upper limbs	11	1	1631
Extremities, nails, brittle	6	1	1635
Extremities, nails, growth of nails, slow	5	1	1636
			CS

4.4.2.26. SLEEP

RUBRIC	FREQUENCY	GRADING	PAGE
Sleep, comatose	22	1	1641
Sleep, deep	22, 27	1	1642
<i>Sleep, disturbed</i>	11, 11, 11, 11, 11, 18, 21, 23, 24, 24, 27	2	1643
Sleep, disturbed, morning	18	1	1643
Sleep, disturbed, coldness during	23	1	1643
Sleep, disturbed, noise by slightest	27	1	1644
<i>Sleep, falling asleep, difficult</i>	4, 6, 11, 21, 22, 23, 24, 27, 27, 28	2	1646
Sleep, falling asleep difficult	5, 5, 5	1	1646
			CS
Sleep, falling asleep, late	1	1	1646
Sleep, heavy	27	1	1647
Sleep, interrupted	21, 27, 27	1	1647
Sleep, light	23, 27	1	1647
Sleep, need of sleep, great	3, 3, 3, 3	1	1648
<i>Sleep, position, abdomen on</i>	3, 11, 21, 21, 21, 24	2	1648
Sleep, position, back on, arm, head; lying over	22	1	1648
Sleep, position, back; on, hands- head, over the	21	1	1648
<i>Sleep, position, changed frequently</i>	5, 6, 21, 21, 23	2	1649
Sleep, position, limbs on	3, 15	1	NR
<i>Sleep, prolonged</i>	1, 11, 11, 17, 17, 23, 24, 27, 27, 28, 28, 29, 29, 29, 29, 29, 29, 29, 29	2	1650
Sleep, prolonged, day time	17, 17	1	1650
Sleep, restlessness	27, 27	1	1650
Sleep, semi- conscious	23, 27	1	1651
<i>Sleep, short</i>	1, 4, 11, 11, 11, 11, 11, 11, 11, 15, 15, 17, 22	2	1652
<i>Sleep, sleepiness</i>	11, 12, 17, 17, 17, 27, 27, 27, 27, 29, 29, 29, 29, 29, 29, 29	2	1652
<i>Sleep, sleepiness, daytime</i>	4, 5, 6, 7, 9, 9, 9, 11, 11, 11, 12, 12, 12, 12, 27, 21, 29	2	1652
Sleep, sleepiness, morning	3	1	1653
<i>Sleep, sleepiness, afternoon</i>	17, 21, 29, 29, 29, 29	2	1653
Sleep, sleepiness, afternoon, 13h	21	1	1653
Sleep, sleepiness, afternoon 15h	17	1	1653
Sleep, sleepiness, evening, 19h	1	1	1654
Sleep, sleepiness, headache, during	1	1	1656
<i>Sleep, sleepiness, overpowering</i>	3, 3, 3, 7, 9, 9, 9, 11, 11, 11, 11, 11, 11, 11, 11, 12, 12, 12, 12, 15, 15, 26, 27, 27, 27, 29	2	1657

	,29, 29, 29, 29, 29, 29, 29		
Sleep, sleepiness walking about amel	11	1	1658
<i>Sleep, sleeplessness</i>	7, 10, 17, 21, 21, 21, 21, 21, 21, 21, 21	2	1658
Sleep, sleeplessness, morning 4h	21	1	1659
<i>Sleep, sleeplessness, night</i>	4, 7, 10, 10, 11, 15	2	1659
Sleep, sleeplessness, night, midnight before	4	1	1659
Sleep, sleeplessness, night, midnight until	1	1	1659
Sleep, sleeplessness, night, midnight, before, 2h until	1	1	1659
Sleep, sleeplessness, midnight before – 2 or 3h until	1	1	1660
Sleep, sleeplessness, midnight before, 3h until	10	1	1660
Sleep, sleeplessness, accompanied by, heart complaints of	21	1	1661
Sleep, sleeplessness, cough; from	21, 21, 21, 21, 23, 23, 23	1	1662
Sleep, sleeplessness, headache from	21	1	1663
Sleep, sleeplessness, heat, sensation of, from	1	1	1663
Sleep, sleeplessness, pain; from: abdomen	21	1	1664
Sleep, sleeplessness, showering after	1	1	NR
<i>Sleep, unrefreshing</i>	1, 1, 12, 18, 21, 21, 21, 23, 23, 27, 27	2	1667
<i>Sleep, unrefreshing</i>	5, 7, 7, 11, 11, 21, 22, 23, 23, 23, 23, 23, 23, 23, 23, 23, 23, 24, 27, 28, 29, 29, 29, 29, 29, 29, 29, 29, 29	2	1667 CS
<i>Sleep, unrefreshing fever during</i>	21, 21, 27, 28, 28	2	1667
Sleep, waking, night	27	1	1668
<i>Sleep, waking difficult</i>	1, 3, 11, 11, 11, 11, 11, 12	2	1669
<i>Sleep, waking, early too</i>	4, 6, 6, 6, 7, 7, 7, 7, 11, 11	2	1669
Sleep, waking, early too, asleep late and falling	4	1	1669
Sleep, waking, easy	11	1	1669
Sleep, waking frequently	11, 11	1	1669
Sleep, waking, frequent	5	1	1669
			CS
Sleep, waking, fright as from	6	1	1670
<i>Sleep, waking, late too</i>	1, 11, 11, 11, 27, 27, 27, 28	2	1670
Sleep, waking, noise from slightest	11, 11, 11	1	1670
Sleep, waking, pain with	6	1	1671
Sleep, waking, pain, with, neck in	6	1	NR
Sleep, waking, shocks from	11, 11	1	1671
Sleep, waking, sudden	6, 11	1	1671
Sleep, yawning	9	1	1671

4.4.2.27. DREAMS

RUBRIC	FREQUENCY	GRADING	PAGE
Dreams, accidents	17, 17, 29	1	1675
Dreams, accident, car with a	17	1	1675
Dreams, anger	21	1	1676
<i>Dreams, animals</i>	16, 17, 17, 21, 21, 24	2	1676
Dreams animal goat	17	1	NR
Dreams, anxious	16, 28	1	1677
Dreams, beaten, being	12, 17	1	1677

Dreams, betrayed, having been	12, 24	1	1677
Dreams, black	24, 27	1	NR
Dreams, blood	17, 17, 17	1	1677
Dreams, brown	21	1	NR
Dreams, buildings, big seeing	1	1	1678
Dreams, calm	16, 17, 21, 23, 27, 28	1	NR
Dream, carefree	21	1	NR
Dreams, cats	21	1	1678
Dreams, celebrities	16, 16	1	NR
Dreams, change of	9	1	NR
Dreams, children, rescuing of	6	1	1679
Dream, clothing	24	1	NR
Dreams, coition	27	1	1679
Dreams, control loss of	29	1	NR
Dreams, cooking	3	1	1681
<i>Dreams, coloured</i>	17, 21, 24, 24, 24, 24, 24, 24, 24, 24, 24, 24, 29	2	1679
Dreams, communication	17, 23	1	NR
Dreams, dead, birds	17	1	NR
<i>Dreams, dead of the</i>	17, 21, 24	2	1680
Dreams, dead, people of the, relatives	24	1	1681
Dreams, death	6	1	1681
Dreams, death of a friend	6	1	1381
Dreams, dessert	21	1	NR
Dreams, disappearing	17	1	NR
Dreams, disobeyed	21	1	NR
Dream, dogs	17, 17, 17	1	1682
Dreams, dogs, black	17	1	1682
Dreams, dog, talking	17	1	NR
Dream, door bell, ringing	21	1	NR
Dreams, driving	11, 17, 23, 28, 29	1	NR
<i>Dreams, drowning, people are drowning</i>	6, 23, 29	2	1682
Dreams, drugs, of	24	1	NR
Dreams, duality	5	1	NR
Dreams, dull	24, 24	1	NR
Dreams, earthy	21	1	NR
Dreams, eating, chicken	23	1	NR
Dreams, escape	10	1	NR
Dreams, evil of	5	1	1683
Dreams, examination, failing an exam	24	1	NR
Dreams, examination, missing an exam, oversleeping from	24	1	1683
Dream, examinations, stationary, falling	17	1	NR
<i>Dreams, examinations, unprepared for an exam</i>	17, 24, 24, 24, 27	2	1683
<i>Dreams, falling</i>	6, 17, 17, 26, 26	2	1683
Dreams, falling, height, from a	6	1	1683
Dreams, family	13, 24	1	1684
<i>Dreams, fear followed by</i>	16, 17, 21, 23	2	1684
<i>Dreams, fights</i>	12, 13, 17, 21, 24	2	1684
<i>Dreams, forest</i>	10, 12, 12, 17	2	1684
<i>Dreams, forsaken</i>	17, 19, 28	2	1684
Dreams, friends	3, 22	1	1684
<i>Dreams, frightful</i>	5, 6, 6, 12, 12, 12, 12, 16, 16, 16, 17, 17, 17, 17, 23, 23, 23, 24	2	1685
Dreams, grief	6	1	1685
Dream, guitar, playing, he is	17	1	NR
<i>Dreams, happy</i>	9, 16, 17, 21, 23, 27	2	1686
Dreams, helping, people	16	1	1686

Dreams, high places	21	1	1686
Dream, holiday	24	1	NR
<i>Dreams, home</i>	10, 11, 12, 21, 21	2	1686
Dreams, hut	29	1	NR
Dreams, incoherent	16, 16	1	NR
Dream jealousy	21	1	NR
Dream, joyous	16, 21	1	1687
Dream meeting	27	1	NR
Dreams, money	17, 27	1	1689
Dream, mountains	28	1	NR
Dreams, murder	6, 12, 17	1	1689
Dreams, murdered being	6, 12, 12, 12, 12	1	1689
<i>Dreams, nightmares</i>	5, 6, 6, 12, 12	2	1689
Dreams, parties	21	1	1690
Dreams, parties, pleasure off	24, 24	1	1690
<i>Dreams, people</i>	11, 16, 17, 21, 24	2	1690
Dreams, people, seen for years, people, not	21, 21	1	1690
Dreams: police	23	1	1690
Dream, praying	22	1	1690
Dreams, pregnant, being	23	1	1690
Dreams, prisoner, being taken a	16	1	1690
<i>Dreams, pursued, being</i>	1, 6, 10, 12, 12, 17, 23, 23	2	1691
Dreams, pursued, dog, by	17, 29	1	1691
Dreams, pursued, animals, by, wild	12	1	1691
<i>Dreams, quarrels</i>	12, 13, 13, 17, 21	2	1691
Dreams, rape	12, 23	1	1691
Dreams, recurring	17, 17, 17, 17	1	NR
Dreams, remembered	1, 17, 17	1	1691
Dreams, responsibility, lack off	21	1	NR
Dreams, restaurant	3	1	NR
Dreams, returning home, difficult	11	1	NR
<i>Dreams, robbers</i>	1, 6, 11, 12, 17, 24	2	1692
Dreams, robbers, fathers house, in his,	1	1	1692
Dream, romantic	24, 24, 24	1	1692
Dreams, sad	3, 16, 16	1	1692
Dreams sand	21	1	NR
<i>Dreams, sea</i>	3, 21, 23, 23	2	1693
<i>Dreams, shooting about</i>	1, 17, 24	2	1692
Dreams, shot, being, wounded by a shot, being	24	1	1692
Dreams, sky of	17	1	NR
Dreams, snails	10	1	NR
Dreams, snakes	16, 21	1	1693
Dreams, speeding	23	1	NR
Dreams, spiders	24	1	1693
Dreams, success	9	1	NR
Dreams, trapped	10, 16, 29	1	NR
Dreams, treasures, of	1	1	NR
Dreams, unfamiliar, people	16, 16	1	NR
Dreams, unfamiliar place	16, 16, 21, 21	1	NR
<i>Dreams, unremembered</i>	16, 18, 21, 21, 21, 23, 23, 27, 27, 29	2	1695
Dreams, vivid	1, 28, 29	1	1695
Dreams, wall, black	29	1	NR
<i>Dream water</i>	21, 21, 23, 27	2	1696
Dreams, waves	23, 27	1	1696
Dream, wedding	17, 24, 24	1	1696
Dream, windows small	29	1	NR
Dreams, weakness	12	1	1696

	24, 24, 24, 24, 24, 24, 24, 24, 27, 27, 27, 27, 28, 28, 28, 29, 29, 29		
Generals, energy, excess of energy, night	24	1	NR
Generals, energy, excess of energy, accompanied by, appetite increase	24	1	NR
Generals, energy, excess of energy, menses, before	23	1	NR
Generals, food and drinks, alcoholic drinks, agg	17	1	1845
Generals, food and drinks, alcoholic drinks, aversion	17, 23	1	1846
<i>Generals, food and drinks, alcoholic drinks, desire</i>	17, 17, 17, 17, 22, 23	2	1846
Generals, foods and drinks, apples, desire	17, 17	1	1846
Generals, food and drinks, banana, amel	21	1	NR
Generals, food and drinks, basmathi rice	11	1	NR
Generals, food and drinks, beans, agg	27	1	1846
Generals, food and drinks, beans, desire	23	1	1846
Generals, food and drinks, breakfast, aversion	1, 1, 7	1	1848
Generals, food and drinks, carbonated drinks, desire	22, 26, 26, 26, 26, 26, 27	1	1848
Generals, food and drinks, cheese, desire	23	1	1848
Generals, food and drink, chewing gum, desire	11	1	NR
<i>Generals, food and drinks, chicken, desire</i>	3, 22, 22, 22, 24, 24, 24, 24, 24, 24, 26, 26, 26, 26, 26, 26, 26, 26, 26, 26	2	1848
Generals, food and drinks, chips, desire	1, 23	1	NR
Generals, food and drinks, chocolate, agg	27	1	1848
Generals, food and drinks, chocolate amel	7	1	1848
<i>Generals, food and drinks, chocolate desire</i>	1, 3, 3, 10, 11, 11, 11, 11, 11, 11, 12, 12, 15, 21, 22, 24, 27	2	1849
Generals, food and drinks, chocolate desire, bitter chocolate	22	1	1849
Generals, food and drinks, coffee, desire	11, 11, 21, 21	1	1849
Generals, food and drinks, cold drinks, amel	6	1	1850
Generals, food and drinks, cold drink, cold water, desire	3	1	1850
<i>Generals, food and drinks, cold drinks, desire</i>	3, 4, 5	2	1850
Generals, food and drinks, eggs, aversion, smell of	11	1	1851
<i>Generals, food and drinks, farinaceous food, desire</i>	15, 15, 15, 23, 23, 29, 29	2	1852
Generals, food and drinks, fat agg	11	1	1852
Generals, food and drinks, fat desire	15	1	1852
Generals, food and drinks, fig, desire	22	1	NR
Generals, food and drinks, fish, desire	23	1	1852
Generals, food and drinks, food, aversion accompanied by hunger	11	1	1852
Generals, food and drinks, food, desire, worse which makes him	24	1	1853
<i>Generals, food and drinks, fruit, desire</i>	22, 17, 22, 17	2	1853
Generals, food and drinks, grapes, desire	22	1	NR
Generals, food and drinks, green tea, amel	3, 6	1	NR
<i>Generals, food and drinks, ice cream, desire</i>	3, 12, 24, 26, 27, 27, 27, 27, 27, 27	2	1854
<i>Generals, food and drinks, liquid food, desire</i>	21, 22, 23	2	1854
Generals, food and drinks, mango, desire	17, 17, 22	1	1855
<i>Generals, food and drinks, meat- desire</i>	16, 27, 29	2	1855

Generals, food and drinks, meat, desire, minced meat	16, 29	1	1855
Generals, food and drinks, milk, desire; hot	23	1	1856
Generals, food and drinks, milk, sour, desire	27	1	1856
Generals, food and drinks, mutton, desire	23	1	1856
Generals, food and drinks, pastry, agg	24	1	1857
			CS
<i>Generals, food and drinks, pastry, desire</i>	3, 15, 17, 23, 24, 24, 24, 24, 24	2	1857
Generals, food and drinks, peanut butter, desire	27	1	1857
<i>Generals, food and drinks, pizza, desire</i>	3, 3, 22, 24, 26, 29, 29, 29	2	1857
Generals, foods and drinks, potatoes, desire	22	1	1857
Generals, food and drinks, pumpkin, desire	23	1	NR
Generals, food and drinks, rice, desire	26	1	1858
Generals, food and drinks, roast lamb, desire	3	1	NR
Generals, food and drinks, roti, desire	23	1	NR
Generals, food and drinks, salad desire	22		1858
Generals, food and drinks, salt, amel	3, 11, 11	1	1858
<i>Generals, food and drinks, salt desire</i>	3, 3, 10, 11, 29, 29, 29, 29, 29, 29	2	1858
Generals, food and drinks, sand, desire	29	1	1858
Generals, food and drinks, sardines, desire	10	1	1858
Generals, food and drinks, seafood, desire	22	1	1858
Generals, food and drinks, shellfish, desire	22	1	1858
Generals, food and drinks, snacks desire	29	1	NR
Generals, food and drinks, soup, desire	22	1	1895
<i>Generals, food and drinks, spices, desire</i>	3, 17, 23, 23, 23, 23	2	1859
Generals, food and drinks, steak, desire	16	1	NR
Generals, food and drinks, stew, desire	23	1	NR
Generals, food and drinks, sugar, agg	11	1	1860
<i>Generals, food and drinks, sugar desire</i>	12, 15, 15, 15, 15, 15, 21, 22	2	1860
Generals, food and drinks, sweets, desire	11, 21, 22	1	1860
<i>Generals, food and drinks, tea, desire</i>	3, 3, 5, 11, 11, 11, 17, 23, 29	2	1861
Generals, food and drinks, tea, lemon agg	29	1	NR
Generals, food and drinks, unhealthy food, desire	1, 3, 10, 11, 11, 11, 15	1	NR
Generals, food and drinks, vegetable, desire	22, 23	1	1861
Generals, food and drinks, wine, desire	22, 23	1	1862
<i>Generals, heat, flushes of</i>	4, 7, 7, 10, 11, 11	2	1865
Generals, heat, flushes of, morning	4	1	1865
<i>Generals heat sensation of</i>	1, 11, 11, 12	2	1867
Generals, heated, becoming	1, 1, 1, 1, 1, 1, 23	1	1868
Generals, heaviness	29, 29	1	1868
Generals, inflammation, sinuses of	17, 17, 17, 17, 17, 17, 17, 17	1	1875
<i>Generals, influenza</i>	3, 3, 9, 9, 12, 13	2	1876
Generals, lassitude	12	1	1880
Generals, loss of fluids	12, 12	1	1884
Generals, menses, during, amel	23	1	1887
Generals, obesity	11	1	1894
<i>Generals, pain</i>	9, 16, 23, 23, 27	2	1896
Generals, pain, aching	9	1	1897
<i>Generals, pain, sore</i>	9, 23, 23, 27, 27, 27	2	1904
Generals, restlessness	21	1	1932
Generals, running, desire	17	1	NR
Generals, seaside, amel	9	1	1935
Generals, sleep, long sleep, agg	27	1	1940

Generals, sleep, short amel	1, 4, 11, 15, 22, 24	2	1940
Generals, sluggishness	3, 3, 6, 7, 10, 15, 27	2	1940
Generals, smoke, inspiration of, agg	27	1	1941
Generals, stiffness	6	1	1942
Generals, sun, exposure to the sun	27	1	1945
Generals, suppressed complaints, ailments from	10	1	1945
Generals, travelling, amel	17	1	1952
Generals, walking, agg	16	1	1960
Generals, warm agg	1, 11, 11	1	1961
Generals, warm, desire, for warmth	3	1	1962
Generals, weakness	1, 1, 3, 6, 9, 10, 10, 10, 11, 11, 11, 11, 11, 12, 12, 12, 12, 12, 13, 15, 17, 17, 17, 17, 17, 21, 21, 21, 21, 21, 21, 22, 22, 23, 23, 23, 24, 24, 24, 24, 26, 26, 26, 27, 27, 29, 29, 29, 29, 29, 29, 29, 29, 29	3	1963
Generals, weakness, morning	9, 9, 11, 24	2	1964
Generals, weakness, morning, waking on	4, 5, 6	2	1964
Generals, weakness, rising after, agg	26	1	1964
Generals, weakness, noon	15, 15, 15	1	1964
Generals, weakness, afternoon	9, 10, 11, 11, 11, 11, 18, 27	2	1965
Generals, weakness, evening	11, 11, 11	1	1965
Generals, weakness, night	7, 15, 15	1	1965
Generals, weakness, accompanied by, sleeplessness	1, 1	1	NR
Generals, weakness, cough, after	21, 21	1	1967
Generals, weakness, cough, from	21	1	1967
Generals, weakness, diarrhea, from	21, 22	1	1967
Generals, weakness, disease after	23	1	NR
Generals, weakness, eating after amel	11	1	1967
Generals, weakness, excessive	1, 1, 3, 4, 4, 9, 9, 9, 9, 9, 9, 11, 11, 12, 12, 12, 12, 12, 12, 12, 12, 15, 15, 15, 17	2	1968
Generals, weakness, faint-like	11, 11, 11, 12	1	1968
Generals, weakness, headache during	7, 17, 22, 27	2	1968
Generals, weakness, menses, during, agg	4, 6	1	1969
Generals, weakness, mental exertion, agg	22, 27, 27	1	1969
Generals, weakness, rain, agg	10	1	NR
Generals, weakness, sitting amel	11	1	1971
Generals, weakness, sudden	11	1	1971
Generals, weakness, vertigo with	11, 11, 17	1	1972
Generals, weakness, vomiting, after	17	1	1972
Generals, weakness, waking; on	27	1	1972
Generals, weakness, walking, agg	27	1	1972
Generals, weariness	1	1	1973
Generals, weather rainy, amel	17	1	NR

CHAPTER FIVE: DISCUSSION OF THE RESULTS

5.1 Introduction

This chapter aims to provide and discuss the totality of symptoms obtained in the proving of *Garcinia cambogia* 30CH. The symptoms produced was compared to the empirical use of *Garcinia cambogia*. The most pronounced mental and physical themes derived from the study will be reflected upon. The chapter will seek to marry the symptoms produced into a complete remedy picture of *Garcinia cambogia*, which will therefore provide the useful nature for upcoming clinical indications.

The aim of the double-blinded homeopathic drug proving is to determine the symptoms produced by a healthy prover in response to *Garcinia cambogia* 30CH and to relate these symptomology to the empirical use.

It was hypothesised that *Garcinia cambogia* 30CH would produce clearly observable signs and symptoms in healthy provers. It was also hypothesised that the proving of *Garcinia cambogia* 30CH would expand on the symptom picture and therapeutic range of the remedy by correlating the symptoms produced with the empirical use of the substance. It is therefore concluded that the hypotheses is valid as it did not oppose the information obtained from the research study.

5.2 Total Numbers of Rubrics

The proving of *Garcinia cambogia* 30CH produced a total of 1431 rubrics, 235 of which were newly formulated rubrics and 34 cured symptoms presented during the proving period. There were 969 Grade 1 rubrics, 216 Grade 2 rubrics and 11 Grade 3 rubrics. The majority of rubrics were represented in the MIND, HEAD, GENERALS, EXTREMITIES, and sections of the repertory.

Sections	Existing rubrics	New rubrics	Total	Sections	Existing rubric	New rubric	Total
Mind	167	17	184	Urine	11	3	14
Vertigo	13	0	13	Male	6	2	8
Head	128	17	145	Female	39	16	55
Eyes	43	4	47	Larynx	2	0	2
Vision	7	1	8	Respiratory	5	1	6
Ear	20	5	25	Cough	31	0	31
Nose	45	16	61	Expectoration	9	2	11
Face	35	17	52	Chest	36	7	43
Mouth	27	8	35	Back	29	4	33
Teeth	9	3	12	Extremities	77	15	92
Throat	27	4	31	Sleep	59	3	62
Stomach	77	12	89	Dreams	57	31	88
Abdomen	48	9	57	Chills	2	0	2
Rectum	21	2	23	Fever	4	0	4

Stool	29	9	38	Perspiration	5	1	6
Bladder	6	0	6	Skin	8	0	8
				Generals	114	26	140
				Total	1196	235	1431

Table 5.2.1 Distribution of rubrics

This information is further illustrated in the graph below as a visual representation for quantitative analysis

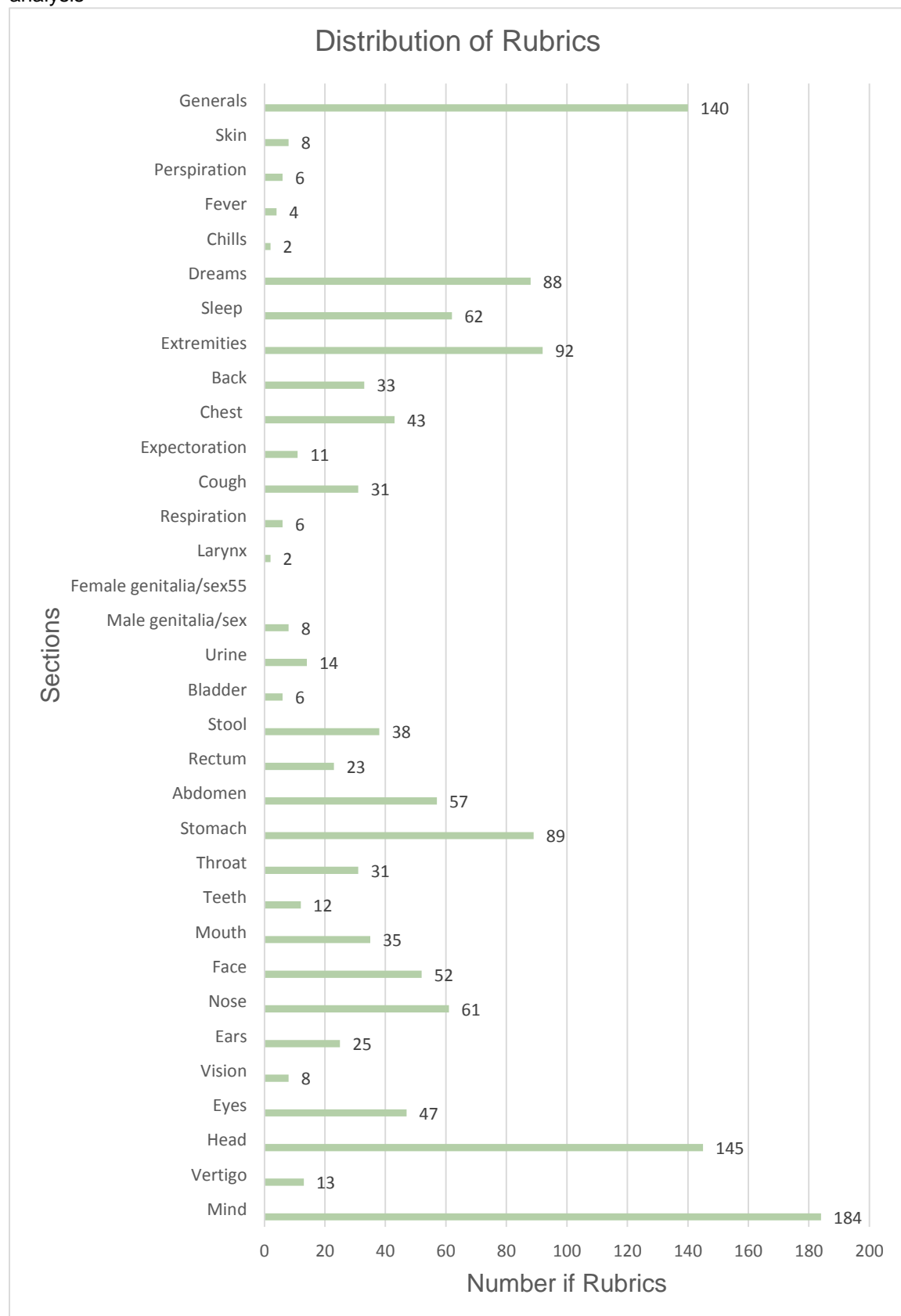


FIGURE 5.2.1 Graph showing the distribution of rubrics in sections of the repertory.

5.3 The Remedy abbreviation

The abbreviation of the Latin name of a substance can be identified as a root. If there are other substances existing with the same root then further letters are added to identify it from other remedies (Schroyens, 2004).

The homeopathic proving remedy *Garcinia cambogia* will be abbreviated as the root Gar, and the extension „-c‘, forming the abbreviation Gar-c.

5.4 The symptom

In the proving of *Garcinia cambogia* 30CH the symptoms have been correlated for each of the numerous sections of the Materia medica, to explicate the common themes that run throughout the remedy, presenting a detailed remedy picture.

‘Positive’ symptomology was clearly marked in the proving and was curative to the participants. For instance, Prover 24 recorded that her motion sickness had disappeared, she began to eat food that used to cause nausea and vomiting, “ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects)” (24F:00: XX). The mental energy of prover 24F also increased and she was alert and able to focus on studying. “Seeing my books set off my energy to studying- feeling very excited and motivated to study, I can concentrate more”. Her physical energy elevated as well. There was a distinctive absence of her characteristic reaction to motion and foods that aggravate depicts that the *Garcinia cambogia* 30CH served as therapeutic and was a curative symptom. Numerous provers experienced therapeutic effects of *Garcinia cambogia* 30CH, hence, below is a table displaying the cured symptoms of provers during the proving:

RUBRICS	FREQUENCY
Mind, emotions suppressed	10, 11
Mind, excitement, nervous	9, 10, 10, 11
Mind, fear, failure, examinations in	9
Mind, irritability	10, 12
Mind, irritability, menses, before agg	4, 12
Mind, laziness	11
Head, pain	4,5
Eyes, photophobia	9, 16, 17, 20
Nose, sneezing, frequent	17
Throat, inflammation, alternating with, eyes, sore	28
Throat pain burning	28, 28
Stomach, nausea, motion, agg 24	24
Stomach, ulcers	9
Stomach, ulcers, painful, burning	9
Abdomen, distension	6
Abdomen, distension, menses, before, agg	10
Rectum, constipation	4,11
Stool, frequent	11

Female genitalia/sex, menses, clotted	1,4
Female genitalia/sex, menses, copious	4, 6, 6, 18, 18, 21, 21, 21, 21, 21, 29
Female genitalia/ sex, menses, dark	9, 11, 11
Female genitalia/sex, menses, offensive	1
Female genitalia/ sex, menses, painful	1, 1, 1, 4, 4, 9, 9, 12, 12, 12, 13, 23
	11, 11
Female, genitalia/sex, menses, scanty	11
Female genitalia/sex, menses, short too	10,13
Chest, pain, mammae, menses, before, agg	10
Back, pain, lumbar, menses, during, agg	27,27
Extremities, ganglion, wrist, on	5
Extremities, nails, growth of nails, slow	5,5,5
Sleep, falling asleep difficult 5,	5, 7, 7, 11, 11, 21, 22, 23, 23,
Sleep, unrefreshing	23, 23, 23, 23, 23, 23, 23, 23, 24, 27, 28, 29, 29, 29, 29, 29, 29, 29, 29
	5
	24
Sleep, waking, frequent	
Generals, food and drinks, pastry, agg	

Table 5.4: Rubrics depicting cured symptoms of provers during the proving of *Garcinia cambogia* 30CH

5.4.1 Mind

On conclusion of the proving of *Garcinia cambogia* it was established that the mental/ emotional sphere yielded the highest amount of symptomology. A grand total of 184 rubrics surfaced with an abundance of mental themes presented by the provers with contradictions, which were perceived as polarity of emotions and thoughts of many provers. These polarities were presented in the following categories:

- Anger/irritability vs. calmness/tranquility;
- Anxiety vs. calmness in stressful situations;
- Depression/sadness vs. cheerfulness;
- Confusion vs. concentration/clarity of mind;
- Connection vs. disconnection;
- Company desire vs. company aversion;
- Concentration increased vs. concentration decreased;
- Exertion desire vs exertion aversion;
- Loquacity vs. communication aversion;
- Motivation increased vs. motivation decreased;
- Positivity vs pessimism;
- Study easy vs study difficult

These themes expressed by provers can be subdivided further into two groups according to the polarities revealed, i.e the 'high' or 'low' of the remedy.

Table 5.4.1. Grouping of the symptom polarities.

Group A 'High'	Group B 'Low'
<ul style="list-style-type: none"> • Connection <ul style="list-style-type: none"> ➤ Affectionate ➤ Caring ➤ Attached ➤ Empathetic ➤ Company desire/ ameliorate ➤ Consolation desire ➤ Extroverted/ social ➤ Openness/ communicative ➤ Loquacity • Calmness/ tranquillity • Carefree • Cheerfulness • Concentration increased • Studying easily • Motivated/ determined • Exertion desire • Cleaning desire • Positivity • Productiveness • Appearance • Planning/ control • Creative • Music desire • Self • Praying 	<ul style="list-style-type: none"> • Disconnection <ul style="list-style-type: none"> ➤ Reserved/ closed ➤ Emotionless ➤ Company aversion ➤ Solitude desire ➤ Communication aversion ➤ Consolation aversion • Time/ Confusion/ indecisiveness • Anger • Irritability • Violence • Anxiety • Fear • Delusions • Sadness/ depression • Poor concentration • Difficulty studying • Procrastination • Laziness • Exertion aversion • Lack of motivation • Pessimism • Noise aversion to • Overthinking/ Overwhelmed • Sensitivity to criticism

Group A

5.4.1.1. Connection

5.4.1.1.1. Affectionate/ caring/ attached/ empathetic

Provers noted that during the proving period they were more affectionate. Prover (03F:39) expressed her affection in terms of hugging. Provers were friendly towards people and established easy connection "Been very friendly since the proving" (03F). Provers 09F, 11F, 15M and 16F were prone to assist others. Prover 4F was previously reserved, more closed and drawn to herself. She became affectionate and initiated hugging others. "Very affectionate, hugging everyone, especially at the beginning of the proving." Two provers 09F and 11F developed caring towards the emotion and feelings of others. Prover 09 reached out to people who she never was with friendly with before, "emotionally I am more caring towards others...I find myself less harsh on others and I have more love to give, even though my family were against me showing her compassion. Prover 11F reported a change in her characteristics "I've been sharing my food now, I use to hate sharing food, now I happily allow my friends to try my food." Provers became attached to people. Prover 10F became attached to fictional characters proposing that the proving made her connect deeper to her feelings. Prover 26M became clingy towards the researcher and stated in the follow-up consultation that he desired her attention and affection. Prover 03F conveyed additional empathy during the proving period, which resulted in the improvement in her relationship with her grandmother and boyfriend.

5.4.1.1.2. Company desire/ extroverted

Provers were more pronounced as extroverted and sociable. Prover 03F, 04F and 15M were delighted to be in the company of others and even felt better when being around people. They desired company. Prover 03F desired to be in groups of people to few close friends.

Prover 17M before the proving felt uneasy in crowded, busy places began to enjoy the ambience at a busy mall. Prover 27F recorded that her mind was at its optimum while socialising with people and sharing jokes.

5.4.1.1.2.1. Family

Prover's 03F, 23F and 27F desired the company of their families. "It just makes me so happy to be around my kids." (23F). "I feel free and like I got no worries in the world my family just knows how to make me feel loved and just forget about all my troubles. I love being around my family they just motivate and love me." (23F). Provers 03F and 27F experienced homesickness, Feel like I need to be home. (03F). "Sad to be away from home". (03F). "I can't wait to get home". (03F). "I miss home, everyone at home". (27F). "Today I really wished I could be home, I was home sick". (27F). Prover's 23F, 24F and 28M dreamt about spending time with their families, which made them feel relaxed and happy. "I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm." (23F).

5.4.1.1.3. Communicative/ loquacious

Upon ingestion of the proving remedy prover 12F and 27F became very talkative. "I felt like I was talking a lot after taking the last remedy" (27F). Prover 12F who is usually reserved to talking became very chatty after ingestion of the first powder.

Prover 17M and 27F opened up to others about their feelings and emotions, they were able to communicate and express their feelings to others easily. "Just had a long conversation, feels so nice actually speaking to someone, not to use to that but will try to get used to it." (17M). "I talked to my brother we had a great talk about the future. I must say I was quite happy because the week was approaching." (27F). Prover 15M had "good interactions with people" and started "blogging more, blogged daily in fact."

5.4.1.2. Calmness

There was a universal theme of calmness and sense of tranquillity eminent by provers. The feeling of calmness and ease was denoted through the proving. Provers noted that they were not as stressed as they used to be and thus less reactive than usual. Prover 04F noted "more calm and content with family," and prover 11F was "not so annoyed with family anymore." Prover 10F stated, "Feeling relatively stress free" and "completely chilled out and lazy" after her first set of powders. "Generally found myself not stressing about things as much as at the end of a usual day". "Feeling a whole lot better about myself today." (15M). "Mood feels lifted. Feel better and good and at ease." (09F). "Peace is what I feel, I no longer wonder of tomorrow It feels like life is happening right now and I am just high spirited and feel like I can take on anything." (27F). "Had a calm day today...My mind was at ease." (29F).

The theme of calmness resonated in the dreams of provers 16F, 17M, 21F, 23F, 27F and 28M. In the dreams the provers are in what they perceive as a calm atmosphere, "There was no one else in the dream to note. So, it was very quiet and lonely but also very peaceful." (17M). "I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm." (23F). "It was a very relaxed dream where I remember us driving through the Midlands and just feeling very much at peace has a very simple and nice dream to experience as if I was reliving the holiday." (28M). "I had a late night and had a nice calm dream of me at a country house surrounded by water and I was just sitting outside watching the waves." (27F).

5.4.1.2.1. Calmness in times of stress

Prover acknowledged sense of calm during stressful situations. Prover 09F who usually feels immense stress, pressure, and even panic attacks before and during exams was calm and collected, her mind was clear and at ease. "I was writing the test but I was not scared, I had a "just do it and get it over with

attitude.” Surprising because I usually get nervous. I wrote the test and feel good, it was OK.” (09F), “I use to be a big stresser, I use to stress and panic about every little thing, especially exams and tests but now I’m super chilled, I can’t understand why I’m so relaxed about everything.” (09F). “I don’t study in advance anymore, usually I start days or weeks before but now I’m so chilled and lazy I just study the day before. I feel like it takes long to grasp things but in fact I grasp things well because I cope well with the content in the test, I remember with ease.” (09F). “I feel more relaxed at times of pressure. I know I’m supposed to be stressed or pressured by certain things but I just don’t feel that way anymore.” (09F). Prover 11F and 15M also observed calmness prior to exams, “I have a really big test on Monday and considering that I am quite relaxed and not very perplexed about it.” (11F). “I am not stressed about exams. It’s weird though because stress drives me to study, being “carefree” is what I am now. I do anything that grasps my attention, or takes it away from studying.” (15M). Prover 10F experienced this sense of calm whilst learning how to drive, “From 1-3 pm – went driving, was relatively calm and not nervous.” (10F). “Drove on the road for the first time – very chilled out.” (10F). “Generally found myself not stressing about things as much as at the end of a usual day. Feeling a whole lot better about myself today.” (15M). Prover 27F’s sense of calm came through in a dream where she was relaxed and at ease in a learning and testing environment and noted calmness in a demanding situation, “I can now think better in a pressured situation.”

5.4.1.2.2. Carefree

The calm and tranquil sensation was conveyed as a “CAREFREE” nature in numerous provers. Provers express no concern or worry, “I feel free . . .,” “Not stressed, carefree.” (10F). “It’s weird though because stress drives me to study, being “carefree” is what I am now.” (15M). “I feel like I don’t worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that’s all.” (17M). “Excellent still feeling the same but for some reason people don’t believe me, but I finally don’t care.” (17M). This carefree sensation also resonated through in a dream, “I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water.” (21F).

5.4.1.3. Cheerfulness

Provers conveyed a feeling of cheer and contentment throughout the proving. They expressed feeling uplifted and in a good mood. “I feel energised and I can’t stop smiling. I have so much life brought back into me. I feel really good.” (23F). “Fair night’s sleep and been feeling pretty good spirits for the past few days.” (28M). “My mood has been good, although didn’t interact with people at lot, I was indoors and asleep most of the time.” (29F). “I am in quite in a great mood.” (29F). “I’m talking a lot more than often today and I seem happy.” (12F). “Mood on point. Excited, nothing bothering me.” (09F).

They also expressed happiness, with no rational cause, as an overwhelming feeling of cheer. “Disposition is rather cheerful.” (04F). “Current mood is happy and excited (well that’s a first). I feel very happy.” (09F). “I’m very happy today I don’t know for what reason, but it feels like I’m on top of the world.” (12F). “The thing is absolutely great I am still in a good mood. I have just found this feeling out of nothing.” (17M). “Woke up feeling absolutely happy this morning for what reason I don’t know. I feel like I don’t worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that’s all.” (17M). “Today I felt very light and I was laughing, I felt really happy as though I heard good news, it has been a while since I felt that humorous.” (27F).

Prover 04F displayed a feeling of satisfaction during the proving. “Still have a pretty content disposition.” (04F). “Very happy and content.” (04F). “Noticed I have become more calm and content with family.” (04F). “Very happy and content feeling.” (04F).

Provers 12F and 13F felt happy before and during their menses instead of their typical irritability, “I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet. I’m just feeling tired, I wish I could go to sleep.” (12F). “My period came all of a sudden because I didn’t

have any premenstrual signs. No pains before the period. No mood swings. No breast tenderness. Even during the period I didn't experience any cramping. I was in a good mood throughout." (13F).

The theme of joy and happiness was also present in the dreams of various provers. They conveyed feeling a sense of glee and cheer during the dream as well as on awaking from the dream state. Provers noted; "Had a dream, I was happy." (09F), "Dream made me feel a little happier." (16F), "Had a good sleep, had a good dream too, dreamt that I was taking a road trip. Felt so good." (17M), "I did not feel any fear/ anxiety, but felt carefree and happy" (21F), "I dreamt I was eating kfc and I was with my cousin at kfc, and we were eating chicken and rolls. I felt so happy and nice." (23F), "I went to bed early and I had a nice dream... we were very happy but I don't recall of it." (27F).

5.4.1.4. Concentration increased

Several provers specified an escalation in their levels of focus and concentration. Prover 24F stated that 10 minutes after taking the first dose of the remedy noted that her "concentration level is increasing..., this is very unusual to me- it's a jumping /thrilling sensations, like adrenalin rush." "I can concentrate more (attention span has increased, I studied from 7 pm till 12 am without any disturbances, and I remembered my work to the tee, I was like an energy bunny)" (24F). Other provers also documented similar experiences; "Studying is a little easier, I'm able to concentrate for longer now." (09F) "I have good concentration, I listen well and understand easily." (13F) "My thoughts were quite focused today but there has not been a lot of work done." (15M) "Very focused on my paper." (24F). "I could study from 7:30 pm to 2am non-stop without any distractions." (24F) "As the proving began, I began to concentrate a lot better." (26F) "My concentration levels were good and I managed to do lot of work today." (27F)

5.4.1.5. Studying easily

Provers journaled finding it easier to study with an increase in the desire to learn. "Studying is a little easier." (09F) "Studying came easier in the afternoon." (11F) "Studying has been much easier today." (11F) "Studying went well finally found a system which seems to work for me this exam period." (11F) "Felt quiet motivated to study yesterday. Spent the night at a friend's residence and we were up for most of the night studying. This helped me feel quite confident when I went for the exams and it was not bad at all." (29F) "Very happy, energetic, feeling excited to study, I can concentrate more (attention span has increased, I studied from 7 pm till 12 am without any disturbances, and I remembered my work to the tee, I was like an energy bunny)" (24F).

Prover 09F noted that it was easier to grasp things while studying, "I don't study in advance anymore..., I grasp things well because I cope well with the content in the test, I remember with ease." Prover 15M stated, "surprisingly it's easy to grasp stuff when I'm studying so last minute. I am not stressed about exams." Prover 27F was apprehensive about failing a test which she studied for a very short period, but when her results were out she was astonished by how much she had grasped in the short space of time.

5.4.1.6. Motivated/ determined

Provers express a strong sense of magnification in enthusiasm and determination. "I feel determined though and want to push myself harder to accomplish everything I want... I really feel the drive to want to do everything." (29F). "Now set on my ambition and Travel, excited about my new job opportunity, looking forward to doing a photography course and making my dream a reality. Spent more time now thinking about my future and actually planning for it." (11F). "Motivation levels => high. "gangster – like" behaviour." (10F). "Wakeup feeling motivated, strong, brave." (19F). "Ambitious- adventurous, wanted like to do fun things like drinking and living on the edge." (24F). "Been more motivated today, especially in the late afternoon – which isn't the usual case." (11F). "Couldn't fall asleep thinking how I could make it happen. Had a dream and I felt motivated to do it" (09F). "Feeling happy and motivated, I woke up with strength and was ready to take on the world." (09F).

5.4.1.7. Exertion desire

A collective theme that surfaced during the proving was the desire for exertion, prover's yearned for activity and movement. Provers documented; "I feel more active." (03F). "Started exercising, looking for a job too." (04F). "More outdoorsy, I like cycling on the beach now, I like being active." (04F). "Now I'm very active, I want to be active, I've even been going to the gym." (06F). "Sitting has been quite uncomfortable. My whole body just wants to move all the time (11F). "I went for a jog today, and hopefully going to gym tomorrow. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue." (17M). "Energy -10. I feel very restless, can't sit too long without having the urge to get up and do something." (21F). "I feel like I want to be busy all the time." (23F). "Great sleep last night and I woke up and went for a jog on the road for the first time in months." (28M).

5.4.1.8. Cleaning desire

Provers revealed the need to clean. Prover 09F "cleaned the whole house and worked" which she indicated was unusual and a first for her. "I did all the work and cleaned the outside of my house." (21F). "I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I washed all the mats in my house and all the blankets, I have energy now." (23F). "I have a lot of energy so I decided to spring clean my whole room and scrub the yard." (23F). "Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook." (23F).

5.4.1.9. Positivity

Provers were directed towards a positive mindset and were very optimistic. "I have just read this and wish to follow this as always "learn to get in touch with the silence within yourself and know that everything in life has a purpose" on that note, a positive one goodnight." (17M). "As it is said, your fate is written from the first day to your life, so just got to be patient for the good day and accept that it will not always be as such. Anyway, hopeful that tomorrow is good, looking forward to the public holiday tomorrow, the day of Reconciliation." (17M). "I was excited and filled with much anticipation but overall I was inspired by the beauty of our country, the cultural outfits were filled with so many bright colours and this inspired so much happiness and it was made me proud of my culture and heritage." (27F). "I woke up with a new hope for the future and I am just grateful to be alive at such a time I woke up and started studying and I had a productive day." (27F). "I keep thinking that as many things can fall, being able to rise and start again is the winning recipe of life. With that I feel a lot of relief to do anything and as long as I try I am winning till I stop as that is when I fail." (27F).

Prover 03F and 10F had a positive attitude on resuming to campus after the holidays, "First day of second term. Happy + excited for a new start." (03F), "Started campus for 2nd semester – was very energetic and excited the entire day." (10F). In additional many provers displayed a common feeling of optimism; "Very amped, more positive outlook in life." (04F), "Mentally – feeling positive." (07F), "Mood-changed – optimistic, looking forward to life, can now think better in a pressured situation, ambitious – wants to open up a business." (27F). "General feeling very good about life and everyone." (28M).

5.4.1.10. Productiveness

Provers were diligent and functioned productive, "Got lots of work done." (07F). "Had an overly productively day, managed to get a lot of work done." (15M). "Very productive day, found out exams are postponed, will use this time to push research." (15M). "Productive day, can't wait to finish my PG2 and hand it in." (15M). "Was a good start to the morning. Whilst I didn't study, I got a shift sorted which needed to be addressed for varsity and a possible job next year =)." (11F). There was a clear indication to work without being attracted to any distractions, "Been feeling quite energetic for the past few hours. I did not have an as strong appetite as usually, I just wanted to do my schoolwork." (15M). "I woke up and started studying for my exam and I just studied till I was tired and slept. I managed to get most of the work done." (27F). "I woke up and started studying and I had a productive day." (27F). "Spent the night at a friend's residence and we were up for most of the night studying." (29F).

5.4.1.11. Appearance

Provers changed their physical appearance during the proving. These aesthetic changes were spontaneous. "Being spontaneous!!! I cut my hair during the proving which was so random, cut hair shoulder length," and painted nails blue." (21F). Prover 26F changed his "complete attire," he began

taking pride in his dressing, started wearing perfume and also cut his hair. Prover 24F recorded that her cousin noticed that she “started buying more dark red lipsticks.” She highlighted that those specific colours increased her energy and confidence through the proving.

5.4.1.12. Control/ planning

Provers 15M, 21F and 29F experienced a sense of control and were more organized. “I feel like now I’m also learning self-control.” (15M). “I am even making plans for May and June month. I am much more organised, so I’m always planning. I plan everything, even which days I will go out to spend with my friends and I am much disciplined. Example, if in the weekend, my friends want to go out, and if it is not marked in my calendar for going out, I would not be able to go. I feel anxious if I didn’t follow my calendar and also lost.” (21F). “I feel accomplished, like this is a first step for me to be able to control myself and accomplish my goals.” (29F).

5.4.1.13. Creative

The creative channels of prover expanded and were more active. Provers were inclined to broaden their imagination. “starting my own art doodles” – I want to paint and draw intricate design with black and gold.” (03F). “Started crocheting, started Knitting.” (16F). “I was given a task to sow beads into my skirt it made me thing of making my own clothes.” (27F). Prover 03F and 27F both desired to start up a business, “Many ideas to start my own business. I need more creativity in my life.” (03F).

5.4.1.14. Music desire

Provers noted a desire or fondness towards music “I just love to listen to music I feel so uplifted.” (13F). “Music gives me energy. I love listening, to music, it puts me in another world.” (21F). “I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I am listening to music so I think that’s why I got so much of energy. I love music, it just puts me in a good mood, and I love it. I like good music, RNB, HIP HOP, gangster rap and slow jams, I hope I have my energy throughout the day.” (23F). “Kept thinking about listening to music but could not get around it.” (27F). Prover 03F also showed a keen liking for music and was disposed towards singing, “oh I wish I was a punk rocker with flowers in my hair...

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

I was born to lead

In a world that doesn't care ...

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

HAPPY.” (03F).

5.4.1.15. Self

Throughout the proving it was deduced the provers placed emphasis on “self,” “Sudden realization to find myself.” (10F). “I’m over people’s crap, hate their criticism towards me so I cut it off before it can happen.” (11F). “Was feeling well, generally thinking about how I can improve in certain areas like research and relationships with family.” (15M). “I feel like I don’t worry about nothing and will not be in the least bothered about any other person. Well if it doesn’t make me happy by the 31 December 2015, I will be leaving it in 2015. Adios for now, till I have a few complains.”, “Not bothered about anyone else right now, just myself.” (17M).

5.4.1.16. Praying

Provers 9F and 27F establish contentment in prayer, “Went to church, mood feels lifted.” (09F), “I got to church and I was so glad that I made it as it changed my spirit (lifted).” (27F), “I had peace of mind knowing that I had taken out all my burden through prayer.” (27F).

GROUP B

5.4.1.17. Disconnection

5.4.1.17.1. Closed/ independent

Provers were less sensitive and exhibited detachment than usual. Prover 27F expressed indifference in many situations, "I felt emotionless, like there was nothing inside, I even felt like watching a movie because there was a high possibility of catching feelings when watching anything. Felt like being alone." (27F), "Not happy and not sad." (27F), she also displayed an aversion to consolation when her granny passed away as she just could not express any emotions. Prover 13F was more "reserved when with friends."

Provers desired their independence and no longer sought the attention or affection of others. "Relationships, does things with family at my own pace, don't feel obligated to my parents. Stand tall, firm priority to my own family (I was unacknowledged by my mother, no matter what I did, I was always unacknowledged)." (16F), "broke up with my boyfriend, and try to move on by concentrating on my work, nothing came out of the relationship, I had so much of expectation, frustrated, I put myself out there and he just did not care. I want my own space, it is best we are not together, I won't go back to him, all THE FIGHTS, and fights are always about time!!! He has no time for me. I found myself reading a lot, "women of fortune", "my sisters keeper", reading keeps me calm, distracted from everything else, try not to think about it, don't want to be upset." (19F), "I have been very reluctant to form new relationships whether friends or romantically." (27F), "I shouted out a guy who was asking me out because I just don't want to be in a relationship- I feel like I am good this way." (27F).

5.4.1.17.2. Company aversion/ solitude desire

Provers demonstrated disconnection and detachment as an aversion to company (01F, 03F, 10F, 11F, 12F, 13F, 17M, 19F, 21F, 23F, 27F, 29F). Provers were disinterested in company and yearned for isolation. Provers journaled: "Don't want to be around people at times." (03F), "Have now been beckoned to come back home for cake and tea. I am looking forward to the cake but not actually being there." (11F), "In no mood for company today. Still don't want to be around people." (12F), "I am not in the mood to talk or be around people." (23F). There was also an extreme desire for solitude noted (01F, 10F, 11F, 12F, 13F, 17M, 19F, 21F, 23F, 27F, 29F). The following statements were recorded "want to be alone." (01F, 13F, 19F, 21F, 27F), "I feel withdrawn, I want to be alone, antisocial, irritable." (10F), "Less sociable now, not keen on going out, rather stay in." (11F), "I just like to go for a holiday, to a remote destination, with enough to eat, drink and something to watch, oh and did I mention alone." (17M), "I love being to myself under my blanket. I don't want to be around people I just want to curl up and be by myself." (23F).

Prover 17M separated himself from the world, "For some reason I feel like I have pushed myself away from the world so far that there is no way back for me. I shut myself sealed from everything and everyone, not a good thing I know but I have become used to it that I can't change. I just go into a mood that I don't wish anyone to go into. I feel like I can hurt anyone and anything without even focusing too much on the consequences." (17M). Prover 27F developed aversion to people to the point where she evaded and ignored people, "I just did not feel like company today so I chose to ignore all calls or texts and stayed indoors. Someone knocked and I just ignored it and went about with my own business" (27F). Likewise, prover 29F conveyed the feeling of withdrawal and refused to interact with others, "My mood has been good, although didn't interact with people a lot, I was indoors and asleep most of the time."

Prover 12F recorded that her aversion towards people intensified during her menses

Provers 11F and 17M isolated themselves from friends and family, "Haven't really wanted to see my family or speak to any of them." (11F), "Had a braai with some family and friends at my house, not that much in the part-taking of it, not very social with all these people right now, I have less to say or speak to or with them." (17M).

5.4.1.17.3. Talking/ communication

Provers articulated an aversion to communicating with others (12F, 17M, 23F, 24F, 27F, 29F). They evaded social interaction. Provers documented: "I don't feel like talking to anyone, I don't know why." (12F, 23F, 24F), "don't want to initiate any conversation at all right now." (17M), "I chose to ignore all calls or texts and stayed indoors. Someone knocked and I just ignored it and went about with my own

business.” (27F), “I struggled responding to messages on my phone because I was annoyed by everyone trying to talk to me.” (29F).

Noticeably provers exercised the service of “WhatsApp” texting as a means of communication. This was also during the period that they were averse to speaking to others (17M, 23F, 27F, 29F). Provers used WhatsApp as an escape tool, as a result eluding socialization with others and obtaining detachment from society. Provers 17M and 23F also had dreams of WhatsApp. In prover 17M’s dream he could not see whom he was chatting to but the context of the dream suggests that the person was breaking off all ties with him in a message, “Sorry but I don’t wish to have any form of communication with you anymore”.

5.4.1.17.4. Time

Provers were disconnected in general and disorientated “daydreaming” (15M) and “confused” (27F). Provers were perplexity with time “I felt very lost and like time was not on my side.” (27F). “I was a bit confused about class time. I thought I had a class at 1pm but it was Wednesday my orientation was off scheduled, I ended up waiting for a class that was not there.” (27F). “I woke up confused when my alarm went off. I thought it was still Tuesday afternoon and not Thursday morning 7:00.” (21F). Provers also felt like time was moving too fast. “Time moves too fast, in a rush to get ready for campus.” (03F), “Day went by very fast” (16F), “ANOTHER WEEK DAY PASSED QUICKLY SPENT ON PC.” (16F), “Early morning, can’t believe 10 days of December are gone 2015 has gone fast right.” (17M), “Time seemed to go too fast and I started panicking as I had to go to church and running late.” (27F), “I feel like I do not have enough time.” (29F).

5.4.1.18. Anger/ irritability/ violence

The theme of irritability was prevalent through the proving and translate in anger and aggression. It was established that a total of 14 provers practised a varying degree of anger, irritability and moodiness. Provers were effortlessly agitated and desired to vent their anger by verbal abuse and physical violence.

Provers expressed feeling, “agitated, no time for bullshit feeling.” (10F). “annoyed and moody.” (17M), “pissed off at small things.” (10F), “very short tempered and extremely irritated.” (16F), “very cranky and irritable.” (16F), “grumpy” (16F, 28M, 29F), “so angry and frustrated.” (23F, 18F), “very angry and I seem to lose my temper a lot.” (23F),

In many cases, anger was fixed towards the prover’s husbands, boyfriend, family and loved ones. “Hypersensitive & moody towards family members.” (04F). “Was in a grumpy mood with husband.”, “Kids getting on my nerves, especially baby v. cranky, throwing tantrums!” (16F). “I’m in a bad mood I don’t feel like talking to anyone, I don’t know why, it feels like I don’t have friends and everyone is my enemy today.” (12F). “I feel angry, my husband just makes me so mad... Seeing him like this makes me angry. Just the mere thought of him gets ME SOOO MAD. He is a horrible person and my kids are suffering because of him. I am starting to not like him very much.” (23F). “Annoyed irritated with boyfriend.” (24F). Prover 11F described feeling “more of an aggressive energy” when staying home.

Anger of unknown origin was documented by prover 12F, 22F and 24F, “very angry not sure why” (24F). Prover 29F was frustrated with herself for not accomplishing her goals, “Not in a great mood today, so disappointed in myself. I haven’t been able to meet the goals I set out for myself and it’s so frustrating, I am really annoyed with myself.” (29F). Provers 17M, 18F and 29Fs’ were annoyed easily by everyone around them. “I am really starting to be annoyed by certain people, for some are just being nice to me for no reason but then again it could be all in my head.” (17M). “Irritable and annoyed by everyone.” (29F). “People can be so difficult at times it’s frustrating.” (18F).

Anger resonated in prover 21F dream on 3 occasions, “There was a point in the dream I felt really angry, I’m not sure whom my anger was directed at, but I remember thinking,” why I am getting so angry in the dream”, I remember thinking it must be the remedy because I felt extremely angry which is very uncharacteristic of me.” (21F). “I started sweeping a mat feeling very frustrated. I don’t know what the dream could mean to me, I don’t usually swear/ get upset especially with her (my cousin).” (21F).

Anger and irritability in some provers were initiated by arguments with friends and siblings “Had a fight with my friends, feel like my friendship with them won’t be the same again.” (11F). “I’ve been fighting with my siblings a lot.” (13F). “Very irritable, took off with everyone, very short temper, no longer a people pleaser, lashing out at everyone.” (16F). “Day at the pool started off with a fight, again short temper.” (16F). “Mood is still bad, had a big argument yesterday but choose not to write down personal problems here... feel terrible but what needed to be said has been.” (17M). “During the course of the proving, I was very moody and fought a lot with my sister and boyfriend over silly things.” (29F).

An increase in the desire to snap and lash out on people was clearly evident with the need to hit or strike. “Snapped at kids, very short tempered.”, “very irritable, and took off with everyone... lashing out at everyone.”, “Smacked son- feeling guilty but still very angry.” (16F), “feeling very moody, I have this feeling that I am going to snap at any time. I am trying to be calm but it is very hard.” (17M), “Irritated, annoyed, my boyfriend is not listening to me..., feel like swearing him.” (24F), “I feel like giving him a good tongue lashing.” (17M), “I feel like I can hurt someone right now, if I hit them. Mood is not very good, feeling very angry.” (17M), “I feel like I am going to hit something right now.” (17M), “I feel like I can hurt anyone and anything without even focusing too much on the consequences.” (17M), “not in the best state of mind mentally, feel like I can burst and give someone a good hiding right about now.” (17M), “My husband is drunk again... I am so mad, I want to punch him poke his leg so he won’t be able to go out and drink some more.” (23F), “I want to beat him up today.” (23F), “I feel so angry, I could just SCREAM and it is all because of my husband. He is so inconsiderate and irresponsible, I want to punch and kick him.” (23F). “I am angry today, my husband just pisses me off and stresses me out to the max... I want to PUNCH him really hard.” (23F), “boyfriend not answering my calls, feel like hitting him.” (24F).

Provers denoted that there was a drastic decrease in their anger and moodiness during and before menses, “Generally I have a very short fuse before my period (PMS) now it lasts for a very short while.” (04F), “I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet.” (12F), “My period came all of a sudden because I didn’t have any premenstrual signs. No mood swings. I was in a good mood throughout.” (13F).

5.4.1.19. Anxiety/ panic

Within the paradigm of the proving anxiety was prevalent and manifested in different forms as generalized feelings of anxiousness, anxiety of unknown origin (04F, 10F, 11F, 21F, 24F), apprehensiveness to the weather (11F) and specifically to public speaking (27F).

10 prover journaled experienced anticipation anxiety due to tests and exams. (03F, 09F, 11F, 12F, 15M, 17M, 24F, 26F, 27F, and 29F). Prover 11F felt sick prior to her test and had the urge to urgently pass stool and her nausea was aggravated by food which subsided subsequently after her test. The anxiety improved prover 26F’s concentration, but caused her to become fastidious in her learning method, she had to “memorise and perfect it” to concur her fear of forgetting her work. This was contradictory in the case of Prover 29F whom found it progressively difficult to focus with all the stress and therefore studying in advance was impossible.

Dreams of studying was noted by provers 17M and 24F, “the atmosphere was tensed and stressful” (24F).

Provers 04F, 09F, 10F, 17M, 21M, 23F and 27F experienced anxiety about the future. They were incredulous by thoughts of finding a job, becoming successful and making well-intentioned decisions, as prover 27F describes, “Scattered thoughts mostly about the future that each decision I make now will be very impactful on the future” (27F). Prover 04F explained that “the anxiety is aggravated by thinking & talking about potential future plans but somewhat relieved by writing things down e.g.: plans for the next few days such as going for interviews, joining allied health, etc.”

Provers 15M and 27M felt an escalation of apprehension for the general well-being of their family members.

Provers were anxious about their health. Provers elaborated: “I thought I am anaemic maybe I am just suffering from slight hypothyroidism.” (06F). “I’ve been sleeping weirdly, so I’ve been waking up with a

dead arm. I think I have been sleeping on the arm, then I wake up scared because the hand can't move and feels numb. I go into a state of irrational panic and start freaking out in case the hand never works again." (15M). "I even checked my symptoms on the internet because I'm getting so worried." (09F). "I thought I was dying. I got soooo scared. Totally freaked out!!" (09F). Provers 06F, 09F and 15M's were anxious due to a panicked state. Prover 27F stated that she startled very easily.

5.4.1.20. Fear

Numerous provers presented with fears that were apparent as a sense of danger or intuition that "something bad is about to happen" (17M, 21F). Every illness that prover 3F presented with was perceived as cancer. Prover 27F was fearful of darkness. Provers 17M and 26F discovered fears of failure. This was the first time that prover 17M expressed anxiety about exam results, he was curious to open his results but his fear incited him to wait. Prover 26F felt like she was losing her mind, she began to panic over the fear that she might forget her work. The fear of prover 24F was revealed in her dream whereby she had dreamt that she had overslept and missed her test and in another dream, she dreamt about failing her test (24F). Snakes brought about and escalation of fear in prover 16F's, to a degree where the thought of snakes made her feel "anxious, fearful and uneasy." Provers 15M, 18F and 24F felt alone and feared losing their boyfriend/ girlfriend, "Fear of losing my girlfriend, thinking more about our relationship now and she asked for space which is scaring me." (15M), "felt pushed, did not get to spend time with him when he came back, felt pushed aside." (18F), "Scared, tired, feel like I am going to lose my boyfriend." (24F).

5.4.1.21. Delusions

Provers 09F, 11F, 15M, 18F, 24F, and 27F experienced feeling abandoned and forsaken. "Feel good but lonely". (09F), "Been feeling quite isolated by everyone at the moment... I'm also feeling quite left out." (11F), "I feel like no one understands my current place." (11F), "I feel like no one will ever understand me" (27F).

Prover 12F presented with delusion of persecution "it feels like I don't have friends and everyone is my enemy today."

5.4.1.22. Sadness/ weeping

Provers 09F, 10F, 17M revealed feeling sad, not so great (09F), down (11F) and depressed (15M, 27F). Prover 17M compared his gloom to "another warm day" where "things are looking brighter outside than inside.", "I don't know why but I have a feeling of discontent and emptiness, just like to walk away without looking back, sometimes I just have to convince myself that things are fine but we know it's not true." (17M). Provers 19F and 27F expressed feeling depressed, "feeling sad, upset, could be depressed, and want to be left alone." (19F), "I think I am borderline depressed. I stay in my room, if I go out it is only for a while and I do not want to interact with anyone." (27F). Prover 27F became "antisocial-withdrawn" and "depressed due to other people's problems." (27F). Prover 23F described feeling like "screaming and crying" due to the conflict with her husband. Prover 29F felt sad and emotionally drained. Prover 21F described feeling emotional and weeping during her menses.

5.4.1.23. Concentration poor

Poor concentration was highlighted in this proving. Provers reported: "I'm finding it a bit hard to concentrate." (06F), "my concentration span doesn't last long at all." (11F), "struggling to concentrate for more than 30 minutes at a time.", "struggling to keep focused, I focus only when it's too late." (15M), "can't focus." (22F), "my concentration levels were very short, it took much longer to focus." (27F), and "I am having a hard time concentrating and being able to focus properly" (29F).

Provers found that their attention was easily diverted and therefore they had experienced a lack of focus and concentration. The following occurrences were journaled, "mind distracted" (06F), "I get distracted very easily now." (11F), "My mind is racing, I'm thinking about "110 things". I will be sitting and studying (try to at least) then I will get up to do something and study for another 5/10 min." (21F), "I do anything that grasps my attention, or takes it away from studying." (15M).

5.4.1.24. Difficulty studying

Studying became a challenge for provers as their focus was misdirected by distractions as well as the decrease in motivated and energy. Prover 26M found it difficult to initiate studying. "As I was studying I felt like I wasn't able to grasp everything, it took a longer time than usual." (09F), "While studying fatigue would set in very quickly and I get distracted very easily now." (11F), "Struggled to study" (11F), "not sure what or how to study. Feel overwhelmed trying to establish how to study." (18F), "learnt but nothing going in" (22F). Prover 29F stated experiencing difficulty attempting to study which began to stress her out as there just was not enough time to cover all the work she needed to revise.

5.4.1.25. Procrastination

Procrastination was evident in the proving. Provers adapted to postponing their work to the very last minute (03F, 11F, 15M, 24F, 27F, 29F). "Been procrastinating a lot, trying to push research but the procrastination wins. Not sure how I'm going to bring myself to do work this week." (15M), "many ideas but a lot of procrastination when it comes to starting up." (03F), "I haven't really seen any progress. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating." (29F).

5.4.1.26. Lazy/ physical exertion aversion

A general feeling of laziness and lathery was trending between numerous provers. (03F, 09F, 10F, 11F, 12F, 13F, 15M, 17M, 18F, 22F, 24F, 27F, 29F). They complained that every task felt like too much work and effort (12F, 13F). "I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything." (29F). A total of four provers were averse to physical exertion (12F, 15M, 27F, 29F) and four were averse to mental exertion (09F, 10F, 11F, 13F). Provers discontinued their usual physical endurance "I have not been to gym all week." (15M), "I still couldn't get myself to wake up a go jogging. It's been almost a week since I last jogged now, all I want to do is sleep or just watch TV." (27F), "I slept early again hoping to be up early and go jogging but I could not seem to get myself out of bed when my alarm went on and I ended up waking up 3 hours later." (29F).

5.4.1.27. Lack of motivation

Provers generally lacked motivation to study. Provers 09F felt discouraged and prover 3F lacked initiative. Provers stated, "I don't feel motivated to do anything." (09F), "Motivation levels very low." (10F), "I've had a serious lack of motivation to study." Almost as if there is no urgency to start which scares me. (11F), "Motivation to work is low." (11F).

5.4.1.28. Pessimism

Prover 11F stated that she was tired of being positive. (11F). Prover 17M negative attitude on life intensified and shared the following: "terrible day and have a feeling it's going to get worse only from here," "everyone has bad days, I have two bad days then a 100 bad ones," "the entire world has bad days, but I on the other hand have months that go wrong. You know they say". There's only one place from down, and that's up", guess what I've found a way to go underground." (17M).

5.4.1.29. Music/ noises aversion

Prover 27F presented with an aversion to music and this disparity was unique as the common theme being a liking or desire for music. Prover 27F explains, "I seem to be less interested in my music (I did not listen to even one song)." (27F). She also stated becoming very sensitive to noise during the proving. An aversion to noise was noted by prover 12F.

5.4.1.30. Overthinking

Many provers stated they were prone to overtly thought provoked and analysing scenarios experienced. The mindset of provers were highly stimulated and bombarded with innumerable considerations. Keynote features were placed on pronouncements of past circumstances and forthcoming results. Provers stated; "never knew that the past could get to me like that after pushing it away for so long, and now that I am not involved in it, it actually gets to me. Really unexplainable." (17M), "regrets on past life decisions." (10F), "It has been a rather annoying, not so good, can't stop thinking, thoughts have been diverged in many directions (job, expectations of results)." "Scattered thoughts mostly about the future."

(27F), “deep in thought about my future.” (10F), “My mind is racing, I’m thinking about “110 things”.” (21F), “Recent times have been different for me, I have started thinking much more about things, I shouldn’t, I read too much into situations, I react faster to things that I should not, I say what I feel about something without much thought. Feel it hard to hold back... Seriously not even sure why I am writing these things down, why? I have no valid reason, at some point I might want to just stop and rip this book into shreds, don’t blame me if I do.” (17M), “Going to sleep, tired of thinking, thought the entire day.” (17M), “I had a thought. That I do overthink things to myself, I do up people very seldom and I make mountains out of molehills.” (17M).

Prover 27F remarkably experienced juxtaposing circumstances of indecisiveness alternating with clear thinking in pressurising situations.

5.4.1.31. Hypersensitive

Hypersensitivity was highlighted in many provers. Provers experienced a great degree of incredulous circumstances and responded emotionally. Provers documented; “conscientious over little things, little things irritates me, get upset over little things.” (16F), “I make mountains out of molehills.” (17M), “Feeling emotional. Feel like a baby... Nothing is bothering me except my emotions. Overwhelming.” (09F), “I feel like there’s too much stuff to handle” (09F), “very emotional.” (10F), “I find I’ve become a lot more emotional recently. I can become emotional about many small things.” (11F), “more emotional throughout the proving. More sensitive.” (11F), “I’m a little bit more emotional.” (15M), “the past few days have been extremely emotionally trying. Unable to stay calm.” (16F).

Prover 27 developed a sensitivity to criticism. She expressed feeling disheartened when people made comparisons of themselves to her and outlined her flaws it really shocked me and made me feel incompetent.” (27F). Feelings of ignorance towards criticism was exhibited by prover 11F she noted, “over people’s crap” and “cut it off before it could happen.”

5.4.2. Dreams

A vast presentation of dreams arose in the proving of *Garcinia cambogia*. These dreams depict the subconscious state of the mind during the proving period. Numerous dreams expressed scenarios of life and death. The collective themes that emerged are of:

5.4.2.1. Colour

In dreams, colour plays an important role in highlighting and placing emphasis on particular items of significance. In the dream state, colour stimulates a heightened sense of emotion as well as profound perception and understanding of the dream. Many provers recorded in detail of witnessing colour in their dream. The colour pink dominantly surfaced (17M, 24F, 29F). The pink is regarded as contradictory as it has both positive and negative connotations (Color Psychology 2018). The positive outlook on pink depicts femininity, compassion, hope, intimate, intuitive, unconditional love, calming, affectionate, caring, and immature. Pink calms and reassures our emotional energies, thus lightening feeling of anger, aggression, resentment, neglect and abandonment. The negative outlook on pink portrays inhibition, physical weakness, emasculation, emotional claustrophobia and vulnerability (Empowered by color 2018). Black, dark, dull and grey was also noted by provers (21F, 24F, 27F). The colour black is linked strong, contained, seductive, mysterious, aloof, depression secretive, control, sad withheld and grey represents enlightened, soothing, calming, inflexible, strict, self-denial and self-disciplined (Empowered by color 2018).

5.4.2.2. New beginnings

Provers dreamt of new life and beginnings. Provers dreamt of birthdays (21F), celebrations (24F), pregnancy (17M, 23F), new start (09F) and weddings (17M). Interestingly, prover 17M dreamt of a headless chicken dying while giving birth to a new offspring. The researcher postulates that this is a representation of the prominent theme of life and death whereby the headless chicken symbolises the end or death and the birth of the offspring embodies beginning something new, new life, development and growth.

5.4.2.3. Loss of control

Provers reported dreams of driving (17M, 23F, 28M, 29F), speeding (23F), losing control of their vehicles and subsequently involved in dreadful accidents (17M, 29F). Provers further documented dreams of falling downstairs (17M), falling from a height (06F, 17M, 26F) and drowning (06F, 29F). These dreams display outline lack of control. Similarly, a mental and emotional plane of lack of control was noted by provers 03 and 17M.

5.4.2.4. Vulnerable

Multiple provers explained experiencing dreams where they were beaten (12F, 17M), deceived (12F, 24F), raped (12F, 23F), pursued (12F, 23F, 29F) and murdered (06F, 12F, 17M, 24F). These dreams reflect vulnerability and weakness. Prover 12F describes felt defenceless in danger, "Noticed that I have been having many nightmares about people hurting me or wanting to kill me, I feel weak in the dreams and I cannot defend myself so I wake up scared just before being killed." (12F).

5.4.2.5. Robbers

Provers 01F, 06F, 11F, 12F, 17M, 24F noted being robbed or burgled.

5.4.2.6. Bloody / gruesome/ frightful

Several provers described nightmares/ night terrors and horrendous dreams (5M, 06F, 12F, 16F, 17M, 23F). Prover 5M noted "a psychotic dream, about good and evil," and prover 17M outlines having an apocalyptic dream. Prover 17M's dreams horrifying with emphasis on blood, these dreams caused him to become nauseous and made him feel terrified of falling asleep again.

5.4.2.7. Dead relatives

Prover 21F dreamt of her brother who passed away last year. Prover 24F dreamt about her late grandfather and her late brother.

5.4.2.8. Unremembered

Provers defined "just a memory of having a dream" (16F) but they were incapable of recollecting proceedings in the dream (16F, 18F, 21F, 23F, 27F, 29F).

5.4.2.9 Water

Innumerable provers had dreams of pools of water (06F, 21F, 23F) and the ocean (03F, 23F, 27F). Prover 23F and 27F professed large waves crashing against the shore, prover 23F was terrified by this whilst 27F said it was calming.

5.4.2.10. Trapped/ stranded/ escaping

Provers defined experiencing dreams where they were stranded, trapped or trying to escape and run away. Prover 10F journaled being trapped inside a house and prover 29F dreamt she was trapped inside a car. Prover 23F mentioned being trapped in her own home. Proves expressed being trapped and required the need to escape into grasslands (17M), jungles (12F) and forest (10F, 12F). Prover 11F stated distress in a dream where she just could not reach home. Coincidentally prover 28M shared sentiment of anxiety in a vivid dream where he was stranded and could not find his way back home. Likewise Provers 06F and 23F declared that in their dreams they are "always running," attempting to escape and felt "very terrified." Noticeably provers 06F and 27F both explains dreams where they were trapped in a room with very small windows where these windows are the only route to escape. Prover 17M states a dream where he attempts to execute a magic trick to make himself disappear. The researcher

ventures that this is dreams describes a method of escaping his life situations in a form of the dream. In the mental and emotional plane prover 17M and 27F also felt the need to “runaway”, “leave”, “get out” and escape from home and other situations. Therefore it can be gathered that the dreams in provers 17M and 27F represent the mental plane of the provers during the proving and exposed the emotions level.

5.4.2.11. Drugs

Prover 23F dreamt of a man injecting girls with drugs and Prover 24F dreamt that she had caught her boyfriend stealing drugs.

5.4.2.12. Father issues

Fathers exemplify courage, support, strength, structure, protection, social standing and confidence. Prove 06F presented with issues regarding a father figure. There were two incidences in her dreams where a father figure was incapable of safeguarding the child with resulted in fatal injury and death of the child.

5.4.3.1 Vertigo

Provers described their vertigo as the sensation of dizzy/dizziness (06F,11F,15F); faint /weak (11F), light headed due to hunger “a bit light-headed as I was hungry” (27F), “feel light-headed on looking down/ changing position of head” (21F). Whilst 11F also described the surrounding as spinning “Just felt like the room was spinning” and thee dizziness was ameliorated by eating salt and general eating (11F). Prover 17 and 29 experienced vertigo/dizziness with headache (17M), (29F), and stomach pain (17M). Prover 11 noted dizziness while driving “Was quite dizzy driving tonight.” (11F), however prover 24 generally experienced motion sickness which was not present during the proving period “I used to sit in the backseat of a car because of motion sickness, now I love the adrenaline rush...” (24F)

5.4.3.2 Head

5.4.3.2.1 Eruptions

Prover 5 experienced eruptions on her head “Rash eruption on my head, feels slightly uncomfortable” (5M) and prover 27 experienced eruptions on her forehead “My face has a rash, more prominent in between the eyes” (27F)

5.4.3.2.2 Headache

Minor symptoms of the head was a sense of the head becoming heated “Head temperature felt increased during the day” (29). Prover 27 experienced a sensation of heaviness “upon waking up my head felt heavy” (27F).

19 Provers recorded experiencing headache. The regions of pain fluctuated from the frontal forehead, occipital, temporal, and vertex. A vast array of pain sensation arose including aching (23F,26M), dull (01F, 11F,26M), heaviness, light headedness (21F), pulsating (11F,12F,29F) and pounding “Headache on my temples – like a pounding sensation” (12F), “It feels like someone is pounding my head with a hammer” (23F). Proves described their pain as sharp (11F,26M), shooting (24F,22F,26M), sore (23F), stitching (13F), stabbing, throbbing (10F, 17M,26M,28M), banging, hammering (17M,23F), stabbing, hitting, bursting/exploding and throbbing. Prover 9 felt like her head was on fire (09F), were as prover 17 stated “Like someone is hitting me with a pan on my head” (17M) and prover 12 recorded “headache feels like someone is beating drums (12F)

Prover 17 documented in detail that his headache was aggravated by anger, irritability he also explained that he experienced a pounding headache in nature that was accompanied by continuously vomiting, dizziness and great debility, he also recorded that the pain felt as if someone hit him with a hammer on his forehead and his headache was also accompanied by blur vision and eye protrusion (17M). Prover 6 noted that her headache was accompanied by breast tenderness (06F). Prover 4, 11, 29 experienced headache with discharge of the eyes (04F, 11F, 29F) that was ameliorated by closing her eyes (29F). Prover 21 journaled that she previously experienced heart palpitations with her headache as well as

coughing which accompanied by headache (21F). Prover 1 described having perspiration accompanied by headache (01F). In the proving of *Garcinia cambogia* provers experienced headache from sneezing (09F, 17M), studying (09F, 26M, 27F). Prover 7, 12 and 26 recorded that their headache was due to hunger.

In the proving of *Garcinia cambogia* head pain was experienced throughout the day. Provers recorded having headaches in the morning (22F). Prover 11 stated, "Took my first powder at 8:10 this morning. Experienced a sharp pain for approximately 10 seconds in the region of my left temple at 9:50" (11F). Prover 17 also stated, "just felt like taking my head off and leaving it aside for a while, worst feeling to get up to one" (17M). Provers 04F and 11F noted waking up with head pain. Head pain experienced at noon was denoted by prover 7 and prover 12. Afternoon headaches were illustrated by provers (15M, 16F, 17M, 26M). Headache occurred at the evening was indicated by Prover 22 only. Prover 11 described that she initially had nausea which was shortly followed by headache which was dull and pulsating in nature on the left temporal region, the headache was relieved by sleep, and however, her nausea persisted into the next day (11F). Provers encounter headache at night (11F, 23F, 27F).

Pain in the frontal area was noted provers (1F, 4F, 9F, 11F, 19F, 24F) and explained in detail by provers (17M, 29F). Pain in the occipital area was documented by prover (21F, 22F). Prover 9 documented that he experienced frontal headaches accompanied by eye pain (09F). Prover 4 and 11 experienced headache on their left temporal region which radiated to her left occipital area (04F, 11F). Prover number 7 and 12 denoted headache at the sides of their head [7F, 12F). Right side head pain was documented by prover 11 and left side headache was noted by prover 10F. Temporal headaches were frequently detailed (04F, 12F, 13F, 17M, 23F, 24F, 26M, 27F, 28F). Prover 28 documented previously experiencing temporal headache when exposed to sun, interestingly his headache while one the proving was intensified and took a longer duration to dissipate (28M). Prover 26 illustrated experiencing right and left side headaches, were as left sided headaches were dominated by (04F, 10F, 11F, 27F). Provers 22 experienced headache in the area of the vertex (22F) and prover 23 reporting experiencing headaches that alternated from her temporal area to her occipital area (23F).

Prover 11 shared that she experienced dizziness after her headache (11F), while Provers 17, 21 and 29 had experienced dizziness occurring simultaneously with their headaches (17M, 21F, 29F).

Prover 4 noted the frequency her headache decreased while on the proving (4F:39) and Prover 5 generally experienced headaches however did not experience headache during the proving period.

The aggravating factors include exposure to light/ sunlight/ artificial light/ bright light/photophobia, morning, sleeplessness, heat, hunger, noise, looking down, movement, touch, wind, worrying, and during the evening.

The ameliorating factors include consumption of water (cold and ice), salt, remaining still, closing the eyes, hot shower, eating, massage the head, silence and rest. Sleeping was the main alleviating factor for headache (11F, 12F, 29F).

5.4.3.2.3 Hair

Prover 17 attained comfort by having his hair washed by his hairdresser on two occasions (17M).

Prover 11 noted that her hair was "moulting" as opposed to prover 27 who stated "my hair grew longer, nails grew longer and faster, I had to cut my nails weekly, feels fuller (27F).

5.4.3.3 Eyes

Many provers noted eye symptomology. Many provers experienced discolouration of the eye that was red. Prover 21 explained experiencing burning of her left eye that was associate with coughing and were accompanied by lachrymation, which was relieved by closing her eyes and sleeping (21F).

Prover 27 referred to her bilateral eye discharge as 'teary' which she experienced when moving from indoors to outdoors or from cool rooms to warm rooms. Her tears were clear and would burn (27F).

Prover 29 revealed that she had watery eyes which created the desire to close her eyes and cover her head. She further recorded that her watery eyes were accompanied by a pulsating headache which compelled her to sleep and was aggravated by slightest contact with open air. She also experienced mild burning, itchiness and irritation of both her eyes (29F)

Prover 11 noted that her eyes were red in the evening (11F). Prover 12 indicated redness of the eye were accompanied by a runny nose, itchy throat that felt as if she had the flu with frequent sneezing (12F). Prover 17 stated "My eye and head is paining, my left eye pains and burns every time I blink. It is still red" and explained in detail that he experienced head pain accompanied by left eye pain and redness of the eye (17M). Prover 23 documented that she experienced redness of the eyes that was accompanied clear water discharge with burning discharge with the sensation of "poking" ,felt heavy and tired which was ameliorated by closing the eyes (23F). Prover 27 stated "my eyes were blood shot but no pain or anything" (27F:00).

Prover 11 stated having very dry eyes. She further stated "felt funny like gunk inside nothing came out though feels worse for wind becomes dry and itchy in the wind" (11F). Prover number 5 noted that she experienced dry eyes and tongue on waking (05F).

The sensation of heaviness of the eyes was noted by prover 5, 11, 23, 27 and 29. Prover 11 expressed the heaviness that brought discomfort in the morning, which further was accompanied by a burning sensation as if her eyes were drying out too quickly which later created the desire to fall asleep on the spot (11F). Prover 27 described her eyes being heavy, tired, water and red which was ameliorated by sleep (27F).

Garcinia cambogia presented with burning eyes (04F, 17M, 21F, 23F, 26M). Prover 17 stated "eyes are actually burning and started to pop out, even failing to write this down right now" (17M).

Discharge of the eyes was recorded by prover (04F, 23F). Prover 12F stated that her watery eye was accompanied by sneezing (12F) and prover 26M noted that his water eye was accompanied by itching at the back of his throat (26M). Prover 29 illustrated having experiencing watery eyes when exposed to the wind and followed by headache (29F).

Prover 04F, 09F 16F became sensitive to light. Prover 17 documented experiencing eye protrusion accompanied by burning eyes as well as headache (17M).

Twitching of the eye was frequently experienced by prover 11F.

Prover 1 experienced low grade eye pain (01F). Prover 3 was the only prover to note experiencing 'Droopy eyes' (03F). Prover 27 demonstrated experiencing tiny, dark eruption around the orbit region of her eye (27F). The aggravating factors include outdoors, wind, moving from a cold room to a warm room, rubbing eyes, light, looking at the computer screen, looking at the tv screen. The ameliorating factors include closing the eyes, cranberry juice and sleep

5.4.3.4 Vision

Prover 24 briefly mentioned experiencing blur vision that was relieved by blinking continuously (24F). Prover 15 experienced blur vision upon rising from a seated position (15M). Two hours after ingestion of the proving substance, prover 17 stated "10h00 I have a very blurry vision, everything in front of me seems white, the light is very bright white", which as aggravated by looking at artificial light such as the television, computer screen, he further stated that his vision was blur upon experiencing a headache (17M), similarly this was also noted in Prover 13 who revealed that she experienced distortion of vision which was an accompanying symptom to her headache (13F).

5.4.3.5 Ear

A blocked sensation of the ear was reported (10F:12), prover 23 explained that she experienced blockness as well as a sharp pain in her left ear (23F: 08), prover 26 who recorded sneezing continuously resulted in him experiencing a blocked ear (26M: XX). Prover 21 noted experiencing left posterior auricular redness that was accompanied by great heat, however, her left ear felt cold on touch and was alleviated by cold applications (21F:05). She further stated "Ears, still feels like it is on fire, my

left ear. Short time frame (5-10 mins). Only left ear. It was red when I inspected. Increase random times” [21F: 08].

Prover 27 explained that she experienced itchiness of the inner ear that was relieved in the evening which was accompanied by an itchy throat as she felt that she was about to catch a cold (common cold) (27F:07). Prover 22 illustrated a stitching pain in her right inner ear canal that was concomitant to the headache she experienced (22F: XX).

5.4.3.6 Nose

Countless nasal symptomology presented during the proving period. Provers recorded nasal congestion (01F, 03F, 04F, 09F, 10F, 11F, 22F, 23F), post nasal drip (21F, 23F), sneezing (01F, 04F, 09F, 11F, 12F, 23F, 26M) and nasal discharge (01F, 12F, 17M, 21F, 22F, 23F, 24F, 26M). Nasal symptoms arose predominantly in the mornings (01F, 04F, 10F, 11F, 12F), particularly on waking (01F, 04F, 12F, 22F). Provers further noted experiencing a burning sensation (21F, 22F, 23F) and redness of the nose (22F, 23F). The nasal symptoms were relieved by showering, standing (01F) activity (04F), heat, (04F), pressure (23F), warmth (23F) and aggravated by cold (23F, 24F 26F), lying on the right side (01F) and dust (23F).

Prover 17M was surprised after consuming the proving substance and wakening without experiencing his usual sinusitis attacks, “up this morning with no sinus at all, not a sneeze to note, nor an irritating nose, first time in ages that I remember this...never felt air so clear in recent times as this, feels good to breathe free.” (17M). Prover 10F recorded having mucus accumulating in the passage of the nose and throat, she stated that this was an old symptomology that resurfaced from the past.

5.4.3.7 Face

A wide range of symptomology presented in the face. Provers complained of small eruptions throughout their face (01F, 04F, 11F, 17M, 21F, 23F, 24F, 29F) dryness (11F, 15M, 23F) and rough skin (23F). Prover 27 recorded having a rash on her forehead that was more prominent between her eyes that made her more conscious about herself. Prover 9 described the red discolouration of her cheek and nose and described it as being the “worst thing ever” which was concomitant to her nasal congestion before she experienced cold-like symptoms. Prover 11F stated that the tip of her nose began to flake off. Prover 17M presented with a burning and intense heat sensation throughout the face and neck specifically, thereafter he broke out into a vesicular eruption with an overt expression of heat.

There was an escalation in comedones (11F) and pimples (11F, 17M, 23F, 24F, 29F) on the forehead (23F, 24F, 29F), cheeks (21F, 23F, 24F), chin (11F, 21F), and around the mouth (01F). The eruptions were painful (11F, 23F) and worse by touch (04F, 23F, 24F, 29F). Prover 04F developed a blister on her inner lip which burned with salty and acidic foods. Provers noted skin rash on the forehead (21F, 27F) and neck (21F).

5.4.3.8 Mouth

Provers described a bitter taste in their mouth (03F, 23F) and bitterness accompanied by bad breath (15M). Prover 27 developed hypersalivation during asleep and she further noted experiencing jaw stiffness upon waking that felt as if someone was pressing against her jaw.

Dryness of the mouth was also noted (05M, 11F, 17M, 23F, 26M) on various occasions, prover 26M stated the intensity of dryness by stating that his tongue became stuck on the roof of his mouth.

5.4.3.9 Tongue

Prover 03F noted a white coat on the tongue. Prover 21F noticed a loss of sense of taste and teeth indentation on the tongue as well as the feeling of roughness.

Provers 05M, 17M and 26M recorded dryness of the tongue and prover 11F stating experiencing dryness on waking (11F:07;11F:17). Prover 23 felt that her tongue was thick (23F: XX). Prover 21 noted the urge to apply lipstick to lips frequently has decreased as her lips are no longer as dry (21F:11)

Provers 21F and 23F reported a burn sensation of the tongue upon ingestion of the powder. Prover 21 explained that she experienced redness on the left side of her tongue accompanied by a burning sensation, which was relieved by sensing her tongue with salt water, however, the tingling sensation

was absent. Prover 27F noted a tingling sensation on her gums and palate after taking the first dose of the substance.

5.4.3.10 Teeth

Prover 21 tooth broke while she ate popcorn. A mild right upper molar toothache was experienced in the morning. Cold aggravated the toothache and heat and pressure had an ameliorating effect. The pain was of throbbing sensation (21F:01). Toothache in the morning on waking was denote (27F:02).

5.4.3.11 Throat

Many provers noted evident throat symptomology. Throat grievances consisted of constriction (21F), dryness (01F, 03F, 04F, 10F, 13F, 16F, 17M, 21F, 22F), which was improved by drinking water (04F) in large quantities (13F) and small sips (16F) and by eating fresh fruit (01F). Ironically marked symptomology of dryness was significantly recorded by prover 21 on five occurrences. Provers presented with pain, soreness (01F, 03F, 04F, 06F, 09F, 10F, 21F, 22F, 23F, 28M) and inflammation of the throat (04F, 03F, 28M) which was alleviated by consuming food (04F). Provers recorded itchiness (12F, 13F, 23F, 26M) which was temporarily relieved by hot liquids (23F) and coughing (13F). A scratchy throat was denoted by (11F, 13F, 15M, 21F, 23F). Prover 28F previously experienced inflammation of the throat no longer experienced it. The feeling sensation of something stuck in the throat was journaled (03F, 10F, 21F). The feeling of throat obstruction was illustrated by prover (03F) and prover 21F and 27F noted a feeling of construction and tightness. Prover 27F stated an increase in mucus production and often noted the sensation of a lump in her throat. Provers also documented difficulty swallowing (15M, 21F) and subsequently choking (21F).

5.4.3.12 Stomach

There was a large number of stomach related symptoms recorded in this section. A significant amount of provers recorded a decrease for appetite (01F, 03F, 07F, 09F, 10F, 11F, 15M, 16F, 17M, 18F, 21F, 22F, 23F, 24F, 26M, 27F). Participants journaled “no desire to eat” (01F), no appetite (01F, 03F, 07F, 10F, 27F, 29F), a “sudden loss of appetite” (16F) and tendency to skipped meals (01F, 10F, 17M, 21F, 23F, 27F, 29F). Provers were not hungry (09F, 10F, 17M, 21F, 22F, 23F, 24F, 29F). Prove 1 stated that she has a decrease in appetite however she had an increase in the desire to “bite stuff” [01F:28], (01F:39). Prover 24 substituted food by drinking water (24F) and ice cream (24F: 15), as a substitute for food (27F). Prover 24 also had an increase in energy without eating food (24F). Prover 27 recorded that she had ate once as she experienced a heaviness in her stomach [27F:28], she also noted that she experienced a loss of appetite and therefore substituted a lunch meal with dessert (27F). Prover 29 highlighted that she did not have an appetite after having an argument (29F) yet craved salty foods, likewise she had no appetite as she was anxious prior to writing her exam (29F). There were instances where provers noted voracious hunger and ravenous appetite (12F, 21F, 24F, 27F, 29F). Prover 04F recorded the following “Eating only temporarily satisfies hunger” (04F),

Prover 12 recorded that her appetite significantly increased after ingestion of powder number 02 (12F:00). Prover 24 stated “Tingling sensation in my stomach. Makes me hungry. Increased appetite. Giving me craving to eat things I don’t usually eat” (24F: 00). Prover 27 resorted to “comfort” eating (27F:13) and began to eat out of boredom (27F:17). Prover 29 demonstrated that her appetite increased substantially however she began to limit her meal intake (29F: 12). Prover 29 began to eat when she was stressed and anxious (29F). Provers had the tendency to overindulge in food (11F, 17M, 27F, 29F). “My appetite has been increased... I still kept going back more” [29F: 03]. Provers documented sensations of grumbling (01F), tingling (24F), gurgling (11F) and churning (21 F, 24F) inside the stomach. Prover 17 documented the area between his chest and stomach was hot which was accompanied by, restlessness and cold limbs (especially his feet). His great discomfort was alleviated by applying ice to his stomach and standing (17M). Heartburn was noted by prover (10F) likewise prover 6 also experienced heartburn after eating oily food (06F).

Symptoms of nausea were documented in the morning (11F), on waking (01F), after coition (16F), eating a chocolate (11F), coughing (21F:00), (21F), exposure to cold (06F), and night terror (17M). Prover 6 recorded that she experienced nausea while travelling (06F:14) however, this was juxtaposed

to prover 24 as her motion sickness was cured while on the proving (24F). The aggravating symptoms of nausea included food (22F), the smell of food (11F), and (16F). The ameliorating symptoms of nausea included drinking water in large quantities (11F). Prover 17M documented severe vomiting followed by a pounding headache.

Stomach ache was recorded by provers (06F, 11F, 15M, 29F), which presented as a cramping pain. The stomach pain was accompanied by diarrhoea (06F, 16F). The ameliorating symptoms included standing/ lying flat on the back (17M) and drinking tea (11F). The aggravating symptoms included sitting (04F, 17M).

There was clear evidence of increased thirst (04F, 10F, 11F, 12F, 15M, 16F, 17M, 26M, 27F, 29F) on waking (11F, 26M, 27F, 29F), unquenchable thirst (01F, 05M, 26M, 27F). Provers had the desire to quench their thirst with icy drinks (03F), tea (11F, 27F, 29F) and cold water (03M, 17M, 26M, 27F). Prover 27 thirst was interestingly quenched by eating ice cream and Prover 12 journaled consuming 2L of coke on her own to quench her thirst. There was marked increased desire for cold drinks (03F, 17M, 26M, 27F), large quantities (17M, 21F, 26M), small sips (21F, 27F), tea (11F, 17M, 27F, 29F) and water (12F, 13F, 26M, 27F).

Prover 9 recorded that after consuming her powders that she no longer suffers from the cramps or burning pains in her stomach like she previously used to assumed that her peptic ulcers were cured (09F:56).

5.4.3.13 Abdomen

The feeling of bloating (04F, 06F, 10F, 11F, 16F, 21F, 27F, 29F), flatulence (01F, 10F, 11F, 27F) and constipation (21F) was evident during the proving process. Bloating occurred in the morning (09F), on waking (27F, 29F), in the evening (04F), after eating (06F, 11F) and throughout menstruation (29F). Bloating was worse after eating (06F, 11F) and ameliorated by massaging the abdomen (16F) and drinking green tea (06F).

Dryness was felt around the umbilical region (15M) and the lower-left quadrant her abdomen (06)

The pain in the abdominal area was exclusively experienced. Pain was frequently indicated on in left-lower quadrant (04F, 19F, 20F), across the umbilicus (06F, 22F), under the rib cage (23F) hypogastrium and iliac (21F) regions as well as radiating to the lower back (24F). The pain presented as dull (21F), poking (23F), cramping (04F, 06F, 07, 16F, 19F, 22F), stabbing (11F:20), throbbing (23F:06) and sharp (16F, 27F). Prover 6 described her abdominal pain as “..very sharp (like cutting knives)” (06F:08). The pain was relieved by warm drinks, warm applications (21F), and passing stool (21F, 27F).

5.4.3.14 Rectum and Stool

Many provers experienced constipation (01F, 04F, 06F, 10F, 11F, 13F, 21F, 27F) and difficulty in passing stool (01F, 10F). A great deal of prover also noted the symptom of ineffectual urging to pass stool (07F, 21F, 27F, 29F). Prover 29 stated “I pass out the stool till I feel like I have nothing left in my stomach to pass out. But still feel the urge and need to empty my” (29F:25). She further explained in detail that she had the urge to pass a stool during her nervous outbreak prior to her exams yet nothing came out (29F:26). The constipation was accompanied by bloating (06F, 21F, 27F) and flatulence (27F). The constipation was ameliorated by eating samosa’s (10F) and banana (21F) Prover 21F recorded that eating bananas reduced the constipation. Consuming foods such as bread (10F) and beans intensified (27F:20)

A varied amount of prover recorded loose stool (11F, 27F), watery stool (22F, 29F), diarrhoeal symptomology (06F, 12F, 16F, 29F), accompanied by nausea (06F, 16F) and caused by anxiety (27F, 29F) and associated by pain (06F, 16F). Two provers state having foul smell (21F, 29F) and explosive diarrhoea (21F, 27F). Prover 1 noted that she had bloody diarrhoea (01F). Some prover 21F and 21F illustrated experiencing diarrhoea during the onset of their period. Eating provoked the diarrhoea (06F, 11F, 27F).

Symptoms pertaining to stool was abundant in provers. Many provers detailed an increase of frequency of passing stool (01F, 04F, 21F, 22F, 27F). Provers were very observant to the change in presentation of their stool in terms of texture, shape and colour. The colours varied from light brown (21F, 24F, 29F), yellow (24F), greenish (27F) and dark stool (21F, 24F). The stool was bloody (01F), hard (06F, 22F, 24F, 27F), mushy (24F), soft (24F, 27F), sinking (27F), rough (16F), dry (21F), floating (21F), round (04F, 23F, 24F), grape-like (27F), foul-smelling stools (27F, 29F), long and continuous (21F, 24F).

Pain on defecation was frequently noted by prover 10. Prover 11 exhibited regular bowel movement and prover 29 recorded having to pass stool immediately after eating (29F).

Prover 27 stated “My stool was very loose, looked like bubbles with brown colour [27F:00]”, “yellow in colour and sinks to the bottom, looks like Rat stool” 27F:03 “stool was loose and had a foul smell” 27F:13 “, “I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour. [27F: 09], with flatulence (27F:19).

Prover 29 recorded “I’m passing a lot of watery stool, very light brownish colour, and it smells terrible. It feels worse when I am passing out the stool and a few minutes afterwards” (29F: 25)

5.4.3.15 Bladder and Urination

Decreased urge to urinate was noted by two provers (01F, 10F), whilst there was an increase in the frequency of urination (10F, 11F, 21F, 27F, 29F). Prover 12 experienced burning on micturition which was accompanied by itchiness on her private part which presented with oozing white discharge (12F:03). Dark yellow urine with an unusual distinct odour was recorded with frequent urination (27F). Prover 29 demonstrated that she frequently passed a small quantity of urine (29F: 03). Prover 27 noted an increase of urination at night which was aggravated by cold (27F). Prover 15 described experiencing hesitation while urination in the morning which was accompanied by a cramping sensation in the abdomen (15F:18).

5.4.3.16 Male genitalia/ sex

Itchiness in the pubic area was recorded prover 15 which accompanied frequently experiencing groin pain that prevented him from sleeping at night. The pain was sharp, worse at night and provoked by walking and wearing tight clothes (15M).

5.4.3.17 Female genitalia/ sex

The female/genital section of the repertory contributed a significant part of the proving with many provers producing a vast collection of symptomology.

Prover 12 presented with a great degree of itchiness in her pubic area that was accompanied by thick, white, odourless discharge and burning sensation on maturation. She stated that the burning and itchiness disappeared yet the white discharge was still present after her period (note 3 days after taking the powder), this discharge only disappear on her next menstrual cycle. Prover 01F presented with a brown discharge prior to the onset of her menstrual cycle. A hot shower increased the quantity of discharge and a cold shower reduced the quantity of the brown discharge. After consuming the proving substance, Prover 21F discovered that each time she went to the toilet she had a thick white or clear discharge. Prover 24F documented that she had a profuse yellow discharge.

Prover 11F became intuitive to her ovaries, this was juxtaposed to prover 19F as she experienced false sensations of having her period as there was no discharge or bleeding.

Prior to the proving Prover 16F experienced low libido. During the proving, she began to experience pain after coition. Yet a few days after the proving she noticed that there was an increase in her libido.

Many provers discovered a dramatic change in their menstrual cycle. Prover 01F observed her menstruation appeared too early, were as there was delayed menses in provers due to stress (18F,24F).Prover 19F had a sensation as if her menses would appear but it did not occur while on the proving. The menstrual flow was copious resulting in using numerous amounts of tampons and sanitary pads per day (04F, 06F, 18F, 21F, 23F, 29F). Provers described their menstruation blood as brown (18F, 21F, 22F), dark brown (21F), dark (04F, 21F, 22F, 24F, 29F) or bright red (04F, 09F, 21F, 22F)

brownish red (04F). There were presentation of cloths (04F, 06F, 18F, 21F, 24F, 29F). The cloths were gelatinous (18F) and hard (24F). Prover 21 described having small quantity of dark brown blood, she was more aware cloths that passed.

The menstrual pain was exhibited as shooting (24F) and pressing (18F, 21F). Motion aggravated the pain (29F). The pain was relieved by eating (24F), forward bending (24F, 29F), pressure (24F, 29F), physical activity (04F) and exposure to heat (21F, 24F). Interestingly, Prover 29F described her menstrual pain as if her uterus was twisted or someone squeezing it very hard.

Provers who previously experienced severe period pain was astonished by the incredible reduction in pain and some instances no pain at all (01F, 04F, 09F, 12F, 23F). In saying that, Prover 4F stated: "...absolutely mind blown, I usually suffer immensely with period pain..." A significant reduction in premenstrual symptomology was recorded (04F, 18F).

5.4.3.18 Larynx and Trachea

Prover 09F had a loss of voice which gradually returned and Prover 27 stated that during her presentation she was continuously told to speak louder as she was too soft. **Respiratory**

Breathing difficulty was observed (03F, 06F, 12F, 21F, 29F) and it was alleviated by eating (03F). Prover 12F experienced difficult breathing on three occurrences while she was ascending stairs. Prover 29F noted having breathing difficulty which was brought upon by her anxiety during her exams.

5.4.3.19 Respiration

Coughing was established in 9 provers (01F, 03F, 04F, 09F, 11F, 17M, 21F, 22F, 23F). It was worse at night (04F, 09F, 21F, 23F). Coughs were often accompanied by knee pain (03F), headaches (21F), nausea (21F) and hoarseness (21F). Prover 21F journalled that she often had the inclination to unexplainably choking. The coughing was aggravated by provers who were exposed to cold air (21F), change of weather (21F, 23F), from drinking cold drinks (17M, 21F, 23F), exhaustion (03F) or when attempting to suppress the cough (03F). Provers documented chest pain and tightness due to continuous coughing (03F, 22F, 23F). Cough was dry (03F, 04F, 17M), wet (21F), spasmodic (21F) and rattling (21F). Drinking of warm drinks relieved the cough (04F, 21F, 23F).

5.4.3.20 Expectoration

The production of mucus was increased amongst provers. Provers presented thick (22F, 23F) and stringy expectoration (21F). The phlegm was described as white (23F), brown (21F) green (21F), and clear (21F, 22F). Prover 21 was unable to expectorate mucus easily. The expectoration had a tendency to intensify at night after eating (22F) and after excising (22F).

5.4.3.21 Chest

The sensation of tightness and congestion was identified in two provers (22F, 23F) that were aggravated by eating (22F:09). Prover 21F had heart palpitations that extended to her right arm and chest wall that was accompanied by difficult breathing. She was more aware of her heart beat. The palpitations in her chest were relieved by inhaling and exhaling deep breaths, removing her clothes, sitting erect and magnify by lying down. Three provers presented with chest pain that was concomitant to coughing (21F, 23F, 27F). Prover 27 stated frequently recognizing sharp, burning pain at the xiphoid process of the sternum with the sensation as if pins were inside her chest which was worse for inspiration (27F). Breast tenderness was recorded (06F, 21F, 22F) that had the tendency to aggravate during movement or touch (21F). Perspiration and odour increase in the axillary region (21F, 24F). A patch of dry skin was under the left breast of prover 06F that extended onto her left rib cage (06F). Two provers recorded painful pimples under the left axillary area (01F, 27F). Prover 22 demarcated itchiness of the chest.

5.4.3.22 Back

Prover 04F stated after consuming the powder that she began to experience hot flushing and heat around her neck, back and shoulders and arms without perspiration.

Back pain presented in the neck (11F 18F), shoulders (23F), sacroiliac joint (15M), lower back (11F, 18F) and extending to the pelvic region (18F). Back pain was denoted as aching (09F), cramping (18F), sore (10F, 11F, 12F, 18F, 23F, 27F), burning (23F), sharp (18F, 23F), shooting (23F), pounding (23F).

5.4.3.23 Neck

Prover 21 recorded eruption on the left side of her neck (21F). Prover 18 developed a left sided neck pain that was of cramping and sharp which prevented her from turning left which was aggravated by jarring motion, movement, eating, chewing and improved by hot applications (18F). She added "Unable to work with the pain in the neck, had to cancel clinic and did not attend lectures. Pain still causing restriction of movement, heat pack still helps" (18F). Prover 11 noted experiencing neck pain aggravated by sleep respectively (11F).

5.4.3.24 Extremities

Prover 27 documented that she experienced heaviness of her lower limbs, resulting in having her legs as it was far too heavy to lift. The feeling of numbness was reported on waking by prover 05M in his right arm. The numbness was also established in the right leg of prover 22F. Weakness was noted by two provers. Prover 11F journalled light-headedness with weakness in her arms and while ascending stairs prover 27F reported numbness in her leg.

Coldness of the limbs was recorded by two provers (17M, 27F). The awareness of heat in the feet was reported by prover 11. She explained in detail that it was followed by a small degree of swelling as well as flushing. She also developed a rash on the left hand along the knuckles and web of fingers. Cold aggravated the rash and her skin commenced peel resulting in dryness and scaly, a similar rash appeared on her feet (11F)

Itchiness of the leg was noted by prover 5M without any presentation of eruptions. Boils were established on the left side buttocks of prover 19F. She found difficulty in walking due to touch and pressure exerted on the boil.

Numerous proved recorded symptomology of pain and stiffness. The characteristic of the pain was transcribed as dull (11F), burning (17M, 23F), punching (23F), pounding (17M), stinging (24F), piercing (23F) and twitching (11F). The pain presented in areas of the big toe (06F), wrists (06F, 18F), shoulders (06F, 11F, 23F, 24F), legs (17M), ankles (17M), feet (16F, 22F), thighs (17M), and knees (03F, 11F, 16F). The pain was amplified by pressure (17M, 22F) and movement (03F, 16F, 17M, 18F, 22F) and the application of cold compressions relieved the pains (17M, 18F).

Prover 17M presented with fine pimples that had no sensation on his left arm only on the surface of his tattoo. Itchy, small vesicles presented on his arms 6 days later.

During the proving, prover 27F existing ganglion on her wrist disappeared and the growth of her nails grew quickly.

5.4.3.25 Sleep

The sleep patterns of provers were significantly changed during the proving. Conflicting symptomology surfaced. There was marked increase in sleepiness and longing for sleep (03F, 05M, 07F, 12F, 17M, 23F, 24F, 26M, 27F, 29F) with an extreme impulse to sleep while studying (11F, 27F, 29F). In a few instances provers yawned for sleep which was uncontrollable and intense (03F, 04F, 06F, 07F, 09F, 11F, 12F, 15M, 17M, 27F, 29F).

Provers found that there was an increase in desire to sleeping during the day (01F, 06F, 04F, 05M, 07F, 09F, 11F, 12F, 17M, 23F, 27F, 29F). Some provers described feeling very sleepy in the afternoons (01F, 04F, 07F, 11F, 17M, 27F) and some favoured shorter sleep duration (01F, 11F, 15M, 17M, 22F, 24F, 29F). Provers slept for long hours and overslept in some instances even though they had napped during the day (23F, 27F, 28M, 29F). Provers accomplished many nights of passive and revitalising sleep (05M, 07F, 11F, 17M, 21F, 22F, 23F, 27F, 28M, 29F).

Some provers had struggled in attempt to sleep at night (04F, 11F, 17M, 21F, 23F, 24F, 28M) and few provers illustrated that their sleep disturbed (11F, 18F, 19F, 23F, 27F). There were instances of sleep was not revitalising (01F, 12F, 18F, 21F, 23F, 24F, 27F, 28M).

The feeling of rejuvenation was exhibited in provers with no desire to sleep (01F, 07F, 10F, 11F, 15M, 21F). Prior to the proving, prover 27F had difficulty falling off to sleep, after the proving she falls off to sleep immediately.

The preferred sleeping position of provers was demonstrated on the abdomen (03F, 11F, 21F, 24F). Prover 11F established neck pain when she slept on her abdomen however her pain vanishes soon after waking. Provers 22F and 23F explained that they would awaken on their back, with arms above their head. Prover 03F and 15M were inclined to sleep over an arm resulting in numbness of their respective arm.

5.4.3.26 Fever and chills

Prover 21 presented with a fever of 38.2° C when she developed her cough which was improved when she was warm in bed and sweating and worse at night (21F). Prover 27 also developed a fever. She began to perspire about her face and arms (27F)

5.4.3.27 Perspiration

Provers recorded an increase in perspiration (01F, 07F, 17M, 21F, 27F) in the morning (01F, 27F). Two proves experienced flushing (07F, 17M). Prover 7 stated experiencing a hot flush that compelled her to fan herself which was followed by perspiration around her hairline and upper lip (07F). Prover 21 noted offensive perspiration odour (21F). Prover 27 noted that she felt salty when she perspired with drove to bathing (27F)

5.4.3.28 Skin

Provers 06F, 10F, 12F, 23F observed that their skin was progressively dry during the proving period. Yet prover 21F stated experiencing rash with oily skin. Provers 23F and 27F noted a change in the texture of their skin change to rough and lumpy.

5.4.4 Generals

The proving of *Garcinia cambogia* yielded the second highest of rubrics totalling of 140 rubrics in the Generals section.

During the proving period aggravations were prominent in the mornings, prover 09 stated, "I use to be really active in the morning, it was my best, most refreshed and active time, but now I am at my worst in the morning, more tired than ever." (09F).

There was an overt yearning for cold air (01F, 07F, 11F, 17M). Provers journaled "Have to have fan on even during cool temperature." (01F), "Heat just doesn't work with me anymore, I prefer sitting in a cold room." (11F), "probably will just sit in front of the aircon until I die or fall of too sleep." (17M). Furthermore, prover 17M longed for rain and went out to play in the rain on one occasion as he was delighted with the way it felt.

Provers 01F, 11F, 17M were aggravated by heat. Prover's expressed the sensation of heat irrespective of the weather conditions (01F, 04F, 11F, 12F, 27F). Hot flushes were noted by provers 04F, 07F, 10F, 11F, 27F which generally disappeared few mins later.

Provers 05M, 10F, 15M, 26M expressed having dehydration together with increased thirst and a feeling of dryness.

Prover expressed contradictory sentiments to both increased and decreased energy on many instances. Provers experienced feeling exhausted (03F, 12F, 29F), drained (03F, 09F, 11F), fatigued (10F, 15M, 26M), lethargic (03F, 10F, 15M, 23F, 28M), sluggish (06F, 07F), insufficient energy (01F, 06F, 11F, 18F, 21F, 22F, 27F, 29F) and tired (01F, 03F, 04F, 09F, 10F, 11F, 12F, 15M, 17M, 22F, 24F, 27F, 28M, 29F). Provers 03F and 11F recorded the sensation of shaking and weakness after ingestion of the remedy. The feeling of exhaustion commonly occurred in the mornings (09F, 11F, 15M, 29F), especially on waking (01F, 26M, 27F). It repeatedly initiated sleepiness (06F, 09F, 11F, 12F, 15M, 22F, 23F, 27F, 29F), decreased concentration levels (11F) and vertigo (11F, 12F, 17M). In addition, the feeling of weakness was further illustrated during influenza (13F, 22F), menses (21F), headaches (17M,

22F), and rainy weather (10F). Physical exertion typically promoted further reduction in the energy (16F, 27F, 29F). An increase of energy was noted in prover 01F after having a shower and provers 29F on resting respectfully.

Some provers felt energetic (03F, 09F, 10F, 11F, 12F, 13F, 15M, 16F, 17M, 18F, 21F, 23F, 24F, 27F, 28M, 29F). Provers experienced a buzz (10F, 27F) and desired activity (09F, 11F, 12F, 21F, 23F, 24F, 28M).

Eating unhealthy foods was prominent in the proving (03F, 10F, 11F, 15M, 17M, 23F, 24F). there was a marked craving for foods that were high in sugar (11F, 12F, 15M, 17M, 22F, 23F, 27F) cakes (03F, 15M, 23F, 27F), starch (15M, 23F, 27F, 29F), pastry (24F), pizza (03F, 22F, 24F, 26M, 27F, 29F), pasta (23F, 24F), ice cream (03F, 12F, 24F, 27F), chocolates (01F, 03F, 10F, 11F, 12F, 15M, 22F, 24F, 27F) and chips (23F, 29F).

Provers 06F, 17M, 29F ate a healthy diet. They increased their consumption of fresh fruit and vegetable intake while regulating calorie and carbohydrate ingestion.

There was a significant elevation in desire for salt (03F, 10F, 11F, 27F, 29F), spicy food (23F, 24F) and strangely sand (27F, 29F). Usually when people crave sand it is a peculiar symptom of anaemia. Some provers also desired sardines (10F), dried fish (23F), chicken (03F, 23F, 24F, 26F), and meat (03F, 16F, 23F, 27F). oddly prover 24F craved foods that she aggravates "ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects)" (24F).

There was a great desire for tea (03F, 11F, 17M, 23F, 29F), coffee (11F, 21F) and carbonated drinks (22F, 24F, 27F). Provers also craved alcohol. Prover 17M craved brandy, provers 22F and 23F desired wine. Prover 24F long for cannabis.

Prover 11F developed an aversion to the smell of eggs. An aversion to oily and fried foods was mentioned by provers 11F and 27F. Ingestion of chocolate ameliorated sleepiness and energy levels of prover 07F

Exhaustion, runny nose, pains, aches and malaise was documented by 01F, 03F, 09F, 12F, 13F who developed influenza

General aches and pains escalated in provers and felt sore and miserable (06F, 09F, 16F, 23F, 27F). Prover 29F revealed experiencing a sensation of heaviness which was ameliorated by rest.

Awakening from a good sleep brought a sense of amelioration to 17M, 27F, 28M.

Prover 10F document that she previously experienced a postnasal drip which resurfaced during the proving. Prover 06F yet again produced severe headaches.

It was mandatory for a physical examination to be conducted in the follow up of provers, during which vitals of each prover was clearly noted. It was deduced that provers 01F, 04F, 06F, 09F, 11F had lost weight during the proving. Provers recorded "My mother said I look like I've lost a bit of weight." (01F), "My sisters are complaining that I'm losing too much weight." (09F).

5.5 Comparison of the Homoeopathic Proving Symptomology of *Garcinia cambogia* 30CH to the empirical clinical use of *Garcinia cambogia*.

Garcinia cambogia belongs to the Guttiferae / Clusiaceae family of plants. *Garcinia* consists of 180 species, of which 30 are found in India (Greenway.F 2010). *Garcinia cambogia* has been employed for a wide range from medicinal and industrial usage.

Clinical system	Empirical use	Proving symptoms
Gastro-intestinal system	<ul style="list-style-type: none"> Diarrhoea and dysentery (Maheshwari, R.K et 	<ul style="list-style-type: none"> Diarrhoea, bloody

	<p><i>al</i>: 2014; Sethi, A: 2011; Duke <i>et al.</i>, 2002)</p> <ul style="list-style-type: none"> • Constipation (Tharachand <i>et al</i> ,2013, Duke <i>et al</i>,200:481) • Hemorroides (Rasha, H.M <i>et al</i> ,2015; Tharachand <i>et al</i> ,2013) • Anti-helmenthic activity(Rajendran.V, <i>et al</i>, 2011:50-53); Tharachand <i>et al</i>, 2013, Duke <i>et al</i>,2002:481 • Improved histology in Ulcerative colitis and Crohn's disease in rodents (Reis.S.B, <i>et al</i> 2009:324-329) <p>Stomach</p> <ul style="list-style-type: none"> • Emetic(Duke <i>et al</i>,2002:481) • Dyspepsia (Duke <i>et al</i>, 2002:481). • Appetite suppressant: (Lowenstein.J.M:1971; Koshy.A S, Vijayalakshmi. N.R:2001; Sethi.A:2011, Rasha <i>et al</i>: 2015), <p>Mouth</p> <ul style="list-style-type: none"> • In veterinary medicine, it is used to treat oral disease is cattle (Greenway, F.2010). 	<ul style="list-style-type: none"> • Constipation • hemorroides • No symptoms • Pain in abdomen , diarrhoea , fatigue , bloating • Vomiting • A sensation of distention, bloting and heaviness noted in the stomach. • Appetite suppressed in 16 provers. • dryness, rough, pain, taste sour and bitter, teeth indentation
Liver	<ul style="list-style-type: none"> • bilious affections (Tharachand <i>et al</i>, 2013 	<ul style="list-style-type: none"> • Nausea

	<ul style="list-style-type: none"> • hepato protective property - detoxification (Rasha <i>et al</i>, 2015;Sethi.A:2011) • aid in digestion (Ohio <i>et al</i> 2002) 	<ul style="list-style-type: none"> • Increased in energy due to detoxification • Satisfied hunger
Musculoskeletal system	Rheumatism (Greenway,F.2010)	Joint pain, stiffness, in back, and extremities worse in the morning , better for continuous movement
Urogenital system	delayed menstruation Tharachand <i>et al</i> 2013	Dysmenorrhoea Delayed menstrual cycle
	Fever (Mahendran & Shyamala Devi, 2001)	Fever
Eye	ocular irritant (Ohia <i>et al</i> , 2002).	discharge, dryness, inflammation, burning, red discolouration, irritation, itchiness, heaviness, paralysis and photophobia
Ear	Ear infection (Rasha <i>et al</i> :2015) Ear swelling (Cen <i>et al</i> :2013)	Left side ,Redness , itching, pain
Cardiovascular system	<ul style="list-style-type: none"> • Diuretic (Duke <i>et al</i> ,2002:481) • odema (Tharachand <i>et al</i> : 2013 • Large amounts Vitamin C and has been used as a heart tonic 	<ul style="list-style-type: none"> • Frequent urination • No symptoms of odema • Heart palpitations and , dyspnoea ascending stairs
Integumentary system	<ul style="list-style-type: none"> • Sores (Duke <i>et al</i>,2002) 	<ul style="list-style-type: none"> • Boils

Table 5.5. The clinical use of *Garcinia cambogia* and the proving symptomology of *Garcinia cambogia* 30CH

5.5.1 Gastrointestinal complaints

5.5.1.1 Diarrhoea and dysentery

The rind of *Garcinia cambogia* has been historically used in the treatment of diarrhoea and dysentery, gastric and duodenal ulcers due to its astringent properties (Maheshwari.R.K *et al*: 2014; Sethi, A: 2011). Prover 27 demonstrated in detail that she experienced loose stool that was foul smell and explosive in nature that was brought upon by nervousness (27F:12). Prover 21 noted having to release herself urgently as she experienced diarrhoea that was characteristic of brown, foul smelling and explosive with sharp pains that led to the sensation of burning in the anus (21F:08), she further noted frequently passing dark brown loose stool that was of dull pain in nature (21F:20). Prover 1 noted that

she had bloody diarrhoea (01F:46). Some prover illustrated experiencing diarrhoea during the onset of their period (12F:37), (21F:20). Cramping pain brought on by the diarrhoea was felt (16F:15; 06F:17; 16F:00). The symptoms of diarrhoea were ameliorated by passing a stool (21F:08), drinking coco-cola (06F:29) and aggravated by eating (06F:17, 06F:29, 11F:08). Prover 27 state “Spicy food no longer aggravate me” (CS) (27F: XX). Provers complained of a sudden onset on diarrhoea and in some instances, diarrhoea was brought upon by nervous emotions. Hence it can be confirmed in the proving of *Garcinia cambogia* 30CH as seven provers presented with diarrhoea with a fair remedy picture.

5.5.1.2 Crohn disease and ulcerative colitis

In a study conducted by Resi *et al* (2009:324-329), there was an improvement in the histology of Crohn’s disease and ulcerative colitis in rodents. Crohn’s disease is a chronic inflammatory gastrointestinal disease by transmural granulomatous inflammation. Symptoms include abdominal pain, diarrhoea, fatigue, weight loss, reduced appetite and inflammation around anus. Signs include aphthous ulceration, tender abdomen, perineal abscess, fistulae, skin tags and rectal strictures. The presentation may develop gradually, however one may present with a sudden onset of symptoms or may be asymptomatic (Longmore.*et al*.2010:274).

Ulcerative colitis is an inflammatory bowel disease that presents with ulcers in the digestive tract. Signs and symptoms may include bloody or pus with diarrhoea, pain and cramping in the abdomen, pain in the rectum, stomarrhoea, urgency to pass stool, unable to pass stool despite the urgency, weight loss, tachycardia, arthritis, ankylosing spondylitis, fatigue and fever (Longmore.*et al*.2010:272)

Many provers presented with symptomology that was inclined to Crohn disease and ulcerative colitis. Prover 01F noted that she had bloody diarrhoea (01F:46). Thus approving the use of *Garcinia cambogia* 30CH in the treatment of Crohn disease and ulcerative colitis.

5.5.1.3 Constipation

Garcinia cambogia was generally used in aid of constipation (Tharachand *et al*, 2013, Duke *et al*, 200: 481). Constipation was prevalent in twelve provers. Two provers stated that their symptomology of constipation was alleviated during the proving. A great deal of prover noted the symptom of ineffectual urging to pass stool (7F:20), (21F:02), (21F:16), (21F:17), (27F:25). Prover 29 stated “I pass out the stool till I feel like I have nothing left in my stomach to pass out. But still feel the urge and need to empty my bowel (29F:25). She further explained in detail that she had the urge to pass a stool during her nervous outbreak prior to her exams yet “nothing came out” (29F:26).

5.5.1.4 Haemorrhoids

There are two types of haemorrhoids, namely external and internal. The external symptomology of haemorrhoids present as bleeding, discomfort, itchiness or swelling around of the rectum. Internal haemorrhoids symptomology presents as bleeding during a bowel movement, this could also be indicative of bright red blood on the tissue or prolapse/ protruding of a haemorrhoid resulting in pain and irritation (Mayo Clinic:2019). In the proving of *Garcinia cambogia* 30CH only two provers presented with staining and ineffective urge to pass as stool. Prover 06F stated, “Slightly inflamed haemorrhoids” (06F:30), this confirms that *Garcinia cambogia* 30CH as can be utilised in the treatment of haemorrhoids as indicated for the traditional use of *Garcinia cambogia*.

5.5.1.5 Anti-helminthic activity

Historically, the juice of the *Garcinia cambogia* fruit is used as a de-parasite remedy. In a study conducted by Veeradass Rajendran *et al* (2011:50-53), *Garcinia cambogia* juice was when combined with ethanolic extract to displayed anti-helminthic action against *Pheretima postuma* (earth worms). It was deduced that the initial phytochemical investigation exposed protein, alkaloids, carbohydrates, glycosides, flavonoids and triterpenoids were similar to the phytoconstituents of the leaves of *Garcinia cambogia* that may be accountable for the anti-helminthic activity (Rajendran.V, *et al*, 2011:50-53). In the homoeopathic proving of *Garcinia cambogia* 30CH, the common symptomology of intestinal worm symptomology presented as follows: diarrhoea, nausea, vomiting, gas/bloating, fatigue, abdominal pain and tenderness. Hence *Garcinia cambogia* 30CH may be suggested in the use of de-parasite therapy.

5.5.1.6 Mouth

Historically, veterinary medicine, utilised *Garcinia cambogia* to treat oral disease in cattle (Greenway, F.2010). The researcher was unable to attain reported use in humans as well as specifications of oral disease. However, the symptomology of the mouth in the proving of *Garcinia cambogia* was evident as dryness (17M, 23F), on waking (05M: 02; 11F:07; 11F:17), interestingly prover 26M commented: “..mouth dry, tongue stuck on the roof”. Prover 27F developed pain in her gum due to an abscess formation with clear fluid. Some provers denoted a bitter (03F:00; 15M: 17M, 23F) and sour (15M) taste in their mouth, this could be due to the digestive properties of *Garcinia cambogia*. A tingling sensation in on the tongue was noted by prover 21F and 27F. Prover 21F stated that her tongue felt burnt after she had consumed a packet of chips.

5.5.1.7 Stomach and Abdomen

A large quantity of stomach related symptomology was extracted in this section.

A total of 16 provers dramatically experienced a decrease in appetite. One prover documented a loss of appetite on 16 occasions. In human and animal studies, HCA has been reported to effectively curb appetite, suppress food intake, increase the rates of hepatic glycogen synthesis, reduce the fatty acid synthesis and lipogenesis and decrease body-weight gain (Jena, B.S *et al* 2002:10-22 Lowenstein.J.M:1971; Koshy.A S, Vijayalakshmi. N.R:2001; Sethi.A:2011, Rasha *et al*: 2015), therefore it extensively marketed and advertised for weight loss. In the proving of *Garcinia cambogia* 30CH, weight loss was evident in 5 provers, each prover lost 2kgs. Three provers gained weight and the remainder of the provers had no change to their weight It further recommended that weigh loss products are consumed for a long term and continuous. Provers often skipped meals, experienced the feeling of fullness with “just no desire to eat”. Often provers had an increase in physical energy without eating. One prover noted a drastic change in her energy with no desire to eat but a boost of mental energy, focus, clarity and increase in concentration. The researcher recommends that this could be due to the tonic effect of the liver.

Symptoms of nausea (06F:19;09F:05;11F:20) were noted in the morning (11F:02), on waking (01F:XX), accompanied by headache (04F:19), hunger followed by headache (11F:06;11F:39), “Like I’m quite hungry but feeling nauseous at the same time” (11F:38) vertigo (11F:41), retching (21F: 29) and diarrhoea (06F:18).Provers mentioned the aetiology of nausea was “painful (and) uncomfy (uncomfortable) sex” (16F:03), eating a chocolate (11F:09), coughing (21F:00;21F:26;21F:29), cold (06F:14) , drinking milk (21F: 02), and night terror (17M:10). Prover 6 recorded that she experienced nausea while travelling (06F:14), however, this was juxtaposed to prover 24 as her motion sickness was cured while on the proving (24F: XX). The aggravating symptoms of nausea included food (22F:11), (22F:13), the smell of food (11F:04), (16F:00). The ameliorating symptoms of nausea included drinking water in large quantities (11F:03).

Provers described the feeling of heaviness, distention and bloating in the stomach “bloated lower abdomen” 04F:09: XX: XX. Often pain in the abdomen was colloquially described as “pain in the stomach”. This was due to the lack of anatomical skills and knowledge of provers who were not familiar to the surface and topographical anatomy. Abdominal pain was described in detail in terms of characteristic of pain, intensity, location and modalities. Abdominal cramping was also accompanied by diarrhoea (04F: 31), (06F: 17) and groin pain (15M: 08).The pain was ameliorated lying down (04F:31, 01F:08), passing stool (21F:08). Provers also experienced abdominal pain during their menses that was described as a bearing down sensation (21F:20) and pulling down pain in the pelvic region (18F:09).The pain was relieved by applying pressure (16F:00), yet pressure also aggravated abdominal pain (19F:20).

In the homoeopathic proving, a few provers experienced with diarrhoea and bulk expressed constipation. However, 6 provers commonly experienced diarrhoea and constipation at different stages in the proving. These symptomology deduce that the homoeopathic proving of *Garcinia cambogia* 30CH may be indicated for the use of diarrhoea and constipation.

Furthermore, other symptoms regarding the gastrointestinal system developed were dryness of the lips, broken tooth, abscess and pain in the gums. Tongue symptomology included a burning sensation on

ingestion of the powder, redness, loss of taste, white coat and a tingling sensation. Throat symptoms included inflammation, difficulty swallowing, pain, tightness, and choking. Yet, veterinary medicine only recorded the use of oral disease in cattle (Greenway.F, 2010). Therefore it can be used as an antiseptic in similar cases of the mouth.

5.5.2 Eye

The homoeopathic proving of *Garcinia cambogia* provided the use for eye pain, discharge, dryness, inflammation, burning, red discolouration, irritation, itchiness, heaviness, paralysis and photophobia. Provers further documented blurry vision and in some cases loss of vision. One prover experienced twitching of the right eyelid. According to Ohia *et al* (2002), a single dose of *Garcinia cambogia* 54mg induced irritation after administered to the right eye of a rabbit. The application of *Garcinia cambogia* in treating eye irritation was confirmed. This expansion was verified by the homoeopathic proving.

5.5.3 Ear

Symptomology of the ear was prevalent in the proving. Rasha *et al* (2015) deduced that the juice from the fruit of *Garcinia cambogia* was used to treat ear infections. In a preclinical study conducted by Cen *et al* (2013) isogarcinol due to its anti-inflammatory properties prevented oedema of the ear of xylene induced mouse. Provers often complained of their ears being blocked (10F, 26F), especially after sneezing and complained of symptomology of the left ear. Often sensations of heat on the ear was documented. Prover 21F stated "Post auricular redness-4 on the left side at top" (21F: 05) which persisted for at least 3 days later "...red when I inspected" (21F:08). Prover protested that her was a burning sensation in her left ear that was worse when she opened her mouth with heat felt in her ear canal (27F:01). Redness of the ear is an early indication of the progression of an ear infection or form of inflammation, hence it can be used in the treatment of inflammation of the ear and early stages of an ear infection.

5.5.4 Liver

Thararchand *et al* (2013) states that *Gardcinia cambogia* has traditionally been used for the treatment of bilious affections and Ohia *et al* (2002) added its sour tasted added info to food to aid in digestion and thought to enable food to be more filling and satisfying (Ohia *et al*:2002). Provers often recorded a significant decrease in appetite, Skipped meal (01F; 10F:05), heaviness after eating (27F: 28), distention of the abdomen (06F, 10F, 11F, 16F, 29F) in the morning (06F), evening (04F), after eating (11F), during menses (04F), before menses (10F), and was ameliorated by pressure (16F) as well as flatulence in the abdomen (01F, 10F, 11F, 27F). Provers whined of (03F, 23F) and sour taste (15M) in their mouth, this may be due to bilious eructation. Provers shared increase in energy (Rasha *et al*, 2015; Sethi,A :2011). Even though the materia medica of *Garcinia cambogia* has been compiled, specific liver symptomology was not presented, hence the researcher discards these uses.

5.5.5 Heart tonic

Garcinia cambogia has been used as a heart tonic (Geetha *et al*: 2011). There were increase in right-sided heart palpitations accompanied by shortness of associated with and shortness of breath as well as difficulty breathing was expressed while ascending stairs. The use of *Garcinia cambogia* as a diuretic (Duke et al, 2002:48) was confirmed by the excessively and increase in frequency to urinate. This may aid *Garcinia cambogia* 30CH to the possible use of treating hypertension. Tharachand *et al* (2013) documented the use of *Garcinia cambogia* in the treatment of oedema however, in this proving there was no record of fluid accumulation.

5.5.6 Musculoskeletal system

In folk medicine, the fruit of *Garcinia cambogia* is prepared in the form of a tea to aid in rheumatic complaints. Koeberle *et al*. have revealed that *garcinol* interferes with 5-lipoxygenase and microsomal prostaglandin PGE2 synthase enzymes that plays vital roles in combating inflammation (Koeberle, A. *et al*.2009:1513-1521).

5.5.6.1 Back

Prover 4 stated, “.. waking up around 6am with the sensation of heat which prominent around the neck and upper parts of her back (04F:02). Prover 9 described her back pain as if there was weight applied on her shoulders that was debilitating, that resulted in her searching the internet as she was quite concerned [09F:35]. Prover 23 experienced a sore back pain that was worse at her shoulder with the “pain is on the inside” (23F: 04). “My whole back is sore, the pain started when I woke up and it is like a shooting pain all over my back. I need a hot water bottle and I will put it there. It’s the only thing that helps” (23F: 18). She further described her back pain as piercing (23F:16), pounding (23F:08), and sore (11F:10), (11F:36), (23F: 04), (23F: 10), (23F: 18).

Prover 18 stated, “The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure” (18F: 09). Prover 15 experienced excruciating lower back pain at the location of the right sacroiliac joint (15M: 22). Prover 27 stated “My back started to be sore just on the level of T12 on the left and it was after a while that I have sitting on a chair typing my assignment” 27F: 13: XX: XX. Prover 29 specified “I had a little pain in my stomach and my back was pulsating every time I stood up or when I was walking” (29F: 05).

Back pain was prominent in the cervical, lumbar and sacroiliac region. The pain was described as pounding, pressing, pulsating, sharp, sore and stitching. The pain was aggravated in the morning, by cold and jarring movement.

5.5.6.2 Extremities

Many provers documented pain and inflammation in almost every join. Pain and inflammation occurred in the knee (03F:19), (11F:18), (16F: 19), shoulders (06F:09), (11F:18), (23F: 10), (23F:16), wrist (06F), (18F:01), feet (21F), leg (17M, 23F), thigh (17M), finger (17M) and ankle (17M: 04). Prover 18F states “Wrist seems to be getting better. Rotation and bending without much discomfort. Prover 11F explained that she experienced a peculiar sensation of heat in her feet that was accompanied by minimal swelling (11F:34). Prover 03F revealed stiffness in her knee that as aggravated by cold and ameliorated by heat and prover and prover 23F documented stiffness of her jaw. The pain was described as burning, cramping, pounding, pulsating, shooting, and sore with motion being an aggravating factor and heat-generating relieve. Yanxia *et al* (2014) reported that isogarcinol alleviated cartilage and bone erosion and reduced levels inflammatory levels in mice.

Hence the overlap between the homoeopathic indications and traditional usage, support the use of *Garcinia cambogia* 30CH in the treatment of rheumatic complaints. The proving has provided detail indication of existing empirical use within the musculoskeletal system.

5.5.7 Fever

Garcinia cambogia was used in the treatment of fevers (Mahendran & Shyamala Devi, 2001). Prover 21F presented with a fever of 38.2 ° C that developed soon after her cough which was improved when she was warm in bed and sweating and worse at night (21 F: 24). This section was not greatly expressed in the proving hence the researcher recommends further research be conducted on the use of 30CH in management of fevers.

5.5.8 Antidiabetic

According to Rasha *et al* (2015), *Garcinia cambogia* was effective in decreasing fasting postprandial blood glucose. The homoeopathic proving surfaced symptomology of polydipsia, polyuria and in some instances of polyphagia, frequent urination and excessive thirst are common symptomology of diabetes mellitus. Even though these symptoms are indicative of diabetes mellitus, the level of blood or urine glucose was not measured during the proving as it would have provided for a clear indication on the effect of *Garcinia cambogia* 30CH on glucose levels.

There was an abundance of evidence indicating an increased thirst (04F, 10F, 11F, 13F, 15M, 16F, 17M, 26M,27F,29F) , on waking (11F,26M,27F,29F). Thirst in some instances were unquenchable (01F, 05M, 15M, 26M, 27F), for large quantities of water (17M, 21F, 26M), and in small quantities (21F,

27F). Provers had the desire to quench their thirst with icy drinks (03F), tea (11F, 27F, 29F), water (12F, 13F, 26M, 27F), and cold water (03F, 19M, 26M, 27F). Prover 27F thirst was interestingly quenched by eating ice cream (27F). Prover 3 stated “Thirst better after lunch (provita; hummus; ham) “, (03F:00) and Prover 12 noted, “Had a 2L bottle of coke all by myself. Really thirsty. I also really like sugary things now”.

5.5.9 Urogenital system

The female/genital section of the repertory contributed a significant part of the proving with many provers producing a vast collection of symptomology. A record of increased libido was established in one prover.

5.5.9.1 Leucorrhoea

Presentation of itchiness in the pubic area was present with frequent white, thick, odourless discharge which was accompanied by the sensation of burning urination. It was stated that the burning and itchiness disapproved on the commencement of the next menstrual cycle. Discharges were brown, white, and clear, and yellow. This is an indication of a urinary tract infection.

5.4.9.2 Menstruation

There were dramatic irregularities of the menstrual cycle. Menstruation appeared too early or delayed due to stress. A peculiar symptom of awareness of the ovary was noted, this was juxtaposed by another prover who expressed a false sense of a menstrual cycle which did not appear while on the proving. Menstrual blood was scanty, tenacious, copious, brown, dark brown, bright red and brownish-red. The cloths were gelatinous and hard. Awareness of cloths that was also noticed.

5.4.9.3 Dysmenorrhoea

The menstrual pain was exhibited as unbearable, shooting, pulling, pressing and as if her uterus was twisted or someone squeezing it very hard. The pain was relieved by eating, forward bending, pressure, physical activity and exposure to heat.

Provers who previously experienced severe period pain was astonished by the incredible reduction in pain and some instances no pain at all (01F, 04F, 09F, 12F, 23F). In saying that, Prover 4F stated: “...absolutely mind blown, I usually suffer immensely with period pain...”. A significant reduction in premenstrual symptomology was recorded (04F, 18F).

Although in traditional usage of the fruit of *Garcinia cambogia*, it is used to treat delayed menstrual cycle (Tharachand *et al*, 2013). There are no other known affinity in this sphere hence the proving of *Garcinia cambogia* 30CH provided a great indications for the use in the urogenital system.

5.5.10 Integumentary system

Garcinia cambogia fruit has traditionally employed the treatment of open sores (Tharachand *et al*, 2013). There was a notable manifestation of symptomology on the skin and presented with similarities to varicella and other skin conditions. *Garcinia cambogia* 30CH produced dryness, red fine eruptions with no sensation. Vesicular, macular eruptions occurred on the right arm which later developed into pustules. The eruptions presented similar to that of chickenpox caused by the varicella virus and other skin conditions. *Garcinia cambogia* also is suggested homoeopathically for the pustular eruptions on the face, especially in the region of the uni-brow and boils in the gluteal region.

5.6 The Miasmatic indication of *Garcinia cambogia* 30CH

The researcher postulates that the proving of *Garcinia cambogia* 30CH may have corresponding themes of the Tubercular and Acute miasms due to the presentation of the symptomology that arose from the proving resembling these miasms.

5.6.1 The Tubercular miasm

The tubercular miasm is generally known as “pseudo-psora”. This miasm portrays characteristics of the psoric, sycotic and syphilitic miasm. The sensation corresponding with the miasm is distinct feeling of being stuck and overt oppression (Maharaj,M :2013). The mind is brought down by cares, worries and unhappiness. Evidence of extreme restlessness and impulsiveness is produced thus desiring change in the mental and physical sphere (Maharaj,M :2013). The feeling of unhappiness and dissatisfaction is reflected by the tubercular miasm with longing for an improve future (Sankran: 1994). A profound trait of the tubercular personality fails to aquatint to situations develops restlessness, anxiety, fear of being restrained, aversion to company eventually leading to hopelessness and wasting (Maharaj,M :2013).

Table 5.6.1: The keynote features of *Garcinia cambogia* 30CH conforming to the Tubercular miasm.

<ul style="list-style-type: none"> ➤ Anxiety ➤ Anger ➤ Aversion towards company ➤ Congestion ➤ Constipation ➤ Coryza ➤ Chest pains ➤ Craving salt ➤ Craving the things which make them sick ➤ Closed room aggravates ➤ Changeable mood ➤ Depression ➤ Desire for activity ➤ Desire to bite ➤ Desire for change ➤ Desire to escape ➤ Desire for open air 	<ul style="list-style-type: none"> ➤ Desire for travel ➤ Dry, itchy throat ➤ Dysmenorrhea ➤ Difficulty breathing ➤ Feeling trapped ➤ Hopefulness ➤ Independent and indifferent ➤ Inability to concentrate ➤ Irritability ➤ Itchy eyes ➤ Lachrymation ➤ Photophobia ➤ Selfishness ➤ Sinusitis ➤ Weight fluctuations ➤ Weakness and fatigue ➤ Violent sneezing ➤ Worse for artificial light
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5.6.2. The Acute miasm

According Sankaran the main characteristics features of the acute miasm are “a sudden, intense threat from the outside which he has to escape in order to survive, marked degree of violence in the sensations and actions” (1997:24). The delusion, dreams and fears are sudden and threatening. Their defence mechanism displays courage, flamboyant laughter and cheerfulness or react impulsively with violence. They are very excitable and physical symptoms appear and disappear suddenly and aggressively (1997:24).

The researcher suggests that the following keynote features of *Garcinia cambogia* 30CH confirm to the acute miasm: Anger, dreams of murder, dreams of dead, dreams of violence, hot flushes, sharp, shooting sensations, violence.

5.7. Clinical indications for *Garcinia cambogia* 30CH

It is apparent that the homoeopathic proving *Garcinia cambogia* 30CH surfaced a wide range of corresponding symptoms certain clinical conditions. Therefore it is hypothesised that the remedy is used in the management of the following conditions:

- Anger
- Weight loss
- Vertigo
- Headaches
- Anxiety
- Depression
- Photophobia
- Nausea
- Abdominal Allergic rhinitis
- Sinusitis
- Nasal congestion

- cramps
- Constipation
- Diarrhoea
- Irritable bowel syndrome
- Palpitations
- Bloating
- Heartburn
- Chest pain
- Back and neck pain
- Dark bleeding
- Dysmenorrhea
- Leucorrhoea
- Premenstrual symptom
- Eating disorders
- Sleep disorders
- Chronic fatigue syndrome/ adrenal fatigue syndrome
- Influenza
- Hot flushes

Garcinia cambogia 30CH is proposed in the clinical application in treating the above conditions, it is further recommended to conduct clinical trials to verify the indications.

CHAPTER SIX:

RECOMMENDATIONS AND CONCLUSIONS

6.1 Conclusion

The aim of the double-blinded homeopathic drug proving was to establish the symptomology experienced by healthy participants in response to the ingestion of *Garcinia cambogia* 30CH. As assumed *Garcinia cambogia* developed evident signs and symptoms in healthy participants was established by the homeopathic drug proving.

Furthermore, it can be deduced that the symptomology produced in the proving was coherent and comparable to the clinical empirical use of *Garcinia cambogia*. Overlapping clinical usage was demonstrated in some systems.

Objective 1.

The first objective was to establish symptoms via the proving for *Garcinia cambogia* to be prescribed according to the law of similars, this was validated by the randomised proving of *Garcinia cambogia* 30CH which created a wide range of symptoms. The bulk of the symptoms were generated via the mental/emotional plane which featured 184 rubrics, head (145 rubrics), generals (140 rubrics), extremities (92 rubrics) and stomach (89 rubrics). Themes a variety of themes presented by the provers with contradictions, which were perceived as the polarity of emotions and thoughts of many provers. The keynote of physical symptoms included headache, vertigo, joint pain, abdominal pain, polyphagia, postnasal drip, nausea, abdominal spasm and sore throat.

Objective 2.

The second objective was to conduct a subsequent comparison of the materia medica of *Garcinia cambogia* 30CH to the existing clinical empirical use of *Garcinia cambogia*. This subsequent comparison confirmed common clinical indications such as rheumatism, abdominal pain, dyspepsia, diarrhoea, constipation, diabetes, haemorrhoids, appetite suppression and weight loss.

6.2 Recommendations

6.2.1 The Provers

The symptoms that arose from the randomised, double-blinded, placebo-controlled proving was exclusively reliable to the proving participants. The prover population consisted of provers of the general public as well as various students and staff of the Durban University of technology.

Numerous homeopathic provings were conducted concurrently at the Durban University of Technology, therefore reducing the recruitment of experienced provers which may have resulted in recruiting inexperienced provers. This may have diluted the detail in the symptoms of the proving as the formulation of a comprehensive Materia medica of the remedy is directly dependant on accurate record of symptoms.

Regardless of the fact that each prover received a comprehensive detailer for accurately documenting their symptomology (instruction sheet: Appendix E) some provers recorded incoherent and incomplete symptoms. This may have been possibly due to poor comprehension of homeopathic provings, inadequate state of self-awareness and self-acknowledgment, as well as potentially poor prover compliance during the proving period. Nevertheless, many participants noted comprehensive symptoms. It was analysed that provers from the homeopathic fraternity were very precise in explanation of symptoms as opposed to provers without a homeopathic background.

Furthermore, it is recommended by the researcher that homeopathic practitioners and homeopathic students participate as provers due to their advanced knowledge and understanding of homeopathy.

The homeopathic proving procedure and expectation of provers throughout the proving process is better understood by experienced provers instead of the non-homeopathic affiliated provers.

The researcher, therefore, proposes that in future homeopathic provings, people well-versed in homeopathic provings be considered as potential participants for the study to ensure a more defined and comprehensive range of symptomatology as well as higher integrity and quality proving.

6.2.2 Prover Ethnicity and Prover Gender

In a comprehensive proving age, gender and ethnicity of participants depict important value in upholding and articulating a coherent and well-balanced proving. The factors contributing to variety of these appearances within a proving population allow for the dissimilarity of cultural/traditional ethnicities, lifestyle and dietary patterns. Therefore articulating a complete Materia Medica (Hansjee, 2010:325).

In this proving, there were a few individuals of the Caucasian ethnicity and a prevalence of Indian and African provers. The majority of provers were 23 years of age, whilst the provers population age ranged between 19 and 50. This proving consisted of 23 (77%) females and 7(23%) males. Therefore, the material medica symptoms pertaining to the Male genitalia/ sex of *Garcinia cambogia* was poorly represented and documented. It is therefore proposed by the researcher that the ratio of male to female prover be equal for an accurate representation of the substance, *Garcinia cambogia*.

6.2.3 Further Provings of *Garcinia cambogia*

The author of the book *The science of homoeopathy*, Vithoulkas (2002) advocates that further expansion regarding the mental, emotional and physical planes of a new remedy requires a variety of potencies to be inculcated. Sherr (2003) suggests conducting provings with different intensities of potencies may produce information that allows for an accurate potency selection for patients requiring a specific remedy, hence it is suggested that further investigations be carried out using 6CH, 9CH, 200CH and 1M potencies of *Garcinia cambogia* as symptoms produced from different potencies may differ to the symptoms produced by *Garcinia cambogia* 30CH. In addition, the researcher proposes further research on *Garcinia cambogia* as follows:

- Clinical trials in treating the indicated conditions with *Garcinia cambogia* 30CH.
- Group analysis of the Homoeopathic remedies from the *Guttiferae* family.
- A re-proving of current remedies from the *Guttiferae* family that may not previously have been proven comprehensively

6.3 Publication

The proving of *Garcinia cambogia* 30CH generated a vast range of symptoms concerning the mental, emotional and physical plane among provers. It would be valuable that information pertaining this homeopathic remedy be easily obtainable to homeopathic practitioners internationally and locally. It is therefore recommended by the researcher that the study of this proving and the materia medica of *Garcinia cambogia* 30CH be prepared, written up and published as an article in homeopathic journals.

6.4 Conclusion

The hypothesis that the proving of *Garcinia cambogia* 30CH would produce symptoms in the provers participating in this study was accepted and acknowledged as it was evidently established. The second hypothesis was *Garcinia cambogia* 30CH would expand the understanding and clinical scope of the medicinal value of the remedy by correlating symptoms produced with the empirical uses of *Garcinia cambogia* 30CH.

As a response to the substance, this proving produced a broad spectrum of symptomatology that were displayed on the mental, emotional and physical planes. These symptomology revealed a vast therapeutic index of the remedy as it could possibly be useful in the treatment for many conditions. Mental symptoms provided the bulk of the symptoms with a polarity produced in this proving. This remedy can be beneficial in the treatment of anger, anxiety, depression, disconnected or detached feeling, unfeeling state, forgetfulness, indecisiveness, irritability, mood swings, poor concentration and disorientation. Symptoms pertaining to the physical plane, *Garcinia cambogia* 30CH was vastly presented as well. Head symptomology was presented in detail in this proving hence this remedy will be vital in treatment of the headache, head eruptions and hair growth. Symptoms related to the

gastro-intestinal tract were clearly marked with nausea, abdominal pain, diarrhoea, constipation, distention, flatus and burning sensation therefore it may be of great value in the treatment of irritable bowel syndrome, ulcerative colitis and haemorrhoids. There was ravenous hunger or complete loss of it and an unquenchable thirst, especially for cold drinks. Allergy-type symptoms were noted as well. Provers recorded coryza, excessive sneezing, itchy eyes, lachrymation and dry itchy throat. Sleeplessness at night with excessive sleepiness during the day was evident. There were robust cravings for chocolate, pizza and alcohol. Carving of foods which aggravated was also prevalent. The totality of symptoms derived from *Garcinia cambogia* 30CH is indicative of that this substance may be vital in remedy selection in a clinical practice

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PROVERS NEEDED



ARE YOU BETWEEN THE AGES OF 18-75? CURRENTLY
NOT ON MEDICATION? AND IN A GENERAL GOOD
STATE OF HEALTH?

**WOULD YOU LIKE TO BE PART OF
SOMETHING EXTRAORDINARY?**

Join our Homoeopathic Drug Proving Learn exciting
new things and be a part of history in the making

Don't hesitate, call now:

Kristica Diplal: 074 555 8163

Leshmee Ramdiyal: 084 670 1690

HOMOEOPATHIC DAY CLINIC: 031 373 2041

APPENDIX B



SUITABILITY FOR INCLUSION IN THE PROVING

All information will be treated as strictly confidential

PROVER CODE: _____
Surname: _____
First name: _____
Sex: _____
Telephone number: _____

PLEASE MARK THE APPROPRIATE BOX WITH AN X

1. Are you between the ages of 18 and 75 years?

YES		NO	
-----	--	----	--

2. Do you consider yourself to be in a general state of good health?

YES		NO	
-----	--	----	--

3. Are you currently taking or in need of any medication?

- Chemical / Allopathic

YES		NO	
-----	--	----	--

- Homoeopathic

YES		NO	
-----	--	----	--

- Other (e.g. Herbal)

YES		NO	
-----	--	----	--

4. Have you been on the birth control pill or Hormone Replacement Therapy in the last six months?

YES		NO	
-----	--	----	--

5. Are you pregnant or nursing?

YES		NO	
-----	--	----	--

6. Have you had surgery in the last six weeks?

YES		NO	
-----	--	----	--

7. Have you had any recreational therapy in the last six months?

YES		NO	
-----	--	----	--

8. Do you use any recreational drugs such as: marijuana, LSD, MDMA (ecstasy)?

YES		NO	
-----	--	----	--

9. Do you consume more than:

- Two measures of alcohol per day?
(1 measure = 1 tot, 1 beer, ½ glass wine)

YES		NO	
-----	--	----	--

- 10 cigarettes per day?

YES		NO	
-----	--	----	--

- 3 cups of tea, coffee or herbal tea?

YES		NO	
-----	--	----	--

10. Are you willing to follow the procedures for the duration of the proving?

YES		NO	
-----	--	----	--

11. Is English your first language and/or are you fluent in English?

YES		NO	
-----	--	----	--

This appendix has been adapted from Webster, H. 2002. *A Homoeopathic drug proving of Sutherlandia frutescens*. M. Tech. Hom. Dissertation. Durban Institute of Technology.

APPENDIX C



PRELIMINARY LETTER OF INFORMATION

Title of the Research Study:

A Homoeopathic proving of *Garcinia cambogia* 30CH with subsequent comparison to empirical clinical use.

Principal Investigator/s/researcher: Kristica Diplal (B. Tech: Homoeopathy), Leshmee Ramdiyal (B. Tech: Homoeopathy)

Supervisor/s: Dr. M Maharaj (M. Tech: Homoeopathy)

Brief Introduction and Purpose of the study:

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms they may experience. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription according to the Law of Similars, when a patient displays a similar symptom picture. Proving is vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of the homoeopathic drugs and allow on to gain a practical and experimental understanding of homoeopathic medicines.

Outline of the procedures:

1. Once you have read and understood this information letter fully and had the opportunity to ask questions you will be asked to sign a preliminary consent form which allows the researcher to take you through the preliminary stage of this research.
2. After signing the preliminary consent form the researcher will determine if you meet the required criteria for this study, this will take place in the form of a set of questions about your lifestyle and medical history.
3. If you meet the required criteria in order to participate the next process can begin.
4. The researcher will then conduct a homoeopathic case history; this is a detailed interview where the researcher asks detailed questions about your health.
5. The researcher will then conduct a general physical examination and measure things like blood pressure, pulse, height, weight, etc.
6. The researcher will also request a urine sample from all potential female provers – this is so that a routine pregnancy test can be conducted on this urine sample. The urine sample test will be done at the end of the physical examination and the researcher will give you feedback immediately thereafter.
7. After all of the above are conducted (which should take about 1 hour to perform) the researcher will provide feedback on their finding and then if all the necessary criteria are met you will be invited to attend a prover training workshop where all provers will be trained on how to conduct a proving.

At any stage in the preliminary process you are free to change your mind and withdraw without having to provide any reason for doing so. All of the above will be conducted at the homoeopathic Day Clinic at Durban University of Technology.

Risk or Discomforts to the Participant: There is no risk to participation or risk of discomfort in this preliminary stage of the proving; no medicine is tested at this stage. Prospective provers are only being screened for suitability for the main part of the proving.

Benefits:

Although there is no direct benefit to participating in this preliminary stage of the proving; you will receive a comprehensive assessment of your health status which may be of indirect benefit to you, there will be no charge for this assessment and there will be no remuneration for your participation – you are requested to volunteer your time accordingly.

Reason/s why the Participant May Be Withdrawn from the Study:

Participation in this study is purely voluntary and provers can withdraw themselves at any time should they wish to do so. Participants will however be excluded if they do not meet the inclusion criteria, in addition should participants fall ill or require orthodox or other medication during the study they may be excluded by the researchers.

Remuneration:

Participants will not be remunerated for participation in this proving.

Costs of the Study:

There will be no costs to the participants for partaking in this research.

Confidentiality:

All of the above will be conducted in private; and all information is kept strictly confidential, only the researchers will have access to the information and at no stage will your name be mentioned in the research process. Only the researcher will be present during your physical examination.

Research-related Injury:

Participation in this preliminary stage of the proving is highly unlikely to result in any injury, since the preliminary stage of the proving is merely a screening process, however all provers are covered by an insurance policy in the event that they incur any injury or harm.

Persons to Contact in the Event of Any Problems or Queries:

If you have any queries or concerns during the duration of this proving you may please contact the following individuals:

- Researcher: Kristica Diplal (074 555 8163)
 - Co-researcher: Leshmee Ramdiyal (084 670 1690)
 - Supervisor: Dr. M. Maharaj (083 388 2688)
 - The institutional Research Ethics Administrator (031 373 2900)
- Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or dvctip@dut.ac.za.



PRELIMINARY CONSENT

Statement of Agreement to Participate in the research Study:

- I hereby confirm that I have been informed by the researcher, _____ (name of researcher), about the nature, conduct, benefits and risks of this study – Research Ethics Clearance Number: _____,
- I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

Full Name of Participant

Date

Time

Signature / Right

Thumbprint

I, _____ (name of researcher) herewith confirm that the above participants have been fully informed about the nature, conduct and risks of the above study.

Full Name of Researcher

Date

Signature

Full Name of Witness (If applicable)

Date

Signature

Full Name of Legal Guardian (If applicable)

Date

Signature

This appendix has been taken from: Ross, A.H.A. 2011. An Appraisal of Homoeopathic Proving Methodology as a Bridge between the Indigenous and Rationalist-Scientific Understandings of Medicinal Plants: The Case of *Strychnos henningsii*. M. Tech. Homoeopathic. Dissertation, Durban Institute of Technology

APPENDIX D



Proving Case History Form

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL

PROVER NUMBER

SURNAME:					
FIRST NAME(S):					
SEX:	M / F	AGE:		CHILDREN:	
OCCUPATION:				MARITAL STATUS:	S / M / D / W

1. Past Medical History:

(Please list previous health problems and their approximate dates :)

Do you have a history of any of the following? **[Please tick relevant blocks]**

Cancer		Asthma	
HIV		Pneumonia/ Chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Boils/ Suppurative tendency	
Bleeding disorders		Smoking	
Eczema/ Skin conditions		Oedema/ Swelling	
Warts		Haemorrhoids	

2. Surgical History:

(Please list any past surgical procedures [e.g. tonsils, warts, moles, appendix etc.] and their approximate dates :)

3. Family History:

Is there a history of any of the following within your family?

(including siblings, parents and grandparents)

Cardiovascular disease	<input type="checkbox"/>	incl. hypertension, heart disease, etc.
	<input type="checkbox"/>	
Cerebrovascular disease	<input type="checkbox"/>	incl. stroke, TIA, etc.
	<input type="checkbox"/>	
Diabetes mellitus		

Tuberculosis

Mental illness

incl. depression, schizophrenia, suicide, etc.

Cancer

Epilepsy

Bleeding disorders

Please list any other medical conditions within your family:

Mother		Grand-	
		Mother	
		Grand-	
		Father	
Father		Grand-	
		Mother	

		Grand- Father	

4. Background Personal History:

Allergies:

Vaccinations:

Medication (including supplements):

Estimation of daily consumption:

Alcohol:

Cigarettes:

5. Generalities:

Energy:

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Sleep:

Quantity: _____

Quality: _____

Position: _____

Dreams:

Time modalities:

>	
<	

Weather modalities:

>	
<	

Temperature modalities:

>	
<	

Perspiration:

Appetite:

<i>Cravings</i>	
<i>Aversions</i>	
>	
<	

Thirst:

Bowel habits:

Urination:

Menstrual cycle and menses:

Menarche:	Yrs	Regular	Irregular	<u>Pre-menstrual:</u>
LMP:		Interval:	days	
<u>Nature of bleed:</u>		Duration:	days	
		Meno-	Metro-	

	<u>Post-menstrual:</u>
<u>Pain:</u>	

6. Head-to-toe and Systems Overview:

Head:

Eyes and Vision:

Ears and Hearing:

Nose and Sinuses:

Mouth, Tongue and Teeth:

Throat:

Respiratory System:

Cardiovascular System:

Gastro-intestinal System:

Urinary System:

Genitalia and Sexuality:

Musculoskeletal System:

Extremities:

Upper: _____

Lower: _____

Skin:

Hair and Nails:

Other:

7. Psychic Overview:

Disposition:

Fears:

Relationships:

Social Interaction:

Ambition/ Regret:

Hobbies/ Interests:

8. The Physical Examination:

a) Physical Description

Frame/ Build:			
Hair colour:		Complexion:	
Eye colour:		Skin texture:	

b) Vital Signs

Height:	m
Weight:	kg
Pulse rate:	beats/min
Respiratory Rate:	breaths/min
Temperature:	°C
Blood Pressure:	/ mmHg

c) Pregnancy Test

POSITIVE		NEGATIVE	
----------	--	----------	--

d) Findings on Physical Examination *[Tick positive blocks]*

Jaundice	<input type="checkbox"/>	Oedema	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
Anaemia	<input type="checkbox"/>	Lymphadenopathy	<input type="checkbox"/>
	<input type="checkbox"/>		
Cyanosis		Dehydration	
Clubbing			

Specific System Examinations:

Consultation Date:		Signature:	

Freely adapted from Ross, A. 2011. *An appraisal of homoeopathic proving methodology as a bridge between the indigenous and rationalist-scientific understandings of medicinal plants: the case of Stychnos henningsii*. D. Tech: Homoeopathy. Dissertation, Durban University of Technology.

APPENDIX E

INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC)**LETTER OF INFORMATION: MAIN INFORMATION LETTER**

Title of the Research Study: A HOMOEOPATHIC DRUG PROVING

Principal Investigator/s/researcher: Kristica Diplal (B.Tech Homoeopathy), Leshmee Ramdiyal (B.Tech Homoeopathy)

Co-Investigator/s/supervisor/s: Dr. M. Maharaj (M.tech: Homoeopathy)

Brief Introduction and Purpose of the Study:

Thank you for agreeing to participate in this proving. We would like to welcome you to an exciting experience, as you will be part of the advancement and growth of homoeopathy and you will derive great benefit from the experience. The purpose of this study is to ascertain the unique symptoms of the proving in order to determine whether this substance may be used as an effective treatment in Homoeopathy.

The only way to expand our armamentarium of homoeopathic remedies is through comprehensive provings. Many provings have already been conducted to reveal remedies' individual characteristics, but in order to keep expanding the therapeutic range of homoeopathy it is necessary to continually conduct provings on new substances.

Each homoeopathic prescription is unique to the individual patient. The totality of symptoms of the patient are matched up with the symptoms a particular remedy produced in healthy subjects during a proving study. Provings are therefore the main source of data for the homoeopathic materia medica.

Outline of the Procedures:

Responsibilities of the provers:

Before the proving:

Ensure that you have:

- An assigned prover number and a corresponding journal
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Signed the informed consent form.
- Been given a set of powders.

The principal investigator will contact you with the date required to commence the pre proving observation period, and the date that you are required to start taking the remedy. You will also agree on a daily contact time for the researcher to contact you.

Should there be any problems, or anything you do not fully understand, please do not hesitate to contact your proving supervisor.

Beginning the proving:

After speaking to your supervisor, you can begin to record your symptoms daily in the journal for one week prior to taking the remedy. This will help you get into the habit of observing and recording your symptoms on a daily basis and it will also bring you into contact with your normal state. This is very important as it forms the baseline of the proving.

Taking the remedy:

Begin taking the remedy on the day you and your supervisor have agreed upon. It is very important to record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be dissolved under the tongue on an empty stomach and with a clean mouth. Neither food nor drink should be taken for half an hour before and after taking the remedy. The remedy should not be taken for more than 3 doses a day for two days (six powders maximum).

In the event that you experience symptoms or those around you observe any proving symptoms **do not take any further doses of the remedy.**

By proving symptoms we mean:

1. **Any new symptoms**, i.e. ones that you have never experienced before
2. **Any change or intensification of any existing symptom**
3. **Any strong return of an old symptom**, i.e. a symptom that you have not experienced for more than one year

If in doubt please contact your supervisor. Be on the safe side and do not take any further doses. **Our experience has shown again and again that the proving symptoms usually begin very subtly, often before the prover recognises that the remedy has begun to act.**

Lifestyle during the proving:

Try to remain within your usual framework and maintain your usual habits. Respect the need for moderation in the following areas; work, alcohol, exercise and diet. Avoid all antidoting factors such as **coffee, camphor, menthol and mints**. If you normally use these substances, please stop taking those two weeks before, and for the duration of, the proving. Protect the powders you are proving as you would any other potentised remedy by storing it in a cool, dark place, away from any strong smelling substances and electronic equipment i.e. cell phones.

Avoid taking medication of any sort, especially antibiotics, vitamin or mineral supplements, herbal or homoeopathic remedies. In the event of a medical or dental emergency of course common sense should prevail. Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor or proving coordinator as soon as possible

Recording of symptoms:

When you commence the proving, note down carefully any symptoms that arise, whether they are old or new, and the time of day or night at which they occurred. This should be done as vigilantly and frequently as possible so that the details will be fresh in your memory. Make a note even if nothing happens.

Please start each day on a new page with the date noted at the top of each page. Also note which day of the proving it is. The day that you took the first dose is day zero.

Write neatly on alternate lines, in order to facilitate the extraction process which is the next stage of the proving.

Please keep your journal with you at all times to ensure you record symptoms as soon as they occur.

Please be as precise as possible. Note in an accurate, detailed, but brief manner, your symptoms in your own language.

Information about **location, sensation, modality, time and intensity** is particularly important:

Location: Try to be accurate in your anatomical descriptions. Simple clear diagrams may help here. Be attentive to which side of the body is affected.

Sensation: Describe the type of sensation as thoroughly as possible i.e. burning, dull, shooting, stitching, throbbing etc.

Modality: > (better) or < (worse) from weather, food, smells, dark, lying, standing, light, people, etc. Try different things out to see if they affect the symptom and record any changes.

Time: Note the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is this unusual for you?

Intensity: Briefly describe the sensation and effect of the symptom on you.

Aetiology: Did anything seem to set off or cause the symptom and does this occur frequently?

Concomitants: Do any symptoms occur simultaneously or do some symptoms appear to alternate with each other?

Remember **CLAMITS**

- C** - Concomitants
- L** - Location
- A** - Aetiology
- M** - Modality
- I** - Intensity
- T** - Time
- S** - Sensation

On a daily basis you should run through the following check list to ensure that you have observed and recorded all your symptoms:

- ✓ Mind/ mood
- ✓ Head
- ✓ Ears/ hearing
- ✓ Eyes/ vision
- ✓ nose
- ✓ back
- ✓ chest and respiratory system
- ✓ digestive system
- ✓ skin
- ✓ extremities
- ✓ urinary organs
- ✓ genitalia

- ✓ sex/ menstruation
- ✓ temperature
- ✓ sleep
- ✓ dreams
- ✓ generalities

As far as possible try to classify each of your symptoms by making a notation according to the following key in brackets next to each entry:

(RS) - Recent symptom i.e. a symptom that you are suffering from now, or have been suffering from in the last year.

(NS) - New symptom.

(OS) - Old symptom. State when the symptom occurred previously.

(AS) - Alteration in a present or old symptom. (E.g. used to be left side, now on the right side)

(US) - An unusual symptom for you.

If you have any doubts, discuss them with your supervisor.

Please give full descriptions of dreams, and in particular note the general feeling or impression the dream left you with.

Mental and emotional symptoms are important, and sometimes difficult to describe - please take special care in noting these.

Reports from friends and relatives can be very enlightening. Please include these if possible. At the end of the proving please make a general summary of the proving. Note how the proving affected you in general. How has this experience affected your health? Would you do another proving?

Please remember that detailed observation and concise, legible recording is crucial to the proving.

Experimental method:

- An interview will be conducted with each chosen prover to decide whether they have met the necessary criteria. If they have met the criteria, they will be given a Proving Information Sheet.
- After the provers have been selected in the above mentioned process, a meeting will be conducted in the seminar room at the Department of Homoeopathy between the 30 chosen provers and the two researchers this serves to inform the provers of what is expected of them during the proving and will then be given an overview of the basic procedure of the proving (Sherr 2003:30).
- An Informed Consent Form will be given to the selected provers and a physical examination will be conducted on a scheduled date. The meeting will take place between each prover and the researchers.
- A thorough case history of each prover will be taken by the researchers prior to the commencement of the proving.
- After the completion of the consultation, each prover will be given the following:
 - ✓ A personal prover code

- ✓ A journal, in which symptoms will be recorded
- ✓ The powders that the provers will have to consume
- ✓ A starting date
- ✓ The instruction to Provers Sheet
- On the assigned starting date of the proving, each prover will have to record their 'normal' state in the given journal, at a minimum of three times a day. This is important to get the prover familiarized with self-observation and to set a standard for each prover's normal state of health.
- The researchers will contact the provers to ensure accuracy and compliance in the recording of symptoms.
- One week after the pre proving journal keeping, each prover will take one dose of the proving remedy and record any symptoms that they come across. If severe symptoms do occur then the prover must not take any further doses of the proving remedy, if the symptoms are very mild, the prover may take one more dose (Sherr 2003: 34).
- If no symptoms occur, then the provers will continue taking the remedy three times a day for two days. If any symptoms do occur, they should not take any further doses.
- The daily recording of symptoms by the provers will continue for a total of four weeks.
- Telephonic communication between the researcher and the prover will be carried out to discuss the symptoms of each prover during the first week of the proving.
- During the second week, researchers will contact provers via the telephone every second day, during the third week researchers will contact the provers every third day and in the fourth week the researchers will contact the provers once a week.
- Recording of the symptoms will have to be done by the prover until all proving symptoms have run their full course.
- The journals from the provers will be collected at the end of the four weeks and a post proving meeting will be scheduled (Sherr 2003:32).
- Before symptom extraction begins, the proving will be disclosed to the researchers so that the verum and placebo groups may be distinguished.
- A study of the data collected and extraction of symptoms will proceed.
- Any symptomatology obtained from the proving research study will be collected and either included or excluded as valid symptoms according to their specific criteria. This information will then be written into materia medica and repertory format.

Inclusion criteria:

To participate in this proving the prover must meet all the inclusion criteria:

- ✓ Must be between the ages 18 and 65
- ✓ Must be willing and able to comply with the daily keeping of a journaling which symptoms are recorded
- ✓ Must be in a relatively good state of health
- ✓ Must be willing to follow the proper procedures for the duration of the proving
- ✓ Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes (e.g. moving housing, marriage or divorce) planned during the proving period.
- ✓ Must not be on or in need of any medication; homeopathic or other
- ✓ Must not have been on the birth control pill or hormone replacement therapy in the previous six months
- ✓ Must not be pregnant or nursing
- ✓ Must not have had surgery in the previous six weeks
- ✓ Must not have any surgical or medical procedures planned for the duration of the proving period
- ✓ Must not use recreational drugs such as cannabis

- ✓ Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation

Exclusion Criteria:

You may not participate in this study if:

- You are younger than 18 years old or older than 65 years old,
- You are on chronic allopathic, homoeopathic, or herbal medication,
- You are on, or have been on, the oral contraceptive pill or hormone replacement therapy in the last six months,
- You are pregnant,
- You have had surgery in the last six weeks,
- You use recreational drugs such as cannabis, LSD, or ecstasy (MDMA),
- You consume more than two measures of alcohol a day,
- You smoke more than 10 cigarettes a day,
- You consume more than 3 cups of coffee or tea a day,
- You are in a poor state of health,
- You are not willing to follow the proper procedure for the duration of the proving.

Randomisation:

The randomisation process will be carried out electronically. The aim of this process is so that neither the researchers nor the provers will have knowledge of who is in the placebo or verum group. Thus, a double blind status is achieved.

The powders of both the verum and control groups will be identical in presentation. An independent third party will administer the powders to the provers. This further ensures that the identity of the provers within the two groups remains unknown to the researcher.

Risks or Discomforts to the Participant:

Mild discomfort may be experienced as a result of participating in the proving. These symptoms are “proving” symptoms and are functional and sensational in nature. Upon discontinuing the remedy these symptoms subside. Complete recovery is usual. On rare occasions that a symptom becomes distressing then the supervisor in charge will antidote the effects of the remedy. A specific remedy will be prescribed by the supervisor to antidote the symptoms. This will be done after a complete physical examination and case history process by the supervisor in charge.

All provers will be informed and warned about the inconveniences, potential risks, objectives and benefits of the study and they will be made to sign a consent form before commencing with the study.

Participants are free to withdraw from the study with no repercussions at any stage.

Benefits:

It is postulated that each proving undertaken strengthens the body’s vital force (Hahnemann, 1996: 208). Provers learn and develop the skill of observation and gain homoeopathic knowledge through direct involvement in proving. A prover may be cured of certain ailments if the remedy is his/her simillimum.

Reason/s why the Participant May Be Withdrawn from the Study:

Participation in this study is purely voluntary and provers can withdraw at any given time. However, provers will be excluded if:

- Anti-doping of the prover if too severe aggravations such as illnesses that threaten the patients health may occur or if he/she experiences extreme discomfort during the course of the proving period.
- Acute medical emergencies not related to proving study occurring e.g. acute appendicitis, motor vehicle accident or any incident requiring immediate hospitalization/medical intervention.
- Non-compliance of the prover to the instructions presented to him/her.

Remuneration:

No remuneration will be offered to participants.

Costs of the Study:

There is no expense to the prover for participating in the proving

Confidentiality:

It is important for the quality and credibility of the proving that you discuss your symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers or anyone that may have contact with fellow provers.

Your privacy is something that we will protect. Your identity will be known only by your supervisor and on completion of the proving all identifiable information will be removed and destroyed.

Research-related Injury:

No compensation will be offered to the prover.

Persons to Contact in the Event of Any Problems or Queries:

Please contact the researcher: Kristica Diplal (074 555 8163), Leshmee Ramdiyal (084 670 1690), my supervisor: Dr. M. Maharaj (083 388 2688) or the Institutional Research Ethics administrator on 031 373 2900. Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or dvctip@dut.ac.za.

**INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC)
CONSENT**

**Statement of Agreement to Participate in the
Research Study:**

- I hereby confirm that I have been informed by the researcher, _____, about the nature, conduct, benefits and risks of this study - Research Ethics Clearance Number: _____
- I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

_____	_____	_____	_____
Full Name of Participant	Date	Time	Signature/Right Thumbprint

I, _____ (name of researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

_____	_____	_____
Full Name of Researcher	Date	Signature

_____	_____	_____
Full Name of Witness (If applicable)	Date	Signature

_____	_____	_____
Full Name of Legal Guardian (If applicable)	Date	Signature

APPENDIX F

METHODS OF PREPARATION OF REMEDY

This has been adapted from the *German Homoeopathic Pharmacopeia* (GHP). 2005. Stuttgart: Medpharm Scientific Publishers.

I. Method 6 : Trituration

Preparations made according to Method 6 are triturations of a solid basic drug material with lactose as the vehicle unless otherwise prescribed. Triturations up to and including the 4th dilution are triturated by hand or by machine in a ratio of [1 to 10 (dilution) or]^a 1 to 100 (centesimal dilution). Unless otherwise stated, the basic drug material are reduced to the particle size given in the Monograph a (Mesh aperture). Quantities of more than 100g are triturated by mechanical means.

The duration and intensity of the trituration should be such that the resulting particle size of the basic drug material in the 1st [1 decimal or] centesimal dilution is below 10µm at 80 percent level; no drug particle should be more than 50µm.

Trituration up to the 4th [decimal or] centesimal are produced at the same duration and intensity of trituration.

Triturated by hand:

Divide the vehicle (lactose 19.800g)^b into 3 parts and triturate the first part [6.600g] for a short period in a porcelain mortar. Add the basic drug material [0.200g] and triturate for 6 minutes, scrape down for 4 minutes with a porcelain spatula, triturate for a further 6 minutes, scrape down for 4 minutes with a porcelain spatula, add the second part [6.600g] of the vehicle and continue as above. Finally add the third part of [6.600g] and proceed as before. The minimum time required for the whole process will thus be 1 hour. The same method is followed for subsequent dilutions.

[For trituration above the 4x or 4c dilute is 1 part of the dilution with 9 parts of lactose or 99 parts of lactose as follows: in a mortar, combine one third of the required amount of lactose with the whole of the previous dilution and mix until homogenous. Add the second third of lactose mix until homogenous, and repeat for the last third.]

[Triturated by machine- not applicable]

II. Method 8a: liquid preparation made from triturations

The preparation made by Method 8a are liquid preparations produced from triturations made by Method 6.

[To produce a 6x liquid dilution, 1 part of the 4x trituration is dissolved in 9 parts of water and succussed. 1 part of this dilution is combined with 9 parts of ethanol 30 percent to produce the 6x liquid dilution by succession. In the same way, the 7x liquid dilution is made from the 5x trituration, and the 8x liquid dilution is made from the 6x triturate. From the 9x upwards, liquid decimal dilution are made from the previous decimal dilution with the ethanol 43 percent in ratio of 1 to 10.]

To produce a 6c liquid dilution, 1 part of 4c trituration is dissolved in 99 parts of water and succussed. 1 part of the dilution is combined with 99 parts of ethanol 30 percent to produce the 6c liquid dilution by succussion. [In the same way, the 7c liquid dilution is made from the 5c trituration, and the 8c liquid dilution from the 6c trituration.] From the 9c [7c] upwards, liquid centesimal dilution are made from the previous centesimal dilution with ethanol 43 percent in the ratio 1 to 100.

[The 6x, 7x, 6c, 7c liquid dilutions produces from the above method must not be used to produce further liquid dilutions]

Modified Method 8a

To produce a 4CH liquid dilution, 1 part [0.200g] of the 3c trituration is dissolved in 49 parts [9.800g] of water and dissolved. To this add 50 parts [10,000g] of ethanol 60 percent. This mixture is succussed to produce the 4c liquid dilution. 1 part of this dilution [30ul] is combined with 99 percent [2.970ml] to produce the 5c liquid dilution by succession. From the 6c upwards, liquid centesimal dilutions are made from the previous centesimal dilution with ethanol 96 percent in the ratio of 1 to 10.

- a. *[Italics]* indicates portions of the methods which are not applicable to the preparation of **XXXX 30C**.
- b. ***[bold italics]*** indicates specific details applications to the preparation of **XXXX 30C**.

APPENDIX G

The following list of criteria will determine whether any symptomatology should be included or rejected.

Inclusion Criteria:

- New symptom that is unfamiliar to the prover (ICCH, 1999: 36).
- Usual or current symptoms that are intensified to a marked degree (ICCH, 1999: 36).
- Current symptoms that have been modified or altered – with clear description of current and modified components (ICCH, 1999: 36).
- Old symptoms that have not occurred for at least one year – note the time of last appearance (ICCH, 1999: 36).
- Present symptoms that have disappeared during the proving (curative action) (ICCH, 1999: 36).
- The time of day at which the symptom occurred should only be included if there is repetition of such times in one or more provers (ICCH, 1999: 36).
- If a symptom is in doubt – include it in brackets. If another prover experiences the same symptom, it could be valid. Otherwise it must be included (ICCH, 1999: 36).
- A symptom occurred after taking the medication on at least 2 (two) occasions during the homoeopathic drug proving.
- A symptom experienced when the proving started and which disappeared or is significantly ameliorated after the administration of the proving medication, is classified as a cured symptom (Riley, 1997: 227).
- All symptoms occurring in more than one subject (Riley, 1997: 227).
- If the prover is under the general influence of the remedy then all the new symptoms are proving symptoms (Sherr, 2003: 76).

Exclusion Criteria:

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

Any information that is collected will then be collated. “Collating” is the process of combining all the information obtained from each prover and putting it together ‘as if one person’ (Sherr, 2003: 76); this collated information will then be written in standard materia medica and repertory format to be added to synthesis repertory. Homoeopaths both locally and internationally will be able to use *Garcinia cambogia* in clinical practice.

Appendix H

PROVER CODE:		Random NO:	
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Follow Up Case History & Physical Examination*

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL

Background Personal History:

Allergies:

Vaccinations:

Medication (including supplements):

Estimation of daily consumption:

Alcohol:

Cigarettes:

Generalities:

Energy:

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Sleep:

Quantity:

Quality:

Position:

Dreams:

PROVER CODE:		Random NO:	
-----------------	--	---------------	--



Nature of bleed:	Duration:	Days	
	Meno-	Metro-	
			<i>Post-menstrual:</i>
<i>Pain:</i>			

Head-to-toe and Systems Overview:

Head:

Eyes and Vision:

Ears and Hearing:

Nose and Sinuses:

Mouth, Tongue and Teeth:

Throat:

Respiratory System:

PROVER CODE:		Random NO:	
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Hair and Nails:

Other:

Mental Overview:

Disposition:

Fears:

Relationships:

Social interaction:

Ambition / Regret:

Hobbies/Interests:

**PROVER
CODE:**

**Random
NO:**



Consultation Date:

**Signature
Investigator/
Supervisor:**

FOLLOW UP:

☐ There are no ongoing proving symptoms ⇨ Prover back to normal state

☐ There are ongoing symptoms, details / explanation:

Final Consultation Date:		Signature of Investigator/ Supervisor:	
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APPENDIX I

Gatekeeper permission letter

To Dr Hall- HOD Homoeopathy

I am writing to seek permission to utilize the Homoeopathic Day Clinic for consultation with participants and the Homoeopharmaceutics facilities to prepare and conduct a Homoeopathic proving of *Garcinia cambogia* 30CH .

This research is being conducted by Kristica Diplal and Leshmee Ramdiyal from Durban University of Technology as part of a Master's degree in Homoeopathy. I require gatekeeper permission from those in charge in order to recruit participants at DUT and the greater KZN community.

The aim of this study is to elucidate the symptoms produced in healthy provers in response to *Garcinia cambogia* 30CH. The overall goal of this study is to obtain the materia medica of the substance so that it may be prescribed according to the Law of Similars. The proving will take the form of a double blind, placebo controlled trial carried out on 30 healthy, consenting participants whom will be randomly divided into two groups, 6 will be assigned to the placebo group and 24 to the experimental group. The 2 researchers, Ramdiyal and Diplal will each be responsible for their own placebo and verum group (i.e. 15 provers each), the two students will also manage and share the clinical trial processes and data. However each student has differing objectives which each supervisor will manage. The research will be conducted for a minimum period of 8 months and the premises will be required for an initial consult and follow up.

Thank you for this opportunity.

I await a positive response.

I [Name]: _____ as

[Role Title]: _____ of [Site Name]: _____,
having been fully informed as to the nature of the research to be conducted, hereby give my permission for the study to be conducted.

Signature: _____

Date: _____

Researchers: Kristica Diplal

Leshmee Ramdiyal

APPENDIX J

Gatekeeper permission letter

To Dr Nienaber- Clinic co-ordinator

I am writing to seek permission to utilize the Homoeopathic Day Clinic for consultation with participants and the Homoeopharmaceutics facilities to prepare and conduct a Homoeopathic proving of *Garcinia cambogia* 30CH .

This research is being conducted by Kristica Diplal and Leshmee Ramdiyal, from Durban University of Technology as part of a Master's degree in Homoeopathy. I require gatekeeper permission from those in charge in order to recruit participants at DUT and the greater KZN community.

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Thank you for this opportunity.

I await a positive response.

I [Name]: _____ as

[Role Title]: _____ of [Site Name]: _____,
having been fully informed as to the nature of the research to be conducted, hereby give my permission for the study to be conducted.

Signature: _____

Date: _____

Researchers: Kristica Diplal

Leshmee Ramdiyal

APPENDIX K

Gatekeeper permission letter

To Prof. S. Moyo- DUT Research Director

I am writing to seek permission to utilize the Homoeopathic Day Clinic for consultation with participants and the Homoeopharmaceutics facilities to prepare and conduct a Homoeopathic proving of *Garcinia cambogia* 30CH .

This research is being conducted by Kristica Diplal and, Leshmee Ramdiyal from Durban University of Technology as part of a Master's degree in Homoeopathy. I require gatekeeper permission from those in charge in order to recruit participants at DUT and the greater KZN community.

The aim of this study is to elucidate the symptoms produced in healthy provers in response to *Garcinia cambogia* 30CH. The overall goal of this study is to obtain the materia medica of the substance so that it may be prescribed according to the Law of Similars. The proving will take the form of a double blind, placebo controlled trial carried out on 30 healthy, consenting participants whom will be randomly divided into two groups, 6 will be assigned to the placebo group and 24 to the experimental group. The 2 researchers, Ramdiyal and Diplal will each be responsible for their own placebo and verum group (i.e. 15 provers each), the two students will also manage and share the clinical trial processes and data. However each student has differing objectives which each supervisor will manage. The research will be conducted for a minimum period of 8 months and the premises will be required for an initial consult and follow up.

Thank you for this opportunity.

I await a positive response.

I [Name]: _____ as

[Role Title]: _____ of [Site Name]: _____,
having been fully informed as to the nature of the research to be conducted, hereby give my permission for the study to be conducted.

Signature: _____

Date: _____

Researchers: Kristica Diplal

Leshmee Ramdiyal

APPENDIX L

Gatekeeper permission letter

To Dr Korporaal - DUT

I am writing to seek permission to utilize the Homoeopathic Day Clinic for consultation with participants and the Homoeopharmaceutics facilities to prepare and conduct a Homoeopathic proving of *Garcinia cambogia* 30CH .

This research is being conducted by Kristica Diplal and Leshmee Ramdiyal, from Durban University of Technology as part of a Master's degree in Homoeopathy. I require gatekeeper permission from those in charge in order to recruit participants at DUT and the greater KZN community.

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Thank you for this opportunity.

I await a positive response.

I [Name]: _____ as

[Role Title]: _____ of [Site Name]: _____,
having been fully informed as to the nature of the research to be conducted, hereby give my permission for the study to be conducted.

Signature: _____

Date: _____

Researchers: Kristica Diplal

Leshmee Ramdiyal

