

**A HOMEOPATHIC DRUG PROVING OF *YAM HA-MELACH* 30CH WITH A
SUBSEQUENT COMPARISON TO THE MATERIA MEDICA OF ITS
CONSTITUENT MINERALS.**

By

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the Durban University of Technology.

I, Natasha Wallace, hereby declare that this mini-dissertation represents my own
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ABSTRACT

Introduction

Proving is important to expand known materia medica and advance homeopathy. The Dead Sea was chosen as a substance because it has numerous therapeutic properties in its crude form, making *Yam ha-Melach* an invaluable homeopathic remedy as the therapeutic properties of a substance are increased during the potentization process.

Objective

The objective of the study was to investigate the therapeutic potential of *Yam ha-Melach* 30CH, on healthy provers and to record the signs and symptoms produced, so that it may be prescribed according to the Law of Similars, to those presenting with similar symptoms and further to compare the materia medica of *Yam ha-Melach*'s constituent minerals with symptoms obtained from the proving of *Yam ha-Melach* 30CH.

Methodology

This proving took the form of a randomised double-blind, placebo controlled study. The potency used was the 30th centesimal potency or 30CH. The proving population consisted of a combined project of twenty provers who met the inclusion criteria (Appendix A). Ten percent of the test group (two subjects) received placebo and the rest received *Yam ha-Melach* 30C (18 subjects). In order for the study to have remained double blind, neither the researchers nor the provers were aware of who received placebo and who received the remedy.

Data collection was in the form of a journal kept by each prover, in which their symptoms were recorded daily for a total of five weeks, before, during and after taking the powders. On completion of the proving, data obtained from the journals were analyzed by the researcher for suitability of symptoms for inclusion in the materia medica of *Yam ha-Melach*. These symptoms were then translated into

materia medica and repertory language, and a homeopathic picture of the remedy formulated. Data obtained from the case histories and physical examinations (Appendix E) and group discussions were also considered.

A comparison between the 'minimum characteristic syndrome' of *Yam ha-Melach* and the symptoms on the mental, emotional and physical planes of each of *Yam ha-Melach*'s main constituent mineral remedies and their group themes were made, whereby the essential similarities and differences between them were elucidated.

The main constituent minerals of the Dead Sea are magnesium chloride, potassium chloride, sodium chloride, bromide and sulphur. The materia medica of *Yam ha-Melach*'s main constituent minerals therefore included the remedies:

- *Magnesium muriaticum*
- *Kali muriaticum*
- *Natrum muriaticum*
- *Bromium*
- *Sulphur*

The proving symptoms were also compared to the materia medica group themes of the Magnesiums, Kali's, Bromatums, Muriaticums and the Natrums in Scholten's *Homeopathy and Minerals* (Scholten, 1993).

Rabinowitz (2008) conducted an analysis of the proving symptoms, comparing the symptoms with existing indications of the Dead Sea's clinical therapeutic use, in a parallel study of similar methodology. Symptoms were taken from the groups of both studies and included in the materia medica and repertory for *Yam ha-Melach*.

Results

The symptoms obtained from the proving had a very definite polarity. On the one side there was depression and loneliness, whilst on the other side there was happiness. This was shown also on the mental sphere, which varied from confusion to mental clarity.

The main symptoms of this proving were the dreams, especially of war; violence; evil; religion; family and friends.

Provers experienced a wide range of symptoms on mental, emotional and physical levels during the study.

The main themes were feelings of loneliness and isolation, depression and hopelessness, being emotionally overwhelmed and crying, irritability and frustration, worrying about family and friends, needing affection, paranoia, oversensitivity and mood swings; and the feeling of being relaxed, calm and happy.

The polarity continued on the physical level with regards to sleep, energy and appetite.

On the physical level provers experienced dehydration resulting in headaches, dry itchy skin, eyes and mouth with diarrhea or constipation as well as nausea and vomiting. Some of the subjects had no appetite while others had an increase in appetite. Provers noted flu and hay fever like symptoms as well as joint and muscle stiffness and pain. Numbness, pins and needles and increased sensitivity were present in the extremities of most provers. Provers noticed pimples and dry patches on skin with severe itchiness and burning all over. Sleep was affected with some provers having difficulty sleeping, waking up all the time and others sleeping like a 'rock.' There was either a lack of energy or an increase in energy levels. Some provers had hot flushes and others felt cold and noticed fluctuations of body temperature. There was a general increase in perspiration. Some provers displayed black rashes and black stools. Provers experienced a general aggravation from alcohol. The main cravings were for salty food and coffee. The main aversion was for sweets. There was a general increase in thirst among the prover population.

Conclusions

The 30CH potency of *Yam ha-Melach* produced clearly observable signs and symptoms in healthy provers. Comparing the symptoms elucidated from the proving

of *Yam ha-Melach* to the materia medica of its mineral constituents attempted to expand and clarify the therapeutic action of the remedy and allowed a better understanding of the similarities and differences between *Yam ha-Melach* and these remedies that exist in known materia medica. A complete and thorough understanding of *Yam ha-Melach* and its relationship to these remedies was achieved and contributed to a comprehensive remedy picture and aided in its practical application. The comparison revealed that *Yam ha-Melach* was most similar to *Magnesium muriaticum* on mental, emotional and physical planes. Both remedies had similar feelings of aggression, depression, being overwhelmed quickly, dreams of water, anxiety and restlessness, lethargy and similar sensations and complaints on the physical level. This is interesting as the Dead Sea consists of 53% magnesium chloride, 37% potassium chloride, 8% sodium chloride, low concentration of sulfate ions and a high bromide concentration. Magnesium chloride is therefore the main mineral constituent of the Dead Sea.

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DEFINITIONS OF TERMS

CENTESIMAL POTENCY:

A potency scale with a dilution in the proportion of 1 part in 100 (Swayne, 2000:36).

LAW OF SIMILARS:

It is the fundamental principle of homeopathy, which states that any drug which is capable of producing morbid symptoms in the healthy will remove similar symptoms occurring as an expression of disease (Yasgur, 1997:234). The Law of Similars matches the symptom manifested on the dynamic plane in a human being with the analogous symptom of a therapeutic substance manifested in a healthy person to establish resonance between patient and remedy (Vithoulkas, 1980: 98).

MATERIA MEDICA:

The description of the nature and therapeutic repertoire of homeopathic medicines; of the pathology, the symptoms and signs and their modifying factors (modalities), derived from toxicological reports (where appropriate), homeopathic drug provings and clinical experience of their use (Swayne, 2000:132). In homeopathy, a reference work listing remedies and their therapeutic action (Yasgur, 1997:144).

PLACEBO:

An inert compound identical in appearance to material being tested in experimental research, which may or may not be known to the physician or patient, administered to differentiate between drug action and suggestive effect of the substance under study (Stedman's Medical Dictionary, 2005: 1140). In homeopathic practice, it refers to a non-medicated substance that is relatively inert (Gaier, 1991:426).

POTENCY:

The power or strength of homeopathic remedies, represented as a number attached to the remedy name (Yasgur, 1997:193).

PROVERS:

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

PROVING:

This process involves the administration of substances in homeopathic potency to healthy human subjects in order to observe and record symptoms (Yasgur, 1997:201).

REPERTORY:

An indexed catalogue of cross-references to medicines and/or their homeopathic applications (Gaier, 1991:493).

REPERTORIZATION:

The technique of using a repertory to identify the homeopathic medicines whose materia medica corresponds most closely to the clinical picture of the patient and from amongst which the most similar remedy (the similimum) may be chosen (Swayne, 2000:184).

RUBRIC:

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

SUCCUSSION:

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

TRITURATION:

Dilution of a solid phase by grinding (Swayne, 2000:217). The first stages in preparation and potentization of homeopathic medicines from solid and insoluble

source material, or fresh plants, by grinding it together with lactose (milk sugar) as a diluent (Swayne, 2000:218).

VERUM:

True, real or genuine (Yasgur, 1997:275). In the context of a homeopathic drug proving, it refers specifically to the substance that is administered to provers that is medicinally active in contrast to the medically inert placebo.

CHAPTER ONE

1. OVERVIEW

1.1 . INTRODUCTION

A proving is a test of the action of a drug on a healthy individual, and a record of the unusual sensations and symptoms produced and or alteration from normal health experienced by the one taking it (Yasgur, 1997:201). According to Dantas (1996:230), provings are considered to be the only reliable way to fully determine the action of any substance that is to be used as a homeopathic remedy; and the only way of identifying new homeopathic remedies (Cook, 1989:93).

The purpose of conducting a proving of a remedy is to document the totality of disease symptoms the remedy produced in healthy individuals; and that totality will be the curative indications upon which the curative remedy will be prescribed in the sick individual (Vithoulikas, 1980:144). If it is known what a drug can produce in healthy human beings, it is known what it can cure (Sankaran, 1999:10). Provings are vital instruments in the growth of knowledge of the therapeutic indications of homeopathic remedies (Vithoulikas, 1980:143).

According to Sherr (1994), some homeopaths subscribe to the idea that a useful remedy should be a local one, within easy reach of the patient, as nature will always provide an accessible cure but the antithesis is that the deeper and more serious disease becomes, the further away the remedy is likely to be. In present times people have serious diseases that are situated on a deeper level (mental disease, cancer etc.). According to the above mentioned quote by Sherr, a remedy that will address these deeper serious diseases is likely to be found far

away. *Yam ha-Melach* (Dead Sea) located in Israel might just be the remedy to attend to these problems here in South Africa.

Climatotherapy, in combination with natural factors and specific geographic conditions of the Dead Sea area, the water itself as well as the black mud, have been effective in treatment of various joint and skin diseases for years. Anecdotal evidence suggests that the Dead Sea therefore has therapeutic properties in its crude form. By potentization of this crude substance therapeutic potentialities will be increased and greater curative values will be achieved, resulting in an invaluable homeopathic remedy (Weintraub, 2001).

Objectives

- The first objective of the study was to conduct a proving of *Yam ha-Melach* to investigate the symptoms and signs produced by healthy provers that are specific to the substance for the purpose of administration of the substance in homeopathic potentised form, so as to prove its usefulness as a medicinal substance in treating people worldwide.
- The second objective of this study was to compare the proving symptoms of *Yam ha-Melach* to the remedies found in the manner described below, so as to gain a thorough understanding of the therapeutic action of *Yam ha-Melach* as well as its relationship to other remedies. Comparative materia medica therefore assisted in distinguishing this remedy from other similar remedies in the context of clinical prescribing.

The process of comparing remedies is an integral part of homeopathic prescribing, as the selection of any remedy inevitably involves comparing and differentiating it from other similar remedies. Every repertorization is a study of comparisons: the remedies that are found on repertorization are compared to each other and to the case at hand (Candegabe, 1997:5). It therefore allows homeopaths to prescribe more accurately according to the Law of Similars.

According to Candegabe, comparative materia medica enables homeopathic practitioners to get acquainted to the similarities and differences between remedies and to get to know them as living people, in their deepest and most intimate pain (Candegabe, 1997: xvii). This knowledge of the remedy can then be more successfully applied to the patient for curative purposes.

A greater understanding of the homeopathic remedy *Yam ha-Melach* was gained by comparing the symptomatology it produced in the proving to the materia medica of its constituent mineral remedies that are well known.

1.2 . THE HYPOTHESES

It was hypothesized that the 30CH potency of *Yam ha-Melach* would produce clearly observable signs and symptoms in healthy provers.

It was further hypothesized that comparing the symptoms elucidated from the proving of *Yam ha-Melach* to the materia medica of its mineral constituents will attempt to expand and clarify the therapeutic action of the remedy and allow a better understanding of the similarities and differences between *Yam ha-Melach* and these remedies that exist in known materia medica. It was proposed that a complete and thorough understanding of *Yam ha-Melach* and its relationship to these remedies would be achieved in order to contribute to a comprehensive remedy picture and to aid in its practical application.

1.3 . THE DELIMITATIONS

The study did not:

- Attempt to perform multicentre trials of the drug.
- Establish the effects of the substance in any other potency than the 30th centesimal potency or 30CH.

- Aim to elucidate the homeopathically prepared *Yam ha-Melach*'s mechanism of action in its production of symptoms in healthy provers.

1.4 . THE ASSUMPTIONS

- The preparation method of homeopathic *Yam ha-Melach* by trituration up to the 3CH potency level, and further potentization in liquid form up to the 30CH level, was the accurate method of preparation for this substance.
- The provers took the remedy in the required manner and dosage frequency.
- The provers would practice thorough and precise self-observation.
- The provers obeyed the proper procedures for the duration of the proving as detailed in Appendix C , Instructions to Provers.
- The provers would live under regular everyday circumstances and not diverge from their normal lifestyle or dietary habits immediately before the proving, or for the duration of the proving.

CHAPTER TWO

2. REVIEW OF THE RELATED LITERATURE

2.1 PROVINGS

2.1.1 Introduction

A proving is a test of the action of a drug upon the healthy body, and a record of the unusual sensations and symptoms produced and or alteration from normal health experienced by the person taking it (Yasgur, 1997).

The purpose of conducting a proving of a remedy is to document the totality of disease symptoms the remedy produced in healthy individuals; and that totality will be the curative indications upon which the curative remedy will be prescribed in the sick individual (Vithoulkas, 1980:144). If it is known what a drug can produce in healthy human beings, it is known what it can cure (Sankaran, 1999:10). Provings are vital instruments in the growth of knowledge of the therapeutic indications of homeopathic remedies (Vithoulkas, 1980:143).

2.1.2 History and Development

Hahnemann recognized the necessity for human experimentation in order to delineate the curative indications of therapeutic agents (Vithoulkas, 1980:96). He was the first man recorded that proved drugs on healthy human beings and applied this knowledge of medicine in curing natural diseases by applying the Law of Similars. He conducted a total of 101 provings from 1805 to 1839 (Dantas, 1996:230). Hahnemann stressed

repeatedly the importance of conducting provings in a conscientious and accurate manner (O'Reilly, 1996).

In his first proving in 1790 Hahnemann tested *Cinchona Officinalis* on himself to observe the effects it produced and based on this experiment he further developed the concept of the Law of Similars (O'Reilly, 1996).

Hahnemann's principles of homeopathy were not totally new as traces of them can be found throughout the history of medicine. The principle of using poisons to cure diseases similar to their effects was not a new one. It had been known to the classical physicians such as Galen and Hippocrates, and had been advocated through the Middle Ages and Renaissance by many alchemists, particularly Paracelsus. What was different about Hahnemann's system was that he investigated exactly what effect each remedy had and could then match them exactly to his patients' diseases (Sheldrake, 1989).

Hahnemann's followers (Kent, Herring and others) also conducted many provings in the 19th century (Sherr, 1994:9). These provings were seemingly conducted in the manner that is in keeping with Hahnemann's recommendations for good provings.

It is believed that in the present time it is not as crucial as in the past to conduct more provings, since there are already so many remedies contained in materia medica's that homeopaths can use to treat disease. On the other hand, it is believed that an immeasurable number of remedies still need to be proven to cure all possible current diseases as well as any new disease states that may arise in the future. Cases that could only be covered to a degree by existing remedies may be cured by prescribing according to the Law of Similars, the newly proven substance. Once homeopaths get to know the new remedy it will be used more

frequently because nothing else can take its place (Sherr, 1994:8). According to the ICCH (1999), homeopaths need to find cures for people of our time who encounter things that weren't present in Hahnemann's time: global petrochemical pollution, radioactive radiation and additives in food. To address disease states caused by these current influences, new remedies must be proven, since most of the remedies in our materia medica were proven in Hahnemann's time and may only cure present cases with partial success.

2.1.3 Contemporary Provings

There are two extreme methods of proving a substance, with many variations in between (Sherr, 1994).

Method 1: A highly organized accurate and thorough proving on a large number of people.

Purpose: To fully unfold the knowledge of a new remedy in its totality, including physical, mental and emotional symptoms over a considerable time period. The result is included in the materia medica and repertories for clinical information which can then be widely accessed by homeopaths (Sherr, 1994:16).

Method 2: Informal or partial proving which may be a proving on oneself or with a couple of friends, on a patient, or with a study group.

Purpose: To gain direct inner experience of a remedy, either personally or as a group, and is not always intended or suitable for publication. It is often a proving of an existing remedy and can be done at any time (Sherr, 1994:16).

Other methods: A proving can be conducted with a study group or at a seminar by having each participant take a single dose a few days before

or during the class, then comparing experiences. Proving concentrates on dreams and mental symptoms.

Purpose of the method: To uncover the deeper meaning of the remedy, the main unconscious theme, the central idea of the remedy.

The most frequent provings are done inadvertently by patients receiving a dissimilar remedy. The prescription will naturally produce proving symptoms in the sensitive patient (Sherr, 1994:16).

2.1.4 Proving Methodology

In Hahnemann's *Organon of the Medical Art* he describes the methodology he considered to be the only way of determining the medicinal action of any substance. These are the guidelines (O'Reilly, 1996):

- The medicinal substance should be pure.
- No other medicinal substances should be taken during the proving.
- Provers must be conscientious, reliable, able to accurately record their symptoms.
- Provers must keep detailed proving journals.
- Provers must be in a good state of health.
- Provers must be both female and male.
- The potency used must be the 30CH potency (6th edition).
- All symptoms must be clarified in terms of character, location, modalities, aetiology and sensation.
- Moderate proving doses provide better results and are safer to use than larger doses.
- Provers should be interviewed daily by the supervising physician.
- All ailments and alteration experienced by the prover during the proving period should be attributed to the proving substance.
- Provers of both genders and various constitutions and multiple trials are needed to fully prove a substance.

Since Hahnemann's time, provings have deteriorated in quality (Riley, 1997). According to Sherr (1994:9) Hering, Wells and other homeopaths in the 19th century conducted provings of a very high standard, but many poor provings were conducted after Kent's time. This resulted in the materia medica consisting of only a few hundred thorough provings and, the rest of it containing partial provings (Sherr, 1994:9).

It is considered by many that the Hahnemannian method of provings is the most reliable (ICCH, 1999).

All provings conducted today must be on the same standard, so therefore the ICCH has established a set of guidelines for good proving methodology so that the highest standards of provings are adopted by the largest possible circles of homeopaths in the world. These guidelines provide a 'checklist' of principles and practices in provings worldwide and form a standard of reliability in modern provings (ICCH, 1999). Jeremy Sherr's proving design concurs with these guidelines as his methodology is of a high standard that is accepted and commonly used by most homeopaths. He has followed Hahnemann's basic recommendations for good provings and adds to this from other literature and personal experience gained through conducting many provings himself (Sherr, 1994). In his book *The Dynamics and Methodology of Homeopathic Provings* he details his proving design that included topics such as potency, effects of interfering factors, merits of blinding and placebo, different roles in a proving, the substance to be tested and its dosage (Sherr, 1994).

Number of provers, potency level and use of placebo are three areas of contention with regard to proving methodology.

Sherr suggests that a very thorough proving can be achieved with 15-20 people and that a too large number of provers can lead to an over-proved remedy that might overcrowd the materia medica with too many common symptoms (Sherr, 1994:45). The ICCH recommends a prover population of 10 – 20 provers (ICCH, 1999:34). Vithoulikas (1980:152) and de Schepper (2001:34) recommend a higher number of provers, concluding that at least 50 provers are needed to conduct a thorough proving.

For the purpose of this research, the researchers decided to follow Sherr's recommendation and used 20 provers in the study.

Hahnemann recommended the use of the 30CH potency (O'Reilly, 1996). Sherr suggests that it is equally valid to use either a range of potencies or just one potency and that there is no evidence to support the notion that high potencies specifically affect the mind and low potencies the body. This is confirmed in his proving of Hydrogen where the most mental/emotional symptoms were produced with the 30CH potency. It is suggested that each proving committee decide on the potency(s) they wish to use (Sherr, 1994:56). Herring believed that all signs from proving with high potencies are the same as the aftereffects from lower potencies and that provings of low potencies produce the same signs in their last days as the higher potencies produce immediately (Sherr, 1994:28). De Schepper (2001:36) also supports the use of the 30CH potency and explains how old masters warn against higher potencies to avoid possible aggravations.

The proving of *Yam ha-Melach* (Dead Sea) was conducted using the 30CH potency only to prevent possible aggravations in sensitive individuals.

Sherr (1994) suggests that the use of placebo may help to distinguish the effects of the remedy from the effects that are unrelated to the remedy. It is for this increase in reliability of results imparted by the use of placebo that the researchers have decided to include a placebo group in this study. Walach (1994:130) however considers it unnecessary to include placebo due to the individualized nature of the proving process.

Sherr (1994) suggests a placebo group of 10%-20% of the total prover population. Vithoulkas (1980:151) recommends a placebo percentage of 25%. The ICCH recommendation is that 10 – 30% of provers be on placebo (ICCH 1999:34).

In this study current proving methodologies were strictly adhered to, to ensure validity of the results, therefore the researchers decided on a placebo group of 10% of the prover population.

2.2 COMPARATIVE MATERIA MEDICA

Comparative materia medica consists primarily of studying remedies by comparing the symptoms that are common to more than one remedy, thus revealing the similarities and differences between these remedies.

The relationship of various remedies were described in terms of the symptoms shared by these remedies, by Catherine Coulter (Coulter, 1989), Rajan Sankaran in the *Soul of Remedies* (Sankaran, 1997) and Vermeulen in his *Concordant Materia Medica* (Vermeulen 2000). Scholten (1993) compared mineral remedies to other remedies within the same group e.g. In the group the Muriaticums, he compares the self-pity of *Natrum muriaticum* and *Natrum carbonicum* and *Magnesium muriaticum* to highlight important differences in this area.

Comparing remedies highlight similarities and differences between symptoms of remedies so that confusion in terms of indication is erased, to prescribe accurately according to the Law of Similars.

According to Candegabe (1997), comparative materia medica enables homeopathic practitioners to get acquainted to the similarities and differences between remedies and to get to know them as living people, in their deepest and most intimate pain. This knowledge of the remedy can then be more successfully applied to the patient for curative purposes. He refers to the concept of the 'minimum characteristic syndrome' which describes the small, closely-knit group of symptoms that provides a clear and characteristic definition of a remedy; that form the essence of the remedy; five to ten symptoms that are fundamental to the dynamic of the remedy. A comparison between the 'minimum characteristic syndrome' of *Yam ha-Melach* and the symptoms on the mental, emotional and physical planes of each of *Yam ha-Melach's* main constituent mineral remedies and their group themes will be made, whereby the essential similarities and differences between them will be elucidated.

The main constituent minerals being magnesium chloride, potassium chloride, sodium chloride, bromide and sulphur. The materia medica of *Yam ha-Melach's* constituent minerals therefore included the remedies, *Magnesium muriaticum*, *Kali muriaticum*, *Natrum muriaticum*, *Bromium* and *Sulphur*. The group themes of *Yam ha-Melach's* constituent minerals being Magnesiums, Kali's, Bromatums, Muriaticums and the Natrums.

Scholten (1993), compares groups of remedies which contain the same element and extracts common symptoms or themes. This method employed by him is termed 'group analysis'. After this, these symptoms or themes extracted are applied to the various mineral remedies containing

the particular element. *Yam ha-Melach* will be compared to the themes of the elements as well as to the remedies containing these elements.

To describe the complete symptom picture of a certain remedy, the similarities between it and other remedies are illustrated and it is described how these remedies, even though similar to one another in some aspects, have many differences which can be used to differentiate them from one another.

This process of comparing remedies is an essential and integral part of homeopathic prescribing, as the selection of any remedy inevitably involves comparing and differentiating it from other similar remedies. It can even be said that every repertorization is in fact a study of comparisons: the remedies that are found on repertorization are compared to each other and to the case at hand (Candegabe, 1997:5).

A comparative materia medica study of *Yam ha-Melach* and its main constituent minerals is described in detail in Chapter 5.

Related remedies

Currently there are many remedies made from water sources, the most well known being *Sanicula Aqua* – mineral spring water and *Aqua Marina* – sea water. These remedies are not well known and are not present in the known materia medica's. Interesting comparisons could be made between *Yam ha-Melach* and the above mentioned water and sea remedies. It is recommended that *Yam ha-Melach* also be compared to *Skookum Chuck* – salts from a medical lake, as both water sources are rich in salts and the comparative analysis of *Yam ha-Melach* to its constituent salts and minerals revealed many similarities.

Yam ha-Melach was only compared to the main constituent minerals of the Dead Sea. It is recommended that *Yam ha-Melach* be compared to remedies made from the remaining constituent minerals of the Dead Sea. This include the remedies, *Chlorum*, *Calcareo muriatica*, *Calcareo sulphurica*, *Magnesium sulphuricum*, *Kali sulphuricum*, *Natrum sulphuricum*, *Magnesium bromatum*, *Calcareo bromatum* and *Kali Bromatum*.

2.3 PROVING SUBSTANCE

2.3.1 DESCRIPTION

2.3.1.1 Location

Yam ha-Melach ('Sea of salt') is commonly called the Dead Sea. It is located on the border between West Bank Israel and Jordan, in the Jordan Rift Valley (See picture 1). It is 67km long, 18km wide, 799m below sea level. A million years ago, a major earthquake created the Syrian African Rift. The Dead Sea sank deep into the valley and was deprived of its natural outflow to the sea. Today it is the lowest point on earth at 400 feet below sea level (Weintraub, 2001). The Dead Sea has two basins: one in the north, 350 meters deep, and the other in the south, a shallow pool just a few meters deep. The Dead Sea is situated in a deep hollow between the mountains, which rise 1200 meters high above it (Weintraub, 2001).

2.3.1.2 Composition

Fresh water flowing downstream through the Jordan River empties into the terminal lake. Having no exit, water evaporates, causing salts to accumulate in the lake. As a result the salt concentration is 33% compared to 3% in the Mediterranean, making it the deepest hyper saline lake in the world (See

picture 2). Compared to the 3% salt content of ordinary sea water, Dead Sea water contains 32% salts. People float in the Dead Sea due to natural buoyancy as a result of increased density of the water (See picture 3). The number of life forms that can survive in this hyper saline water is limited.

The mineral content is significantly different from that of ocean water, consisting of 53% magnesium chloride, 37% potassium chloride, 8% sodium chloride, low concentration of sulfate ions; bromide concentration is the highest of all the waters of the earth (Weintraub, 2001).

Runoff streams flowing into the Dead Sea brought in large deposits of this gray-black mud during the Holocene era. Minerals present in the Dead Sea mud include 20% silicon dioxide, 15.5% calcium oxide, 4.8% aluminum oxide, 4.5% magnesium oxide, 2.8% iron oxide, 1.7% sodium oxide, 1.3% potassium oxide, 0.5% titanium oxide, 0.4% sulfur trioxide, 0.3% phosphorus pentoxide, 6.7% chloride and 0.2% bromide.

The sea is called 'dead' because its high salinity means no fish or macroscopic aquatic organisms can live in it, though minuscule quantities of bacteria and microbial fungi are present (Weintraub, 2001).

2.3.1.3 Geochemical aspects and its age

The geological history of the area shows that the Dead Sea is not a relict body of sea water; its salt assemblage is the result of accumulation in a closed inland basin under arid conditions. The salts originate from two main sources, about one third from the Jordan River and about two thirds from highly saline springs discharging into the Dead Sea. On this fact a method can be based for calculating the age of the Dead Sea leading to a maximum figure of about 70,000 and a minimum of 12,000 years, the latter being more probable. The annual amount of chemical precipitation in the Southern Dead

Sea basin is calculated to 0.306 gr/cm² and it is shown that NaCl and CaSO₄ are the major and that CaCO₃ is a minor component (Sagi, 1987).

2.3.1.4 Climateric Features

The average maximum temperature is 22° - 29°C from November to April, 32° - 37° during September and October and 38° - 39°C in June and July. The climate of the Dead Sea is dry and comfortable most of the year with a very low rainfall in winter time. There are more than 330 sunny days all year round. Due to extremely high evaporation, which is about 2 billion m³ a year, there is a heavy haze over the Dead Sea at all times. The haze and additional 400 meters of atmosphere help to filter out more UVB rays, and create the ideal correlation of UVA and UVB rays, so the duration of exposure to sun can be increased (Sagi, 1987).

Located 400 meters below sea level, the Dead Sea area has the world's highest terrestrial barometric pressure resulting in 3.3% - 4.8% higher oxygen density than the air at sea level. The air is unpolluted and free of allergens (Sagi, 1987).

The water temperature varies between 19°C in February to 31°C in August. The water has a greasy feel to it, and excoriates open wounds as well as causes pain when in contact with eyes. One of its most unusual properties is the discharge of asphalt. It spits up pebbles of black substance, and after earthquakes, chunks as big as houses (Sagi, 1987).

2.3.1.5 Historical Use

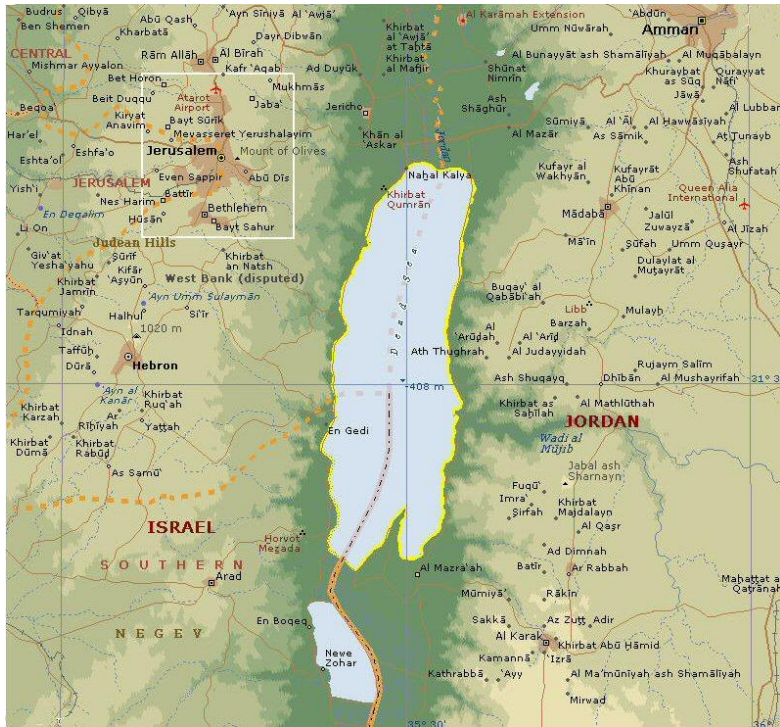
The Dead Sea has been the focus of interest since ancient times. Aristotle (304 – 322 B.C.) was the first to tell the world about the qualities of the Dead Sea. Flavius (37 – c.100), Galen (122 – c.220), Pliny (23 – 79), have

reported the therapeutic characteristics of the Dead Sea water, mud and mineral hot springs. During the Egyptian conquest it is said that Queen Cleopatra obtained exclusive rights to build cosmetic and pharmaceutical factories in the area (Abels, 1995).

2.3.1.6 Therapeutic Properties

Exposure to Dead Sea water is known for nourishing the skin, easing rheumatic discomfort, activating the circulatory system, and relaxing the nerves, aiding in sleeping disturbances. Its very high density enables the body to float effortlessly permitting free relaxed and easier movement enhancing the effects of physiotherapy. The air is rich in magnesium and bromine that reduces nervous tension due to relaxing effects. The medicinal black mud is a homogenous mixture of dead sea minerals, organic elements retrieved from the shoreline as well as mixed with earth. When applied to the skin it improves and stimulates blood circulation in affected areas of many types of joint diseases, due to its thermopexic properties. Thermo-Mineral springs are found in several locations along the Dead Sea shores. Their high hydrogen sulphide content, strong salinity and mineral rich waters are effective in the treatment of various joint diseases (Abels, 1995).

Yam ha-Melach



PICTURE 1: Map of location of the Dead Sea in Israel



PICTURE 2: Mineral and Salt rich Dead Sea



PICTURE 3: Buoyancy

CHAPTER THREE

3. METHODOLOGY AND MATERIALS

3.1 EXPERIMENTAL DESIGN

The homeopathic proving of *Yam ha-Melach* took the form of a randomized, double-blind, placebo controlled trial. The proving of *Yam ha-Melach* (Dead Sea) was conducted using the 30CH potency only. The research was being done concurrently with another researcher. The total of 20 provers who all met the inclusion criteria detailed in point 3.5.2 of this chapter made up the proving population. A portion of 10% of the proving population (2 subjects) received placebo in a randomized fashion making out the control group and the remaining 90% (18 subjects) received powders containing the active substance forming the experimental group. The proving population consisted of 12 females and 8 males, ages ranging from 23 – 52 years, as detailed in Table 1 of subsection 4.2.2 in Chapter Four of this document.

Provers received either placebo or verum according to a randomization list the research supervisor, Dr. I. Couchman drew up. The verum and placebo were both dispensed in the form of a set of powders that looked identical. The laboratory technician at the Homeopathic Day Clinic dispensed the powders to ensure that neither the provers nor the researchers would know who received the powders containing the remedy and who received placebo. In this way the blinding was achieved. The provers did not know what the proving substance was or what potency was being used, until the completion of the study.

Data collection was in the form of a journal kept by each prover, in which symptoms were recorded daily. At the end of the study these data were extracted, edited and collated.

3.2 THE PRINCIPLE INVESTIGATORS

As mentioned, this study was conducted concurrently with an analogous proving of *Yam ha-Melach*. The two proving supervisors were Masters in Technology: Homeopathy students, namely Natasha Wallace and Tamara Rabinowitz. In terms of the study being a homeopathic drug proving the researchers are referred to as the proving supervisors, as they were immediately responsible for supervision of the proving population for the duration of the study. The research supervisor (also considered to be the proving co-ordinator) was Dr. I. Couchman.

3.3 OUTLINE OF THE EXPERIMENTAL METHOD

The methodology used in this research was adapted from Sherr's (1994) methodology and follows the guidelines of the ICCH (ICCH, 1999), as discussed in Chapter Two of this document.

- Provers were recruited from the general public and students at the Durban University of Technology as well as qualified homeopaths. People interested in participating in the study were given a Proving Information Sheet (See Appendix B).
- Students from all the years and qualified homeopaths were approached directly and asked whether they would take part in the study. Advertisements were placed on all the notice boards around campus to ensure that all the students were given a chance to take part in the study. Advertisements were also placed on notice boards in local libraries, supermarkets and sport clubs to include the general public (See Appendix F – advert).

- The researcher then held interviews in which potential provers were screened for suitability and checked against the inclusion criteria. They were asked to complete the form titled Suitability for Inclusion (Appendix A). The provers were then informed of what was expected of them during the study and the basic procedure was explained (Sherr, 1994:60). The researcher also went through the prover information letter (Appendix B) to ensure that the provers understood its content.
- A date was then scheduled for the pre-proving consultation and physical examination. This took place on an individual basis between the researcher and each of the provers. At this consultation provers were asked to sign the Informed Consent Form (Appendix D).
- During the pre-proving consultation a thorough case history was taken by the researcher and a physical examination was performed; following the outline given in the Case History Sheet (Appendix E).
- Once the consultation was completed each prover was given the following:
 - An unique prover code.
 - A blank lined A5 book (the journal) in which to record symptoms.
 - The powders to be taken (remedy or placebo).
 - A starting date.
 - The Instructions to Provers Sheet (See Appendix C).

Provers were given a starting date and a convenient daily contact time was scheduled for each prover.

- The powders were then dispensed and subsequently collected by each prover from the Homeopathic Day Clinic reception.
- The provers all commenced the proving on the 23rd of July 2008.
- On the designated starting date the provers commenced recording their state or 'normal' symptoms at least three times a day or as often as they occurred for one week prior to taking the powders. This served as a control for comparison of the state of the individual before and after taking the remedy. It also served to get them accustomed to self observation (ICCH, 1999:35; Sherr, 1994:60).
- At the end of this week the researcher then contacted the provers to assess the journal for accuracy of symptom recording and compliance
- One week after the commencement of the pre-proving journal keeping, the provers started taking the substance, 1 powder a maximum of three times a day for two days or until the first symptoms appeared, while still continuing to record their symptoms.

The provers would stop taking the substance as soon as she/he or the researcher noted the onset of proving symptoms, unless the sensations were very mild in which case one more dose may have been taken (Sherr, 1994:61). This process was closely monitored by the researcher who was in telephonic contact with the provers.

- If no symptoms were noted by the prover after the completion of the medication, the prover ceased to take the substance, but continued to record symptoms.
- The provers continued to record daily for a total of four weeks even if there were no symptoms on hand.
- The provers continued to record symptoms until all proving symptoms abate.
- When no further symptoms occurred the proving was considered complete.
- During the first week of the proving the researcher was in daily telephonic contact with each prover to discuss the symptoms.

- For the remainder of the four weeks the researcher contacted provers telephonically every second day in the second week; every third day in the third week and once a week in the fourth week.
- At the end of the observation period, all the provers handed in their journals at the Homeopathic Day Clinic Reception where the researchers collected the journals.
- A case history and physical examination were then repeated with each prover.
- The post-proving group meeting was held on the 30th August 2008 and served to accomplish the following:
 - To amalgamate the separate provings into a totality, in which the separate symptoms of each prover were considered as if they had all occurred in one person.
 - To clarify issues and enabled the group to validate or discard doubtful symptoms.
 - To help trigger provers' memories for symptoms that they were unsure about.
 - To help provers with any difficulties that arised, by the process of sharing the common experience of the proving.
- This meeting took place only once all the journals had been collected, so as not to conflict with the need to retain secrecy during the proving (Sherr, 1994:66).
- The proving was then un-blinded to the researchers so that the group who received the remedy and the placebo group could be distinguished from one another before symptom extraction began.
- Extraction of symptoms and collating of data followed.
- The data thus organized was then written up into materia medica and repertory format and published. No formal statistics were required in this study.

- The symptoms in the materia medica of *Yam ha-Melach* (Dead Sea) were then compared to the materia medica mental, emotional and physical symptoms of the remedies, *Magnesium muriaticum*, *Kali muriaticum*, *Natrum muriaticum*, *Bromium* and *Sulphur*.
A comparison was also made to the group themes of the Magnesiums, Kali's, Bromatums, Muriaticums and the Natrums.

3.4 THE PROVING SUBSTANCE

3.4.1 Potency

The proving of *Yam ha-Melach* (Dead Sea) was conducted using the 30CH potency only, due to its common use and validity throughout the literature. Hahnemann recommends the use of the 30CH potency in the *Organon of the Medical Art* (O'Reilly, 1996). Sherr suggests that it is equally valid to use either a range of potencies or just one potency and that there is no evidence to support the notion that high potencies specifically affect the mind and low potencies the body. This is confirmed in his proving of Hydrogen where the most mental/emotional symptoms were produced with the 30CH potency (Sherr, 1994:27). It is suggested that each proving committee decide on the potency(s) they wish to use (Sherr, 1994:56).

3.4.2 Collection, preparation and dispensing of the proving substance

The co-researcher (with an understanding of the proving process, fundamentals of homeopathy, and the requirements regarding collection and storage of the substance) went to Israel and collected the sample in a 100ml amber glass bottle (Stored correctly this sample provided ample source material for the manufacture of the remedy as well as chemical analysis), in warm dry sunny weather in the early morning. The sample

was collected on the 2nd of January, Wednesday, at 1pm. The sample was taken 1m from the shoreline (deeper into the sea the water separates into 3 distinct layers), 30cm from the water surface in the centre of the demarcated bathing area of the Dead Sea, Israel. The co-researcher then brought the sample to South Africa soon after collection. Due precautions were taken to preserve the integrity of the sample during transport and storage. The sample was stored in a temperature and light controlled container and conditions at all times during transport. The substance was stored in a 100ml amber glass bottle and refrigerated overnight. The sample was then placed in a heat resistant container and kept away from sunlight to ensure that the sample remained pure and unaltered. The sample was flown to Durban, South Africa. From the airport, the fresh sample was taken directly to the Homeopathic Day Clinic at the Durban University of Technology.

The laboratory technician at the Homeopathic Day Clinic made up and dispensed the remedy and placebo (confidentially) so that the researchers were unaware who received which preparation according to a randomization list prepared by the supervisor.

The fresh sample was used to make 30CH potency in the manner described below:

The sample was accurately massed and triturated with inert lactose powder in a ratio of 1:99 according to method 6 of the British Homeopathic Pharmacopoeia (1876) to the potency level of the thirtieth centesimal triturate.

Method 6: Triturations

Preparations made according to Method 6 are triturations of solid basic drug materials with lactose as the vehicle unless otherwise prescribed.

Triturations up to and including the 4th dilution are triturated by hand or machine (trituration will be done by hand) in a ratio of 1 to 10 (decimal dilution) or 1 to 100 (centesimal dilution). Unless otherwise stated, the basic drug materials are reduced to the particle size given in the Monograph (mesh aperture). Quantities of more than 1,000g are triturated by mechanical means. The duration and intensity of trituration should be such that the resulting particle size of the basic drug material in the 1st decimal or centesimal dilution is below 10µm at 80 per cent level; no drug particle should be more than 50µm. Triturations up to and including the 4th decimal or centesimal are produced at the same duration and intensity of trituration.

Trituration by hand:

Divide the vehicle into three parts and triturate the first part for a short period in a porcelain mortar. Add the basic drug material and triturate for 6 minutes, scrape down for 4 minutes with a porcelain spatula, triturate for a further 6 minutes, scrape down again for 4 minutes, add the second part of the vehicle and continue as above. Finally add the third part 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 triturations above the 4x or 4c dilute 1 part of the dilution with 9 parts of lactose or 99 parts of lactose as follows: in a mortar, combine one third of the required amount of lactose with the whole of the previous dilution and mix until homogeneous. Add the second third of the lactose, mix until homogeneous and repeat for the last third.

It was then converted to a liquid potency according to Method 8a of the GHP, and further potentised in liquid up until the thirtieth centesimal potency

Method 8a: Liquid preparations made from triturations

Preparations 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 per cent 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 from the 6x trituration. From the 9x upwards, liquid decimal dilutions are made from the previous decimal dilution with ethanol 43 per cent in a ratio of 1 to 10. To produce a 6c liquid dilution, 1 part of the 4c trituration is dissolved in 99 parts of water and succussed. 1 part of this dilution is combined with 99 parts of ethanol 30 per cent to produce the 6c liquid dilution by succession. In the same way, the 7c liquid dilution is made from the 5c trituration, and the 8c liquid dilution from the 6c trituration. From the 9c upwards, liquid centesimal dilutions are made from the previous centesimal dilution with ethanol 43 per cent in a ratio of 1 to 100. The 6x, 7x, 6c and 7c liquid dilutions produced by the above method must not be used to produce further liquid dilutions.

The remedy was then dispensed in the form of lactose granules that were triple impregnated at 1% volume/volume (according to Method 10 of the GHP) with *Yam ha-Melach* 30CH in 90% ethanol. The remedy was dispensed in the form of 6 single enveloped powders where each set of unmedicated lactose powders were impregnated with 10 medicated granules. This was then administered to the provers in the experimental group.

The placebo was manufactured similarly to the above method, following the above steps. The exceptions being:

- Plain inert lactose powder was used in the trituration process

- The 3CH triturate of lactose was added to alcohol to convert to liquid form instead of the potentised *Yam ha-Melach* triturate
- This mixture was succused and diluted similarly to the liquid potencies of the verum and this was used to impregnate granules, which were added to lactose powders for administration to the control group.

In this way the pure effect of the proving substance were tested because the placebo was exposed to the same manufacturing process as the verum.

The placebo was dispensed in the form of lactose granules that have been triple impregnated at 1% volume/volume with 90% ethanol only. These unmedicated powders were 'impregnated' with 10 unmedicated granules.

The placebo and the verum were identical in appearance to ensure the double blind nature of the experiment as neither provers nor researchers were able to tell verum from placebo. The stages of impregnation and dispensing of both placebo and verum were performed by the laboratory technician.

3.4.3 Dosage and Posology

The provers took one powder sublingually, a maximum of three times a day for two days. They were instructed not to take further doses after the onset of symptoms (Sherr, 1994:53).

Each dose was taken on an empty stomach with nil per mouth for half an hour prior to the dose being taken.

3.5 PROVING POPULATION

3.5.1 Number of provers and percentage placebo

In deciding on the number of provers that would participate and percentage placebo to be included in this study, the researcher considered the ICCH's recommendation of a population of 10-20 people with a placebo group of 10-30% (ICCH 1999:34) of the total population and also Sherr's recommendation of a proving population of 15 – 20 people with a placebo group of 10-20% (Sherr, 1994:57).

The prover population therefore consisted of 20 provers, with a placebo group comprising 10% of the total amount of provers. The study was conducted with an experimental group consisting of 18 people (80% of the total) and a placebo group consisting of 2 people (10% of the total). This research was done concurrently with another researcher who was responsible for half the number of provers.

3.5.2 Distribution of age, sex and ethnicity

The distribution of age, sex and ethnicity of the proving population of this study was as follows:

Age – Thirteen provers were in the 20-25 year age group

Four provers were in the 26-35 year age group

One prover was in the 36-45 year age group

Two provers were in the 46-55 year age group

Sex – Twelve provers were females and eight were males

Ethnicity – Eighteen provers were European, one was African and one

was Asian

3.5.3 Inclusion and exclusion criteria

All people chose to participate in this study had to meet with the following criteria:

The inclusion criteria were:

The prover must have been:

- Between 18 and 55 years, inclusive.
- In a general state of good health (Wieland, 1997:233).
- Fluent in English.
- Willing to follow the proper procedures for the duration of the proving (Sherr, 1994:30).
- Able to maintain his/her normal lifestyle and usual daily activities and routine as closely as possible and have no major lifestyle changes (e.g. divorce, marriage, moving house) planned during the proving period. Any of these changes had to have taken place at least three weeks before starting with the proving (Sherr, 1994:30).

The exclusion criteria were:

The prover must not :

- Have been pregnant or breastfeeding.
- Have been in need any medication, including chemical, allopathic, homeopathic or other (Sherr, 1994:44).
- Have been on the birth control pill or hormone replacement therapy for six months prior to commencement of the proving (Sherr, 1994:44; Moore, 2007).

- Have undergone any surgical procedures in the last six weeks prior to the proving or have surgery or medical procedures planned for the duration of the proving period (Moore, 2007).
- Have been using recreational drugs such as marijuana, ecstasy, cannabis or the like (Sherr, 1994; Wright, 1999).
- Have been consuming more than two measures of alcohol per day.
- Have been smoking more than 10 cigarettes a day.
- Have been consuming more than three cups of coffee, tea and herbal tea per day (Sherr, 1994:30).

(see also Appendix A)

3.5.4 Monitoring of the provers

During the first week of the proving the researcher was in daily telephonic contact with each prover to discuss the symptoms. This initial communication also provided for an opportunity for the researcher to determine whether and when the substance had started to act.

For the remainder of the four weeks the researcher contacted provers telephonically every second day in the second week; every third day in the third week and once a week in the fourth week. This contact allowed the researcher to monitor proving symptoms to ensure prover safety and to reassure or antidote provers if necessary. It also provided for monitoring prover compliance and so that the researcher could answer any questions that arose during this period. After the fourth week there was only contact when necessary.

3.5.5 Data collection by provers

The proving data were collected in a journal kept by each prover. To minimize inaccuracy that might have occurred with prolonged time lapse

between symptom occurrence and recording, symptoms were recorded as they occurred. The supervisor monitored the symptoms recorded by each prover each time that they were in contact.

The following format had to be followed by each prover in recording symptoms:

- Notes had to be made for each symptom and any concomitants, locality, times, sensation and duration (Sherr, 1994:60).
- Each symptom had to be written on a new line, leaving space for remarks (Sherr, 1994:60).
- Each day had to be started on a new page, marking the day and date clearly (Sherr, 1994:60).
- The notes had to be verbose, and only definite facts had to be recorded.
- The symptoms had to be designated into categories of
 - New symptom (NS) – never before experienced.
 - Old symptom (OS) – occurred more than a year ago.
 - Altered symptom (AS) – a normal symptom changed during the proving.
 - Recent symptom (RS) – experienced within the last year.
 - Cured symptom (CS) – old or recent symptoms that have stopped.
- The above had to be noted in red pen alongside the relevant symptom (Sherr, 1994:62).
- The time of occurrence of each symptom had to be recorded.
- Each symptom had to be recorded chronologically according to the day, number of hours and minutes since the proving began in the format of DD:HH:MM.
 - DD being the number of days since the proving began (first dose taken).

- HH the number of hours.
- MM the number of minutes.

In this way 03:02:30 would be 3 days 2 hours and 30 minutes since the proving began (Sherr, 1994:73). After 24 hours the minutes became unimportant and were represented by XX. After a few days hours become likewise redundant and were marked by XX. So the example above could be recorded as 03:XX:XX.

3.5.6 Group discussion

A group discussion was held once all the provers had completed the proving period and served to accomplish the following:

- To begin to amalgamate the separate provings into a totality, in which the separate symptoms of each prover are to be considered as if they had all occurred in one person.
- To clarify issues and enable the group to validate or discard doubtful symptoms.
- To help trigger provers' memories for symptoms that they were unsure about.
- To help provers with any difficulties that may have arisen, by the process of sharing the common experience of the proving.

3.5.7 Ethical considerations

- The methodology of the study was approved by the Durban University of Technology Faculty of Health Sciences Ethics Committee prior to commencement, to protect the welfare and safety of the subjects.
- Subjects freely volunteered to participate in the study and no coercion was used to encourage them to partake.

- The research involved no more than minimal risk to the subjects, of which they were made aware of prior to participation.
- Subjects were free to withdraw from the study at any point and were previously made aware of this fact.
- Confidentiality was maintained throughout the study.
- A proving information sheet (Appendix B) and an instruction letter (Appendix C) providing clear, simple instructions pertaining to the proving and explaining the methodology was given to each subject.
- Informed consent was given by each subject signing an informed consent form (Appendix D).

3.6 SYMPTOM EXTRACTION AND EVALUATION

3.6.1 Extraction of symptoms

The objective was to convert the written journals into the format of the materia medica. Symptoms were extracted from each of the journals, collated and converted to materia medica and repertory language (Sherr, 1994:67). Data was analyzed, authenticated or discarded, then edited into a format that was logical and unrepetitive. Extraction proceeded in groups of 3 people: the supervisor, prover and a third homeopath. The notebooks were read so that the team had a concept of the proving as a whole. Inconsistencies were located and looked into. Each symptom was discussed individually and once accepted was recorded separately. The coordinator Dr. Ingrid Couchman circulated among the extracting groups and assisted where needed.

Prover's reports were written in the first person and symptoms were written in plain, clear and grammatically correct English (Sherr, 1994:67). The basic expressions of the provers and simple language were retained in the prover's own words (Sherr, 1994:68). Any terminology that was

contemporary or that may have been difficult to understand in the future was avoided or explained.

Data from the pre-proving consultation were considered during extraction of symptoms because this data served as a baseline control for individual provers and provided confirmation of the validity of the symptoms experienced during the duration of the proving. Data from observations from independent parties, the group meeting and telephonic conversations were also considered. Symptoms were carefully assessed and validated or discarded (Sherr, 1994:68) according to the criteria detailed in point 3.6.2 below.

3.6.2 Criteria for accepting proving symptoms

Inclusion criteria

- If the prover is under the influence of the remedy, then all other new symptoms belong to the proving (Sherr, 1994:70). New symptoms, unfamiliar to the prover (ICCH, 1999:36).
- Any usual or current symptoms that are intensified to a marked degree (ICCH, 1999:36).
- A symptom that is current but that has been modified or altered should be included while clearly describing the current and modified components (ICCH, 1999:36).
- Any symptom that has occurred a long time previously, especially longer than five years, and that would seem to have no reason to repeat itself naturally at the time of the proving should be included (Sherr, 1994). Old symptoms that have not occurred for at least one year (note the time of last appearance) (ICCH, 1999:36).
- If a present symptom has disappeared during the proving, it should be made clear that this is a cured symptom. The precise nature of the symptom previous to the proving should be adequately explained.

This should hopefully include both sensation and function (Sherr, 1994). 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 it can be included in brackets. During the collation it might be found that another prover experienced the same symptom, thus lending it validity. If no other prover shared the same symptom it is excluded (Sherr, 1994) (ICCH, 1999:36).
- All symptoms occurring in more than one subject (Riley, 1997:227). An important factor for verifying a symptom is confirmation from other provers. If a marked or significant symptom appears in one or more provers it will serve to validate others with the same symptom (Sherr, 1994).
- The inner knowledge and conviction of a prover that these symptoms do not belong to them are a definite and reliable consideration (Sherr, 1994).
- A symptom occurred after taking the medication on at least two occasions during the homeopathic drug proving.
- Modalities (something which makes a symptom worse or better) (Riley, 1997:227).
- Concomitants (something occurring in conjunction with a symptom) (Riley, 1997:227).
- Localisation (sides, extension) (Riley, 1997:227).
- Unique descriptions of a symptom (descriptive adjectives) (Riley, 1997:227).
- Intensity and frequency of the symptom.
- The next factor is the perceived meaning of the totality. Once an understanding of the nature of the remedy emerges it may serve to verify or exclude questionable symptoms.

Exclusion criteria

- Symptoms should not be included if they have occurred in recent history (one year or less). How recent depends on the totality of circumstances of the case. Symptoms which may have appeared naturally or spontaneously during the proving should be discarded (Sherr, 1994:70).
- Symptoms that were usual or current for the prover were not included (Sherr, 1994:70).
- If there was any serious doubt as to the validity of the symptoms it was discarded (Sherr, 1994:70).

3.6.3 Collating and editing of the data

Collating is the process of combining the information obtained from all the provers and putting it together 'as if one' person (Sherr, 1994:75). Collating was done by computer with the aid of a word processor – manually sorting the order of symptoms. An outlining facility enabled an easy arrangement of symptoms.

Final editing for grammar and spelling mistakes was undertaken.

The proving had to be comprehensible and easy to read.

The language of the provers was retained (Sherr, 1994:77).

Unwieldy sentences and needless detail were edited for the sake of clarity.

Identical or similar symptoms from different provers had to appear separately and were sorted by the following criteria: Nature of symptom, prover, sequence of development of symptom and time of appearance. Similar symptoms of different provers had to show the logical and chronological progression of the unfolding symptom (Sherr, 1994:77).

Mental symptoms were less clearly defined compared to physicals and generals so that sorting was open to interpretation and more flexible.

Related symptoms were grouped together.

Any repeated symptoms in a single prover were combined into one entry. Any symptom appearing again in modified form was recorded separately. If a symptom included several areas of the body linked together as one totality, it appeared as a whole symptom under the most central heading. The individual components then appeared under the secondary headings as a local symptom pertaining to that part with a brief mention of the concomitants. While scanning the particulars attention was paid to recurring symptoms and modalities.

The researchers then collated the data from the groups into the relevant subdivisions with the purpose of creating a comprehensive materia medica for *Yam ha-Melach*.

3.7 COMPARATIVE MATERIA MEDICA

On completion of the above mentioned process, the 'minimum characteristic syndrome' (5 – 10 symptoms that are fundamental to the dynamic of the remedy) on the mental, emotional and physical levels of the following remedies was explored and then compared and related to the 'minimum characteristic syndrome' of the materia medica of *Yam ha-Melach* (Dead Sea) to identifying common symptoms between these remedies thus elucidating essential similarities and differences between them.

The remedies that were explored were *Magnesium muriaticum*, *Kali muriaticum*, *Natrum muriaticum*, *Bromium* and *Sulphur*.

The group themes of the Magnesiums, Kali's, Bromatums, Muriaticums and the Natrums were also compared and related to the materia medica of *Yam ha-Melach*.

3.8 REPORTING THE DATA

3.8.1 Repertory

Successful conversion of proving symptoms into repertory language is dependent upon the quality of the information gathered during the extraction and collation procedure. The responsibility of the repertorisers was to truthfully interpret the proving information into a format that would be easily understood and accessible to any homeopath. The 'As if one person' strategy was used. The responsibility of selection of the most appropriate rubrics rested with the two researchers.

Repertory construction was according to Kent's method. In all rubrics the repertory and page number were indicated. The meaning of each rubric was clarified by studying the provings of the remedies already present in the rubric. The source of the rubrics was checked and the meaning was verified against the appropriate dictionary.

As few new rubrics as possible were made without losing the central theme of the remedy. Addition of too many new single-symptom rubrics would not help the development of the repertory as a whole. New rubrics were only considered after a thorough investigation into the possibility of including the remedy in an already existing rubric. Only extremely peculiar symptoms of the remedy were added. The prover's own words were used as much as possible. On the other hand, the addition of new sub-rubrics to already existing rubrics was essential as this broadens the modalities of any particular symptom.

Information extracted from the proving was converted into separate symptoms represented as rubrics in the clearest and most accurate way. If parts of a symptom were too complex to repertorise it was ignored or placed in a rubric which conveyed the general sense of the statement.

Each rubric was recorded on a database along with the symptom and prover number. When additional provers produced the same symptom, their prover and symptom numbers were added to provide a cross reference and a basis for grading symptoms. If some provers produced the same symptom three or four times, their prover number was only added to the rubric once, as there could have been a distortion of grading. In addition to placing the remedy in the appropriate rubrics, it was graded according to the level of importance that rubric demonstrated in the proving.

Grading was done according to frequency not intensity. This was the method used by Kent and is also the one recommended by Sherr (1994:85) as being less subjective than grading by intensity.

3.8.2 Materia medica

The symptoms that have been included from the proving of *Yam ha-Melach* are presented in a typical materia medica format. These symptoms are listed under sections that are common to most materia medica's and correspond to the sections of the *Synthesis: Repertorium Homeopathicum Syntheticum* – edition 8.1 (Schroyens, 2001). These sections are as follows:

Mind	Stomach	Chest
Vertigo	Abdomen	Back
Head	Rectum	Extremities
Eye	Stool	Sleep
Vision	Bladder	Dreams
Ear	Urine	Chill
Hearing	Kidneys	Fever
Nose	Female Genitalia/sex	Perspiration

Face	Male genitalia/sex	Skin
Mouth	Larynx	Generals
Teeth	Respiration	
Throat	Cough	
External throat	Expectoration	

CHAPTER FOUR

4. THE RESULTS

4.1. INTRODUCTION

The proving symptoms of *Yam ha-Melach* that were extracted from the proving journals, edited and collated are presented in this chapter under the two subsections of materia medica and Repertory. In the first subsection of materia medica (subsection 4.2) the symptoms are presented in the provers' own words as extracted from their journals, and are arranged according to recognised sections of materia medica. In the second subsection of Repertory (subsection 4.3) the symptoms have been converted from the provers' words into repertory language and format, and grouped in the sections typical to the *Synthesis 8.1* repertory (Schroyens, 2001).

4.2. MATERIA MEDICA

4.2.1. Key

The proving symptoms of *Yam ha-Melach 30CH* are grouped according to standard materia medica sections.

The symptoms are referenced as follows:

PROVER NUMBER – SEX – ONSET OF SYMPTOMS (DAY: HOURS: MINUTES)

1. The time referenced indicates the number of days, hours and minutes since the first dose were taken. After 24 hours the minutes are considered unimportant and represented by XX. After a few days the same applies to the hours.

2. Where the time is unclear it is represented by XX:XX:XX.
3. Symptoms denoted with * are symptoms that were conveyed either at the post-proving group meeting or in a one-on-one interview with the prover.
4. All symptoms cured during the proving will be denoted by the word (curative) which will follow the particular symptom.
5. Symptoms from the journals of placebo provers were not considered.
6. Where the symbols < and > are recorded these are taken to mean aggravation from and amelioration from respectively. These symbols were only used when recorded as such by the provers.

4.2.2. Prover lists

The symptoms that comprise the materia medica and repertory of *Yam ha-Melach* were taken from two groups of provers. The first was the group of provers that was supervised by this researcher for the purpose of this study. The second was the group of provers participating in the parallel proving of the same substance conducted concurrently by Tamara Rabinowitz.

In both groups provers that were on placebo are indicated by a P, and those on verum are indicated by a V, in the appropriate column.

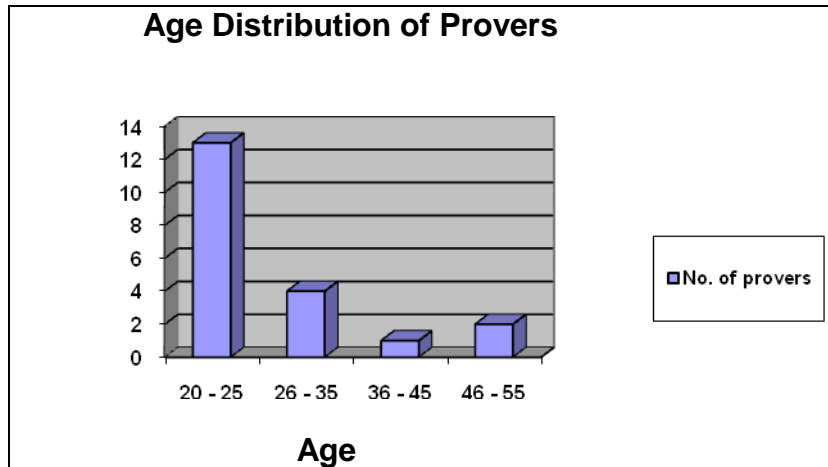
TABLE 1: GROUP 1 – Natasha Wallace

PROVER NUMBER	AGE	SEX	PLACEBO/ VERUM
1	22	M	V
2	23	F	V
3	26	M	V
4	23	F	P
5	36	F	V
6	23	M	V
7	24	F	V
8	24	M	V
9	29	M	V
10	24	F	V

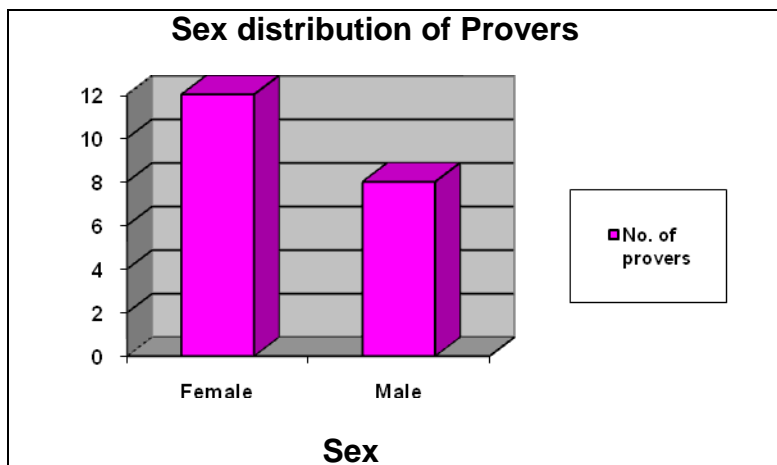
TABLE 2: GROUP 2 – Tamara Rabinowitz

PROVER NUMBER	AGE	SEX	PLACEBO/ VERUM
11	52	M	P
12	24	F	V
13	26	M	V
14	22	F	V
15	26	F	V
16	22	F	V
17	22	F	V
18	23	M	V
19	47	F	V
20	20	F	V

GRAPH 1



GRAPH 2



4.2.3. Symptoms of *Yam ha-Melach*

4.2.3.1. MIND

Irritability and frustration

Little bit irritable.

01M:07:XX:XX

My mood is really irritable and annoyed.

02F:02:XX:XX

Feeling irritated by people, probably due to being sleepy.

03M:04:XX:XX

Still feeling Irritable, short tempered.

05F:05:XX:XX

Think I was more irritated for a change, maybe with my surroundings or just with myself.

06M:14:XX:XX

Highly agitated and irritable. But it evens out as the day progresses.

07F:12:XX:XX

Very agitated and snappy with everybody. Feeling a bit aggressive and frustrated.

07F:13:XX:XX

Tired and irritable. Have to do another night shift. Hopefully the last one in this string.

08M:13:XX:XX

Irritable in the morning, take ages to wake up, very annoyed at people driving slowly in front of me, and overtook them like a savage.

10F:10:XX:XX

Aversion to being held close unless I want it. Irritable, impatient.

10F:13:XX:XX

Feeling annoyed at writing in the journal, feel like I have a lot of other things to do that is more important than doing this. Concerned about patient numbers for the first time this whole year.

10F:15:XX:XX

During a class presentation started getting really irritated for no reason, people talking.

18M:00:00:30

The slightest breeze irritates me.

15F:00:01:20

Getting really irritated, a patient cancelled, feeling irate, can't seem to think straight.

18M:00:01:45

Very irritated with everyone, to the point of wanting to scream.

17F:00:03:30

Got a new patient but didn't give a shit. He kept moaning, I felt it was overboard, I was ready to smack him. I told him that I can't help him and he needs to leave.

18M:00:04:00

Getting pissed off about what I don't know.

18M:00:06:30

Got really annoyed with my patient. The language and culture barrier was really driving me mad.

18M:02:XX:XX

My boyfriend said that I was grumpy today, I have been very snappy, it is like I have PMS.

20F:02:XX:XX

Wow I am irritable, lecturer is really pissing me off.

18M:03:XX:XX

My blood is boiling and I just cannot shake it!!!! Really angry.

18M:03:XX:XX

Getting highly irritated again, feel like smashing someone's head in.

18M:03:XX:XX

Just want to sit around and do nothing, no thinking involved, everything and I mean everything is becoming an intense effort. This is pissing me off, I feel like I am going to burst if I don't let some of the anger out.

18M:03:XX:XX

So frustrated with lecturers, find myself swearing, so irritated.

17F:04:XX:XX

I am getting super duper, ultra god damn, fucking pathetically irritated and frustrated with this situation. I feel like smashing everyone's heads in including my own. Just not able to manage anything at the moment, don't even have the strength for a wank to possibly calm me down. Even feel like ripping this book apart.

AAAAAAAAAAAAAAAAARRRRRRRRRRGGGHHHH.

18M:04:XX:XX

Feeling frustrated, heavy and burdened.

19F:05:XX:XX

Feeling very irritable and emotional.

20F:05:XX:XX

Feeling very irritable and short tempered resisting the urge to just snap at everyone.

17F:06:XX:XX

Very irritable today.

16F:06:XX:XX

Ooooooooooooooh am very irate, feels like the walls are closing in on me. My ears are ringing, my face hurts, my chest hurts.

18M:06:XX:XX

Feeling really crabby, going home cause I can't handle people just talking.

17F:07:XX:XX

Had breakfast with my gran and found myself getting really irritated by little things like leaving the fridge open for too long.

18M:07:XX:XX

Just shouted at my parents for bickering over petty stuff, they must just get the fuck over it.

18M:07:XX:XX

Increasingly irritable having to listen to mom's symptoms.

17F:07:XX:XX

Irritable with lady in front of me at the movies. Wanted to rip her head off. Then the girl next to me for slurping, then the guy who pushed in front of us.

12F:07:XX:XX

Extreme irritability. Wanna KILL.

12F:08:XX:XX

Wasn't in a very good mood today, was very irritable. I was very snappy and people got on my nerves very easily.
20F:10:XX:XX

Loneliness and isolation

I feel isolated with where I am in my stage of life.
03M:10:XX:XX

Irritable, moody, sad, feeling a sense of loneliness – poor me. Nobody understands.
05F:04:XX:XX

I just wanted to be alone.
18M:00:07:30

Started feeling really emotional again, feel like I'm coming down from a bad trip, just depressed and alone.
18M:01:00:00

I feel very quiet and withdrawn, just want to be alone.
13M:01:04:20

Don't want to speak to anyone, feeling sad and lonely and tired.
19F:02:XX:XX

Hiding in my room, "go away and LEAVE ME ALONE".
19F:02:XX:XX

Feeling very lonely, need to get out of this house.
12F:03:XX:XX

Feeling quite sorry for myself, quite needy for affection.
14F:03:XX:XX

Feeling sad and lonely.
19F:04:XX:XX

Felt pangs of loneliness that came over me like waves even though I wasn't alone.
17F:05:XX:XX

Depression and hopelessness

Feeling strangely depressed for no reason. Feels like a dark blanket has settled upon me. I feel hopeless like there is no light left in the world.

02F 02:51:XX

I felt a bit down today, questioning people's deeds and motives and general attitude.

03M:10:XX:XX

If I don't get a good sleep I feel doom and gloom.

05F:03:XX:XX

Evening: mood is very low but difficulty crying. Feelings of failure, incompetence, rejection and hopelessness.

07F:02:XX:XX

Good mood in the morning but it deteriorates as the day carries on. Feelings of hopelessness, easily upset, can cry at any moment for any situation.

07F:01:24:XX

Feeling a little depressed, feeling blue.

12F:00:05:30

Hopeless feeling. I don't feel I can cure the situation. Whatever it is.

19F:00:18:30

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything restless and irritated.

19F:00:21:30

Started feeling really emotional again, feel like I'm coming down from a bad trip, just depressed and alone.

18M:01:00:XX

Feeling very depressed, like I'm all alone in the world and no one can understand my plight, just want to sleep.

12F:01:07:XX

Feeling very sorry for myself.

17F:02:XX:XX

I have no interest in this day. Feel like I am spiraling fast into a deep sea of depression.

19F:03:XX:XX

I feel awful, black clouds, just want to run away.

19F:04:XX:XX

I find myself with thoughts of ending it all. Just plotting the ways.

19F:04:XX:XX

I just feel like I'm in a hopeless situation and I just can't fix it. No one understands.

12F:04:XX:XX

This may sound cynical, but perhaps death would have been easier than dealing with this shit life.

18M:05:XX:XX

Fuck I feel pathetic.

18M:07:XX:XX

Emotionally overwhelmed and crying

Very depressed, cry all the time but mostly controlled crying, not ugly crying like the day before. Still feeling overwhelmed with difficulty concentrating.

07F:01:30:XX

Emotions are relatively stable till a friend says something silly to upset me then everything spills out again. Cry uncontrollably again for about 40 minutes then managed to pick myself up and carry on. But can't shake the feeling of sadness all day.

07F:10:XX:XX

Felt very overwhelmed, everyone expects emotional support from me and I feel like I have no more to give. I gave to all my friends, my patients, and my family and feel overwhelmed. I feel like I'm just one person.

10F:01:XX:XX

Moody, feel overwhelmed like a kid lost in a shopping mall away from parents, everything around me moves too fast and I just want to curl into a ball or start wailing till someone nice helps me find my parents.

10F:05:XX:XX

By 1:30 pm I was crying uncontrollably. A small incident made me feel overwhelmed and I felt like I couldn't cope. I became dizzy and lost control of my emotions. Felt emotional the rest of the afternoon but managed to keep it together.

07F:00:06:30

Feeling really emotional, crying for all sorts of things that usually wouldn't affect me.

16F:00:06:15

Got really upset and frustrated with my dad today because he wouldn't go see a dr. I've got a knot in my chest and can't stop crying.

16F:09:XX:XX

Felt really emotional, went and had some wine and cried for 6 hours, just wanted to be alone.

18M:00:07:30

Very teary today, I have cried 3 times for things I wouldn't usually get upset about. Cried after getting a test back and after watching Oprah, episode about starving kids.

14F:02:07:30

Feeling so emotional like my heart is being ripped out and stomped on.

18M:02:08:00

Feel completely emotionally drained, couldn't wait for the day to end. Built up throughout the day and eventually just felt like I needed to sit down and have a good cry and be alone.

14F:02:13:30

Just walked into spar and started crying. Crying for little things.

18M:03:02:00

Feel like having a good cry, feeling tender.

19F:02:23:00

Feel vulnerable, weak and miserable. Can feel the tears coming.

19F:04:01:30

Feeling frustrated and alone. Just want to cry, I'm crying pulling at my hair and rocking back and forth. I just feel like I'm in a hopeless situation and I just can't fix it. No one understands.

12F:04:10:30

Need affection, missing friends

Feel an intense need to receive affection – became needy and clingy.

07F:00:6:30

Feeling good, a bit clingy – just want to hold my partner.

08M:19:XX:XX

Discrimination and lack of faith in people

I was watching the Jewish fathers come to pick up their children and I suddenly got this feeling of anger towards them. I realized that they were irritating me because they are weak. “I hate weakness” I thought to myself.

15F:01:04:XX

Today at gym I was leaving to go home and two Jewish men came out of the synagogue. I got so angry and immediately thought of them as being weak. Very unusual for me to react that way.

15F:01:04:XX

Feel like I have no faith in humanity, they are stupid and cruel.

19F:02:XX:XX

I felt a bit down today, questioning people’s deeds and motives and general attitude.

03M:10:XX:XX

Mood swings

Felt a bit down, but in the afternoon had a sudden flip in mood where I felt silly and happy.

03M:11:XX:XX

I have contradicting feelings today: I feel confident and good about myself yet I feel like the most terrible person to have ever walked the planet. Not sure what to make of it. So I go back to cruise-and-don’t think about it mode.

07F:06:XX:XX

Mood swings up and down, very erratic.

19F:00:08:30

Euphoria , now exhaustion, when will the rollercoaster end?

18M:01:11:XX

Very moody, no confidence.
12F:08:XX:XX

My mind seems to be getting back on track. The problem is my ability to trust this state of stability. Why do I not relish in the state of normality. Have I just become too used to the manic swings of moods my mind is currently going through?
18M:11:XX:XX

Self actualization

It feels like I have a lot on my mind, and I am taking time out to think about it.
13M:01:05:XX

Sudden feeling that I really need to re-evaluate my life. I need to take a step back and sort out my true desires and needs, my true dreams, my true talents and how I can use them to my best ability to benefit both me and those around me. I feel like I am going to burst if I do not do so in earnest, soon. If I don't do this seriously and make pro-active, not reactive choices, I will continue to waste away on the inside. I may as well then take my own life, cause fuck, it feels like I'm wasting it right now. I have things to offer the world. I can achieve great things. I need to find out what is stopping me from going out and doing what I want. Is it fear of failure? Is it fear of humiliation? Fear of disappointment, mostly of myself? And again, why do I place what people think and say about me so high up on my concerns list. THIS IS ME! Fuck I wish I could live it. To be free and respected is what I desire. To be knowledgeable and have the ability to practically endorse it. May the universe guide me to accept and achieve its offerings.
18M:10:XX:XX

Open and a lot of thoughts and ideas going through my head, including relationship, future plans and finances.
06M:09:XX:XX

WHAT I WANT

I want to dance, play guitar, I want to love completely, I want to share this, infuse it into society, people can heal with only love. I want to teach them this, I want to start a meditation circle for peace in the middle east, I want to stop being afraid of my own destiny, I want to be ambitious and not lazy. I want to believe in myself as I did as a child when there was no doubt to greatness. Anything can be achieved, anything, just do it. Stop pondering and hoping it will somehow materialize. Just get up and make it happen. If you believe it will come to you.
15F:10:XX:XX

Anxiety

Feeling irritable, harassed, anxious > exercise.

10F:05:XX:XX

Impatient, can't stand to be contradicted. Can't be stopped doing what I want to, else I get anxious, get palpitations and react by lashing out.

10F:19:XX:XX

Irritable, very sleepy, worried and anxious about trifles, wanted to clean the whole house.

10F:20:XX:XX

Feeling really anxious. Its physical, an uneasy feeling in my stomach.

12F:00:05:30

Feeling really excited and anxious, not sure why. Butterflies in my stomach.

13M:00:12:50

Feel very nervous not only mentally but physically. Too much unstable energy building up in my solar plexus then moves up and culminates in my cheek bones which makes me feel like I want to cry and in my TMJ like I am blushing uncontrollably. It is almost unbearable and I have to look away. I blush for others embarrassment. It hurts.

12F:03:XX:XX

Woke up feeling very anxious, had a knot in my stomach.

15F:04:XX:XX

Feeling very anxious, butterflies return to my tummy. Am I good enough, do I know enough?

17F:04:XX:XX

Feeling really anxious, as if there is pent up energy building up in my solar plexus toward my jaw making it clench and behind my eyes to the outer corners of my eyes causing me to want to cry.

18M:04:XX:XX

I had an anxious feeling when I got home from work. Thinking about all the things I needed to do but hadn't.

15F:04:XX:XX

Feeling very anxious and uncertain about the future.

13M:06:XX:XX

Feeling anxious. Have butterflies in my solar plexus, tension in my jaws.
17F:07:XX:XX

Paranoia

Tried to get to sleep but I kept hearing noises and I was paranoid.
16F:05:XX:XX

I am scared that I have a terminal illness. Feels like the oxygen is just not getting into my blood or is not being carried due to a blockage. I would imagine chemotherapy or radiation therapy feeling like this. I don't know why. I just want to lie down and close my eyes but I'm scared that if I do I won't wake up.
15F:07:XX:XX

Got scared after a coughing fit that left a great pain in my heart, that I was having a heart attack.
15F:07:XX:XX

I walked around my house because I got paranoid that someone was inside.
15F:08:XX:XX

Still dark stools, worried it might be something terminal, going to see dr. again.
18M:10:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.
18M:10:XX:XX

My ears are ringing quite badly, should I be worried?
18M:11:XX:XX

Worried about friends, family, patients – very acutely – was in tears about one of my friends problems. Really want to help, feel helpless, annoyed that I can't do anything to help – also annoyed cause they are not doing anything about their situation and don't listen to me.
10F:14:XX:XX

Manic phase

Became very emotional and angry in the afternoon and said some regrettable things yet no feelings of guilt, strange, I thrive on guilt. Feeling strangely empowered and good about myself.
07F:20:XX:XX

Feeling of confidence, like I have a great self belief and my self esteem is very high. I can achieve anything, like I have some sort of superhuman power.
13M:01:11:XX

Jumped up and down my room doing ballet, feeling happier now.
18M:01:11:XX

So energized, so happy from teaching. It's like giving a performance. I feel so fulfilled afterwards.
18M:04:XX:XX

Feeling very bubbly and happy with life, pulled pants up to under breasts and ran around like a crazy person laughing and shouting.
12F:05:XX:XX

Feel revitalized and energized. I can attack anything that today brings.
12F:07:XX:XX

Very crazy mood. Singing weird songs at the top of my voice in the common room. Everyone thinks I'm crazy.
12F:08:XX:XX

Strange feelings of calm resolution. Was feeling down in the morning but at around 11 am suddenly felt better and almost excited, feeling like I want to jump up and down, which subsequently I did and then I felt ecstatically happy. Very strange as I've been feeling down in the dumps for endless weeks.
07F:03:XX:XX

Rebellion and spontaneity

Been very spontaneous.
15F:01:15:XX

Really want to get a tattoo. The thought has briefly crossed my mind before, but now I really want it. Going to hold off till after proving. I think it's the remedy.
12F:06:XX:XX

I had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.
12F:09:XX:XX

Escapism

Got a strange feeling of needing freedom, I act out in uncharacteristic ways.

07F:19:XX:XX

I feel trapped and NEED to get away.

19F:03:XX:XX

Feeling like I have to break out of this house aaarrrrrrrrrrrrghhhhh.

12F:11:XX:XX

False front

It feels like I am putting on a mosaic front for everyone. This irritated me more.

18M:03:XX:XX

Keeping up pretences and smiling for the outsiders.

07F:05:XX:XX

Cruising, getting very good at faking the fact that I'm actually crying inside. But at least everybody around me is content and not noticing anything.

07F:08:XX:XX

Happiness, Good mood

Very good mood.

01M:14:XX:XX

Feeling happy and positive.

02F:06:XX:XX

Feeling positive.

05F:10:XX:XX

Feeling great today, had a very good sleep. Feel like I can take on the day with full fury.

06M:09:XX:XX

In the evening I felt happy, content and decisive. Life makes sense again, and I feel like I have made the right decisions and that I have no reason to feel guilty even though I probably should. Very sleepy in the evening – difficulty staying awake but when awake I feel very energized and positive.

07F:03:XX:XX

Good mood, feeling confident, blocking out negative thoughts. Excited that my family is coming to visit.

07F:07:XX:XX

Feeling happy and lighthearted today despite a stuffy head.

08M:18:XX:XX

Feeling unusually chirpy today, tapping my foot to the music.

17F:00:02:30

Feeling really good today, in such an awesome mood. Happy and carefree.

20F:00:05:45

Have a sensation that I am surrounded by a positive energy.

19F:02:XX:XX

Feel so happy with my little niece and nephew, their energies make me feel so rejuvenated, such innocence is a true breath of fresh air.

18M:06:XX:XX

Very good mood.

12F:07:XX:XX

Woke up feeling inspired and ready to face the day.

13M:09:XX:XX

Feeling very bubbly.

12F:18:XX:XX

Relaxed and calm

Nice and relaxed, woke up a bit later than usual because of last night's party – had an awesome time, but do have a bit of work to catch up on. A bit drowsy, can still manage to do work.

06M:13:XX:XX

Very tired, emotionally exhausted but optimistic for test. Feeling a strange calmness. Mood has lifted since yesterday.

07F:02:XX:XX

Felt very relaxed and at peace all day.

13M:00:09:20

Mind is very calm. Happy to just go with the flow. Very unusual.
15F:01:15:XX

Feeling incredibly relaxed.
16F:02:XX:XX

My mind is so calm and peaceful, really enjoying just being. Nothing seems to worry me.
15F: 02:XX:XX

I just want some peace and calm and a head that can think clearly.
18M:03:XX:XX

Empty and neutral

Mood very good and had a pretty packed day as well. Felt a bit 'neutral' in the afternoon, happy but almost like there was nothing going on in my head. Interesting psychological moment.
06M:07:XX:XX

Neutral mood till 11am.
01M:08:XX:XX

Feeling of emptiness. Better when around friends, worse when around husband.
07F:00:7:30

Even and mild mood, no specific feelings, a bit numb. Feel strangely detached from a decision I made – like it was a head decision more than a heart decision. Then why don't I feel right about it? Don't think, just cruise. Giving myself an emotional holiday. Keeping up pretences and smiling for the outsiders.
07F:05:XX:XX

Spaced out and floating

Drowsy, phased out feeling.
03M:03:XX:XX

Feeling very spaced out, floating around.
15F:00:00:24

Spaced out feeling very intense, feel like I'm on really strong pain killers. All drugged up.
15F:00:00:45

Time has slowed down, in a haze.
15F:00:00:45

Feel like I'm gliding when walking.
15F:00:00:45

Head is floating in the clouds.
18M:00:11:00

Feeling spacey, Really clumsy, keep dropping things, getting lost.
19F:02:00:XX

A sense of being out of it, mind is fuzzy.
12F:02:08:XX

Drugged and trippy

Eyes are not coordinated with my mind. I will see objects but it takes time to register what it is.

<looking up, changing direction of gaze, Movement and walking.

15F:00:00:45

Eyes are flitting between scenes, like either my mind or my eyes are too slow to co-ordinate. Like I'm on a hallucinogen.

18M:01:00:XX

The joy of life is getting the better of me, feeling a little trippy to be honest.

18M:04:XX:XX

Very spaced out feeling, as if drugged.

15F: 06:XX:XX

Poor concentration and lack of motivation; procrastination

Severely down and unable to concentrate. This sucks as I need to study.

07F:00:7:30

Feeling very tired and confused and difficulty concentrating.

07F:01:24:XX

Can't concentrate, daydream. Worry about ever growing list of things I have to do. Don't feel like writing in this bloody journal.

10F:11:XX:XX

Difficulty concentrating, keep losing my train of thought.

15F:00:00:24

Unmotivated.

12F:00:05:30

Don't feel like eating breakfast; just don't have the motivation to even make oats.

18M:00:23:20

Head is feeling really cloudy around my pterion, just can't seem to focus. I don't care about learning, normally I would be shitting myself, but I just couldn't be bothered.

18M:01:00:XX

Difficulty concentrating.

17F:01:04:XX

Procrastination. I have a lot of work but don't want to do it. Watch movie instead, not stressed about not working.

17F:01:04:XX

Serious lack of concentration and absolutely no motivation.

14F:01:08:XX

Just want to sit around and do nothing, no thinking involved, everything and I mean everything is becoming an intense effort. This is pissing me off, I feel like I am going to burst if I don't let some of the anger out.

18M:03:XX:XX

Can't kick my head into gear.

18M:04:XX:XX

Trying to force myself to concentrate but just don't care enough.

17F:04:XX:XX

Was supposed to work, but instead I sat on the couch and watched TV the whole day.

16F:05:XX:XX

Procrastination is the order of the day despite due dates rapidly approaching, not worried.

17F:06:XX:XX

Very little concentration in class today.

16F:07:XX:XX

Should be doing something productive but choose to watch a movie instead.
17F: 07:XX:XX

So hard to concentrate.
20F:12:XX:XX

Really need someone to slap me and tell me to wake up to the fact that I have an enormous amount of work and pressure at the moment but I'm just messing around.
17F:15:XX:XX

Memory

My memory is much better than normal, I'm just flying through mental activities, everything is just flowing.
13M :02:XX:XX

Short term memory loss, quite marked.
12F: 06:XX:XX

Forgot to set alarm.
17F: 08:XX:XX

Detached

Feel detached as if not part of anything at all.
19F: 01:05:XX

Woke up with no idea where I was, who I was and what I was doing. It was like I had been somewhere completely different... astral traveling? My feet and hands were sweating profusely, my heart is palpitating and I cannot get the thought of my family friends divorce out of my head.
18M:02:XX:XX

Feeling really out of touch with reality again.
18M: 02:XX:XX

Felt really detached during the funeral today, just floating.
19F: 02:XX:XX

Not concerned about anything at all, feel like I am watching myself, but not quite.
13M:12:XX:XX

Intuition

Intuition has been unbelievable. I can predict statements and events with phenomenal accuracy.

18M:03:XX:XX

Premonition. I pictured myself in a silver/grey car, love that color. Just then my mom phoned me to tell me I can have her silver Corsa.

12F:09:XX:XX

4.2.3.2. VERTIGO

Woke up tired, nauseous and dizzy.

01M:07:XX:XX

Had prominent sinus congestion and clear nasal discharge, associated dizziness throughout the day.

01M:20:XX:XX

I became dizzy.

07F:00:01:30

I bit dizzy.

09M:01:XX:XX

I just coughed to clear my throat and it felt like my brain moved.

Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.

15F: 05:XX:XX

I had a little dizzy spell driving home from breakfast. My cheeks were numb and tingling as if I hadn't gotten enough oxygen. I needed to take deep breaths.

15F: 06:XX:XX

I suddenly feel very weird! My body is weak, I am shaking and dizzy. My cheeks are tingling as if I haven't got enough oxygen to that area. My brain is confused and I am mixing up words e.g. "I don't have enough brain in my oxygen" I am scared that I have a terminal illness. Feels like the oxygen is just not getting into my blood or is not being carried due to a blockage. I would imagine chemotherapy or radiation therapy feeling like this I don't know why. I just want to lie down and close my eyes but I'm scared that if I do I won't wake up.

15F: 07:XX:XX

4.2.3.3. HEAD

Pain

Was headache around 11 due to post nasal drip.
08M:06:XX:XX

Return of headache with 3rd powder. Subsided in 10min.
17F: 00:12:30

Head ache really bad, feels like someone has put a hook into my scalp and is pulling me out of my world.
19F: 01:03:XX

Sensations

Developed a headache around 10 O'clock - got worse toward the afternoon, gone by evening. Located behind eyes, mainly on the left side. Throbbing and dull in nature.
07F:07:XX:XX

My head feels thick and I'm starting to develop a headache. Headache is dull, feels like I'm congested almost like a sinus headache. Aching. Radiating from behind my eyes to my anterior neck. Woke up with a headache.
07F:16:XX:XX

Bad headache upon waking, head feels congested and stuffy. Headache dull and throbbing, especially between my eyes, radiating down to my neck.
07F:18:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.
07F:19:XX:XX

Have a headache probably from post nasal drip. It is centered just above and to the sides of my eyes. It is a dull pain.
08M:02:XX:XX

Dull fronto-temporal headache.
< heat, >cold, cold drinks. <hurry, irritability.
10F:03:XX:XX

Headache fronto-temporal, very bad especially at 8.
< exercise, < leaning back. Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.

10F:08:XX:XX

Headache mostly gone today except every now and then I feel the dull ache over the temples like it's being clamped together, a dull onward pressure.

10F:09:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.
< lying, < exercise.

10F:13:XX:XX

Sensation of heaviness in my left forehead alternating with a dull ache.

15F: 00:00:24

Headache moved to across forehead and temples. Thick, dull pain.

19F: 00:00:30

Headache returns with a dull frontal ache, subsides in 30min.

17F: 01:00:XX

Have a very dull headache that is difficult to locate, it lingered all day.

18M: 01:06:XX

Have a slight headache in my temples, just a dull constant pain.

16F: 01:09:XX

Dull, temporal headache throughout most of the day with episodic increase in pain over the right eyebrow like someone pressing their thumb into it.

17F: 01:XX:XX

Sneezed and head feels a bit thick 10min after taking the remedy.

06M:00:10:22

Head feels thick especially in the last bit of the day. Temporally - radiating to occiput. Dull, weary, zombie feeling. Accompanying tiredness.

06M:00:09:88

Feeling exceptionally tired, like I've had the life sucked out of my brain. My head feels fuzzy, like I have difficulty remembering things and concentrating – needless to say it is a bad day for me to drive.

07F:10:XX:XX

Head feels a bit fuzzy, probably nose related.

08M:16:XX:XX

Head feels heavy.
05F:06:XX:XX

Head feels really heavy.
18M :01:07:00

My head feels full and heavy.
15F: 06:XX:XX

Throbbing sinus headache. < lying down, movement, bending down. Had to keep head still in vertical position. Felt like head was going to explode if move it. > blowing nose. Throbbing.
04F:02:XX:XX

Woke up with dull throbbing temporal headache. < right side.
17F: 06:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.
16F: 10:XX:XX

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.
17F: 05:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple. Mild achy pulsating feeling. >pressure.
17F: 08:XX:XX

Head foggy.
05F:05:XX:XX

Getting a headache. More of a clouded feeling. Dried out.
18M: 00:00:30

Head still cloudy, feeling of a strange pressure building up behind my eyes.
18M: 01:02:XX

Head feels very congested and full.
17F: 01:12:XX

My head feels full and heavy.
15F: 06:XX:XX

Head feels clogged.
06M:07:XX:XX

Feeling happy and light-hearted today despite a stuffy head. Feels clogged up from the nose up.
08M:18:XX:XX

Head is feeling stuffy.
07F:16:XX:XX

Wake up with a headache, a sore throat and a cough. Feeling terribly flu -ish. Stuffy, congested head.
07F:17:XX:XX

Have a light headache and feeling stuffy in the head.
08M:08:XX:XX

Head feels very congested and full.
17F: 01:12:XX

Head feels congested, feels like the contents of my sinuses is getting thicker.
16F: 15:XX:XX

Head feels really stuffy and I don't want to think.
18M:00:23:00

Head feels stuffy and painful.
19F: 01:05:XX

Headache in the temples and forehead, a compressing type of pain. Slightly > for pressing on temples. Lasted about 2 hours and spontaneously stopped.
14F: 06:XX:XX

Headache, compressing pain around the temples and behind the eyes.
14F:10:XX:XX

Feeling slightly headachy, like a dehydration headache.
07F:06:XX:XX

Slight internal headache, between frontal and temporal regions bilaterally. Very mild and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a dehydration headache.
12F: 00:02:10

Headache in vertex which usually means I'm dehydrated.

19F: 00:07:30

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears. > firm pressure, splashing face with water. <noise, people talking loudly, bright light.

17F: 07:XX:XX

Sinus headache. Worse on Right temple. >pressure. Feels like someone is pushing their thumbs into my temple.

17F: 03:XX:XX

Headache shifting between temples, sinuses and around eyes. <bright light and loud noises.

17F: 05:XX:XX

I just coughed to clear my throat and it felt like my brain moved
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.

15F: 05:XX:XX

Location

Temporal occipital headache.

10F:19:XX:XX

Severe right sided occipital headache that refers to right temple region. Moves to left occipital side.

12F: 09:XX:XX

Had a little bit of a headache after taking both powders and a bit of a runny nose. Bilateral temporal headache, mild intensity. These cleared within 10 minutes.

03M:00:09:00

Bilateral temporal headache accompanying nasal congestion.

03M:03:09:00

Have a left temporal headache and my face is itching along the left oronasal crease.

15F: 08:XX:XX

My head is a bit sore right between my eyebrows. 12:00 pm. > pressure.
< movement of eyes.

02F:14:XX:XX

Headache that started around 2:30 and lasted till now. Ongoing headache in the centre and front of my head.

08M:13:XX:XX

Headache getting worse, more frontally located now. < right, bright light.
>lying down, sleep.

17F: 00:07:30

Head pain moves to right eyebrow. Pain is much sharper. >pressure.

17F: 07:XX:XX

Got a supra frontal head ache pain. How odd. It's like just in front of my forehead, not actually on it.

18M :01:10:XX

Itching

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

12F: 07:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching.

Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F:10:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Modalities

Ameliorations

My head is a bit sore right between my eyebrows. > pressure.

02F:14:XX:XX

Headache in the temples and forehead, a compressing type of pain. Slightly > for pressing on temples.

14F: 06:XX:XX

Head pain moves to right eyebrow. Pain is much sharper. >pressure.

17F: 07:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

16F: 10:XX:XX

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow. >exercise.

17F: 00:02:00

Headache getting worse, more frontally located now.

< right, bright light. >lying down, sleep.

17F: 00:07:30

Aggravations

Throbbing sinus headache.

< lying down, movement, bending down.

Had to keep head still in vertical position.

Felt like head was going to explode if move it.

> blowing nose.

Throbbing.

04F:02:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.

< lying, < exercise.

10F:13:XX:XX

4.2.3.4. EYES

Sensations

Sore eyes.

09M:06:XX:XX

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M:03:XX:XX

Eyes feel quite dry and burny. <late afternoon.

14F: 00:08:30

Itchy and dry and red sclera and corners of eyes are red and scaly.

12F: 06:XX:XX

Eye feels as if it is on fire, dry and hot.

19F: 11:XX:XX

Eyes feel very dry and scratchy.

19F: 12:XX:XX

My eyes are burning and watering and crying.

15F: 08:XX:XX

Eyes feel scratchy from lack of sleep.

05F:05:XX:XX

Eyes are a bit itchy.

09M:00:XX:XX

Eyes itchy from lack of sleep.

10F:13:XX:XX

Itchy eyes, around margins of lids and sclera.

12F: 00:11:30

My eyes have started getting itchy and red.

16F: 02:XX:XX

Eyes feel strained and tired. Itching and watery. <wearing glasses and rubbing.

17F: 07:XX:XX

Eyes feel heavy from lack of sleep.

05F:03:XX:XX

Eyes feel heavy.

19F: 00:19:30

Watery

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

17F: 07:XX:XX

My eyes are burning and watering and crying.
15F: 08:XX:XX

Red

Eyes itchy and red < lack of sleep.
10F:15:XX:XX

My eyes have started getting itchy and red.
16F: 02:XX:XX

Eyes red, dry and burning.
14F: 04:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.
12F: 06:XX:XX

Photophobia

Light sensitivity of eyes during lectures this morning. Both eyes sensitive to bright light. Blurry, have to focus more, vague. Constant awareness.
03M:01:XX:XX

Eyes sensitive to light or computer screens or television
> rubbing or avoidance, itchy and watery. Had it for the past week.
03M:13:XX:XX

Eyes sensitive to light or wind.
10F:11:XX:XX

Eyes very photophobic.
19F: 11:XX:XX

Eyelids

Sty

Thought I might be getting a sty but nothing happened. Never had a sty before but I felt a throbbing pain on my left lower lid.
05F:01:XX:XX

Eyelid on Right hand side feels like it is making a sty on the bottom lid more laterally. < rubbing or touch.
10F:19:XX:XX

Drooping

Eyes feel droopy.
18M: 03:XX:XX

Right eye is all droopy, upper lid is swollen.
19F: 04:XX:XX

Modalities

Aggravations

Eyelid on Right hand side feels like it is making a sty on the bottom lid more laterally. < rubbing or touch.
10F:19:XX:XX

Eyes feel strained and tired. Itching and watery.
<wearing glasses and rubbing.
17F: 07:XX:XX

4.2.3.5. VISION

Battling to see far a bit more than usual today.
10F:14:XX:XX

Vision blurry, have to focus more, vague.
03M:01:XX:XX

I just coughed to clear my throat and it felt like my brain moved
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.
15F: 05:XX:XX

Vision of distant things is blurry.
15F: 00:01:20

Eyes feel unbalanced and unfocused.
12F: 01:07:XX

Eyes battling to stay focused.

18M :01:10:XX

Vision and mind are unattached. Takes a long time to focus on an object.

15F: 00:00:45

Finding it hard to write, can't focus, pen seems too thick, my hand won't listen.

19F: 02:XX:XX

I had a weird experience with my rear view mirror. When I got into the car I didn't have a clear view it was as if someone had moved it but it hadn't moved. No matter how I adjusted it I couldn't get I clear view. My reflection was distorted if I touched my nose in the mirror it looked like I was touching my chin. It was very confusing.

15F: 00:02:30

Feel like I'm coming off an acid trip. Seeing flashes of everything. Can't keep my eyes steady on one thing. Notice every time I move my eyes. Focus focus focus!!!

18M :03:XX:XX

4.2.3.6. EAR

Sensations

Right middle or outer ear felt a bit stuffy.

06M:00:00:00

Ears feels as if cotton wool has been stuffed into them. Hearing is muffled.

19F: 00:01:30

Ears are very blocked. I have difficulty hearing.

07F:20:XX:XX

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.

15F: 00:00:01

Woke up with right ear feeling blocked.

16F: 00:19:45

Ears feel blocked, congested. No pain just a feeling of unbalanced pressure. < right. >popping the ears.

17F: 01:12:XX

Ears have been really blocked all day, can't equalize them.

16F: 08:XX:XX

Ears are ringing and blocked, cannot equalize them.

18M :10:XX:XX

My ears are feeling really blocked, it's making me feel nauseous.

16F: 13:XX:XX

Right ear was tickling or itching – external ear. > when I palpate my tragus.

< if I wiggle my ear.

06M:08:XX:XX

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F:13:XX:XX

Ears itch, want to scratch them voluptuously, but it seems I just can't reach it.

10F16:XX:XX

Ears: itchy, yellow watery wax.

10F:20:XX:XX

Difficulty equalizing

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.

15F: 00:00:31

Ears feel blocked, congested. No pain just a feeling of unbalanced pressure.

< right. >popping the ears.

17F: 01:12:XX

Difficulty equalizing the ears.

17F: 01:12:XX

Ears have been really blocked all day, can't equalize them.

16F: 08:XX:XX

Ears are ringing and blocked, cannot equalize them.

18M :10:XX:XX

4.2.3.7. HEARING

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.

15F: 00:00:01

Ears feels as if cotton wool has been stuffed into them. Hearing is muffled.

19F: 00:01:30

Right ear has an added muffled sound as if it is under water.

18M: 12:XX:XX

Ears are blocked and muffled.

16F :15:XX:XX

I can hear my own voice when I talk.

19F: 02:XX:XX

I can hear myself talk.

18M :02:XX:XX

Tinnitus

Ring in right ear. Not severe but not normal.

12F: 06:XX:XX

My ears are ringing quite badly, should I be worried?

18M :11:XX:XX

My ears are ringing loudly now, a high pitched constant sound.

18M:12:XX:XX

4.2.3.8. NOSE

Congestion

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.

06M:01:XX:XX

Slightly stuffy in the mornings.

10F:05:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous.
Associated slight nasal congestion.

01M:00:11:30

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache. From waking up 8:00 onwards.

03M:02:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset. Associated sneezing. > blowing nose. Afternoon and evening.

03M:05:XX:XX

My nose is completely blocked, first on the left and then on the right, then both sides. Difficulty breathing through my nose. Watery discharge from nose, the fluid is clear and colorless. Go to bed feeling stuffy headed and with a blocked nose.

07F:18:XX:XX

Realized that my very blocked nose had cleared, it felt like the air was moving right to the middle of my brain- cool air.

19F: 00:05:30

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

19F: 00:15:30

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

18M: 00:23:00

Nose completely blocked but with very watery clear discharge, constantly running.

17F: 02:XX:XX

Blocked nose.

Mucous is viscous and white and thick.

06:30.

17F: 02:XX:XX

Coryza

Nose runny in the mornings now, blocked but runny nose, after I wake up.

06M:07:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous.

Associated slight nasal congestion.

01M:00:11:30

Had a little bit of a headache after taking both powders and a runny nose. These cleared within 10minutes.

03M:00:09:00

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F:17:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M:02:XX:XX

Nose still leaking like a tap. Much annoying – woke me up early and could not fall asleep again.

08M:05:XX:XX

Nose runny.

09:06:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

16F: 00:02:15

Runny nose, clear watery mucous. <left side.

17F: 00:04:30

Runny nose, clear salty fluid, rhinitis.

12F: 00:11:30

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

18M :00:23:00

My nose is running with clear salty water, but completely blocked.
18M :10:XX:XX

Discharge

Salty

Runny nose, clear salty fluid, rhinitis.
12F: 00:11:30

My nose is running with clear salty water, but completely blocked.
18M :10:XX:XX

Dry

Nose started drying out.
18M: 00:00:30

Nose is so dry, mucous membranes.
12F: 01:05:XX

Wake up several time because nose is so dry.
12F: 05:XX:XX

Post nasal drip

Nose still leaky and bad post nasal drip.
08M:13:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset. Associated sneezing. > blowing nose. Afternoon and evening.
03M:05:XX:XX

PND, salty taste in back of throat.
19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.
<lying, alcohol. >sitting standing.
15F: 01:12:XX

Sneezing

Nose very blocked this morning, improved the afternoon.
Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.
03M:06:XX:XX

Sneezed and head feels a bit thick 10minutes after the remedy.
06M:00:10:22

Starting to develop a watery clear nasal discharge. Nose feels itchy and I
sneeze chronically and multiple times per sneeze attack.
07F:17:XX:XX

Nose itchy, sneezing in the mornings.
10F:10:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.
16F: 00:02:15

Constant sneezing and blowing nose.
17F: 01:04:XX

Many bouts of sneezing today, powerful, uncontrollable.
18M :03:XX:XX

Sensations

Nose very itchy, rub the whole time, no relief.
10F:18:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I
sneeze chronically and multiple times per sneeze attack.
07F:17:XX:XX

Nose is itching on the right side.
20F: 15:XX:XX

Both nostrils blocked. But become aware of a sensation in the nose at the root as
if I have sniffed salt water. Weird feeling as if nose is attached to a string inside
and is being pulled in.
19F: 00:10:XX

Modalities

Ameliorations

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache.

03M:02:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste. <lying, alcohol. >sitting standing.

15F: 01:12:XX

4.2.3.9. FACE

Lips

Lips are very dry with increased tendency to lick lips.

17F: 03:XX:XX

Felt a tingling on my left upper lip. It was like a sore that had come into contact with salty food and burning.

13M: 09:XX:XX

Have a fever blister or something. My lip is very swollen and full of yellow puss. It feels like it is constantly oozing, but nothing is coming out. The head is yellow, the rest of my lip is very red and swollen. It is stinging!

13M :10:XX:XX

Blister is gone, healed very quickly, a miracle.

13M :11:XX:XX

Sinuses

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.

01M:20:XX:XX

Sinuses are starting to fill up, getting full and sore.

18M: 01:02:05

Maxillary sinuses are really sore now, almost unbearable, like a pressure imbalance that I need to equalize.

18M: 01:10:XX

Sinuses are very full and blocked.

12F: 02:XX:XX

Build up of pressure in the frontal and maxillary sinuses. <right side. >popping ears.

17F: 02:XX:XX

Jaw

Jaw pain, stiffness of the TMJ.

12F 05:XX:XX

Increased tension in jaw.

17F: 05:XX:XX

Jaw pain, very mild bilateral over Masseter.

< opening wide. Has happened previously on 3 occasions.

12F: 06:XX:XX

Really bad jaw pain, can't sleep on it. Mainly on left but moves to the right. Dull deep bone pain.

12F: 11:XX:XX

Sensations

Sinuses are starting to fill up, getting full and sore.

18M :01:02:XX

Sinuses are very full and blocked.

12F: 02:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:13:XX:XX

Crease that runs from my nose to my mouth on the left was very itchy. I had to scratch it many times and rub it to get some relief. It helped temporarily but kept coming back.

15F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

15F: 08:XX:XX

Eruptions

Just woke up (06:30 am). There are tiny white pimples on my forehead at my hairline. They are not very sore. I have not had pimples in this location before. They are itchy and when I scratch them they come off with the root. There is no blood.

02F:01:23:30

Pimple on right chin. A bit painful. Appeared in the afternoon.

03M:03:XX:XX

Sore spots on my lips have become inflamed and look like blind pimples. Sore spots under my nose have grown and become big blind pimples. I try to squeeze them but with mild success. They look terrible! They feel hot and swollen.

07F:01:30:XX

Skin is looking terrible on my face, especially around my mouth and nose area as previously described. Small pimples, very tender and hot and even though I keep squeezing stuff out of it, it doesn't seem to get any better.

07F:03:XX:XX

Developing more pimples, this time on my chin, great! The lip and nose stuff has cleared up but now I'm back to square 1. Found a weird pimple on my cheek next to my nose. I never get them there. It's very tender and feels hot.

07F:06:XX:XX

Got a blind pimple on my forehead between my eyes.

08M:00:XX:XX

*Rash on forehead: bumpy.

09M:XX:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F:20:XX:XX

Little tiny pimples with white heads on right nasal nare. Very tender to the touch.

12F: 07:XX:XX

4.2.3.10. MOUTH

Dry

My Mouth has been dry.
02F:07:XX:XX

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.
06M:09:XX:XX

Woke up with a very dry mouth tongue was stuck to the roof of my mouth.
19F: 00:08:30

Mouth is very dry, very thirsty.
19F: 00:09:30

Lips feel crusty and tongue feels dry.
19F: 00:11:30

Tongue

A 'Pimple on the tongue'. On the left lateral anterior aspect of the tongue.
Persistent. Irritation.
03M:02:52:XX

I woke up in the middle of the night and was biting the tip of my tongue. I woke up from the pain.
15F: 00:15:55

I woke up from the pain in the tip of my tongue I had bitten down on it until I woke from the pain. Now it feels like I have an ulcer there but I don't.
15F: 01:15:XX

Have a small lump that developed today on the middle of my tongue. It tingles ever now and again.
20F: 08:XX:XX

I had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.
12F: 09:XX:XX

The lump on my tongue is really bothering me this morning. It feels as if I've had a tongue piercing. Quite sore. <talking.
20F: 10:XX:XX

Lump on my tongue is stinging it feels like I burned it.
20F: 10:XX:XX

Taste

I have a really salty taste in my mouth. Drank some water but it didn't take the taste away.
02F:04:XX:XX

I find that my sense of taste is severely decreased, so I find myself adding lots of salt and chilies to food.
07F:17:XX:XX

Hungry but don't feel like anything everything tastes funny, like salt and oil.
19F: 00:23:30

4.2.3.11. THROAT

Sensations:

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep. <with the drinking of water. Dry, scratchy, difficult to swallow.
06M:20:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).
07F:14:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.
07F:15:XX:XX

Go to bed very early but have a terrible night's sleep, constantly waking up and having to drink water throat is very sore.
07F:15:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.

07F:17:XX:XX

Dry sore throat. Left nasopharynx. <swallowing. >drinking warm water.

17F: 01:07:XX

Pain on swallowing moved to right side.

17F: 01:11:XX

Sore throat, dry, burning. Right tonsillar region. >warm drinks.

17F: 02:XX:XX

My throat is raw and very sore and dry. When I breathe in the air dries my throat and makes me cough.

15F: 06:XX:XX

Had a scratchy throat. No relieving factors. Throughout the day.

01M:20:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

My throat feels worse toward the evening and very raw before bed. Have to wake up during the night multiple times to drink water to calm my throat down.

07F:14:XX:XX

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat. Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.

07F:16:XX:XX

Raw, dry sensation in right nasopharynx and left oropharynx. >drinking warm water.

17F: 01:04:XX

Dryness

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

Sore throat, dry, burning. Right tonsillar region. >warm drinks.

17F: 02:XX:XX

My throat is raw and very sore and dry. When I breath in the air dries my throat and makes me cough.

15F: 06:XX:XX

Difficulty swallowing

Dry, scratchy, difficult to swallow.

06M:20:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

Difficulty swallowing.

17F: 00:22:45

Modalities

Ameliorations

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

Raw, dry sensation in right nasopharynx and left oropharynx. >drinking warm water.

17F: 01:04:XX

I woke up on a few occasions last night to drink water to try soothe my throat.

15F: 07:XX:XX

4.2.3.12. COUGH

Started coughing after eating salmon and mayonnaise. The coughing got quite bad and I started retching and then I was walking to the lounge and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile. Etiology: coughing, bending over, standing up.
15F: 06:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.
15F: 08:XX:XX

Woke up coughing, very intense. I want to be antidoted now!!
19F: 09:XX:XX

Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.
07F:16:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.
07F:17:XX:XX

Coughing is getting worse, more productive but I'm not coughing up anything. I'm just unable to control the coughing and it sounds harsh and barking.
07F:18:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until i wretched, I eyes were streaming with water.
15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.
19F: 00:18:46

Cough dry to begin with but got progressively productive. Soft sputum with white pieces resembling coarse salt.

17F: 04:XX:XX

Dry cough.

12F: 08:XX:XX

I just coughed to clear my throat and it felt like my brain moved.
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.

15F: 05:XX:XX

Productive cough. Sputum whitish with yellow and white soft broken up pieces.

17F: 05:XX:XX

4.2.3.13. EXPECTORATION

Cough dry to begin with but got progressively productive.

Soft sputum with white pieces resembling coarse salt.

17F: 04:XX:XX

Productive cough.

Sputum whitish with yellow and white soft broken up pieces.

17F: 05:XX:XX

Had an intense coughing spell that was accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until i wretched, I eyes were streaming with water.

15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.

19F: 00:18:46

4.2.3.14. EXTERNAL THROAT

Swollen glands

All the glands in my neck were sore when I woke up this morning which made my neck feel stiff.

15F: 07:XX:XX

Right sided submandibular lymphadenopathy.

12F: 11:XX:XX

4.2.3.15. STOMACH

Appetite increased

Felt really hungry at 9am and at 20.30pm.

01M:06:XX:XX

Generally I had an urge to eat (increased appetite). Maybe due to remedy or just being keen to eat.

03M:14:XX:XX

Appetite is very increased and I stuff myself with salty food. Yum, not helping the bloating though. I'm starting to look like a small elephant.

07F:15:XX:XX

Very hungry.

19F:00:04:45

So ravenous, made myself 2 snackwiches and a peanut butter sandwich.

18M:01:04XX

Ravenous, just want to stuff my face.

Cr. Biltong, cheese, ice cream.

12F:04:XX:XX

Appetite has greatly increased.

14F:05:XX:XX

Appetite decreased

No appetite. No hunger but I need warm drinks, have lots of tea.

07F:00:13:00

No appetite.

09M:02:XX:XX

Decreased appetite.

10F:02:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F:12:XX:XX

No appetite at all.
12F:02:XX:XX

No hunger at all.
19F:02:XX:XX

Loss of appetite, don't feel like eating at all.
17F:02:XX:XX

Complete loss of appetite.
14F:06:XX:XX

Thirst increased

Feeling really thirsty. Drank 2 glasses of cold water, one after the other.
02F:01:33:XX

Increased thirst especially at night for water.
06M:03:XX:XX

Increased levels of thirst in the evening after supper. Thirsty only for water, nothing else.
07F:08:XX:XX

Thirsty.
09M:07:XX:XX

Marked increased thirst for cold water.
15F:01:04:XX

Marked increase in thirst just downed 2 glasses of water.
18M:01:07:XX

Thirst increase dramatically, gulping down water.
12F:02:XX:XX

Nausea and vomiting

Woke up tired, nauseous and dizzy.
01M:07:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.
10F:12:XX:XX

Threw up twice, head spun, sudden nausea, threw up easily, felt much better afterwards.

10F:20:XX:XX

I was walking to the lounge after eating salmon and mayonnaise and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile. Etiology: coughing, bending over, standing up.

15F:06:XX:XX

Feeling nauseas.

18M:07:XX:XX

Gaseous

Stomach full of air.

09M:02:XX:XX

Stomach is bloated and feeling full.

18M:02:XX:XX

Eructation's

Flatulent, very noxious, silent but violent, like sulphur egg smell.

10F:15:XX:XX

Very bloated, left epigastric region, very uncomfortable, lots of wind. Passed in 5 min.

12F: 01:01:XX

Have been having a lot of wind, smelly like egg.

19F: 02:XX:XX

Bloated, relieved by flatulence.

12F: 06:XX:XX

Sensations

Pain in left hypochondriac region. > pressure.

12F: 00:01:00

Epigastric pain on waking. <eating.
14F:07:XX:XX

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down. All due to a drink of cold water.
17F:12:XX:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy. >lying down, closing eyes, taking a deep breath. Relief in about 5 min.
17F:12:XX:XX

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad its taking my breath away.
20F: 00:04:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain. <eating. > bending over forwards.
20F: 03:XX:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.
06M:08:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.
10F:12:XX:XX

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.
07F:01:XX:XX

Easy satiety

Easy satiety. Decreased appetite. Vague nausea < eating.
10F:19:XX:XX

Hungry but once I start eating, I can't get much down before feeling full.
19F: 00:04:00

I couldn't finish my dinner, very strange.
13M:04:XX:XX

Modalities

Aggravations

Easy satiety. Decreased appetite. Vague nausea < eating.
10F:19:XX:XX

Epigastric pain on waking. <eating.
14F: 07:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight.
Located directly in the epigastric region. It was a sharp stabbing pain. <eating.
> bending over forwards.
20F: 03:XX:XX

4.2.3.16. ABDOMEN

Sensations

Pain in left hypochondriac region. > pressure.
12F: 00:01:00

Have a terrible pain in my epigastric area. It feels like someone has their hands
in my abdomen and is squeezing and twisting my stomach. So bad it's taking my
breath away.
20F:00:04:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight.
Located directly in the epigastric region. It was a sharp stabbing pain. <eating.
> bending over forwards.
20F: 03:XX:XX

Epigastric pain on waking. <eating.
14F: 07:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.
10F:12:XX:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull,
uncomfortable sensation.
06M:08:XX:XX

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down. All due to a drink of cold water.

17F:12:XX:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy. >lying down, closing eyes, taking a deep breath. Relief in about 5 min.

17F:12:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking. < sitting bent over.

15F: 00:00:50

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right. >pressure. < walking.

15F: 00:01:00

Pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen > applying a hot water bottle, lying in fetal position.

14F: 00:01:30

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants. > hunching over.

16F: 00:18:00.

Right sided lower abdominal pain, mild stabbing pain.

12F: 09:XX:XX

Lower right abdominal pain is not making any sense. It refers to the top iliac crest and then to my back and into my iliac region.

It is getting worse as the day progresses.

18M :10:XX:XX

Abdominal pain descending down colon. <pressure. >standing erect and passing stool.

17F: 04:XX:XX

Wow, left lower quadrant is hurting now too, just can't get comfortable.

18M: 07:XX:XX

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.

07F:01:XX:XX

Bloatedness with notable intestinal muscle contraction. >after stool, sitting upright.

17F: 02:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.

17F: 05:XX:XX

Feeling of tightness in and around my abdomen.

07F:01:30:XX

Mild dull aching pain in lower abdomen. Lasted about 2 hours.

15F: 00:06:30

Aching sensation in my lower abdomen as if my stomach muscles are contracting. <sitting up straight.

20F: 01:11:XX

Stomach is feeling weird, feeling like I honestly have a baby kicking inside of me. It's just below my umbilicus and is like a throbbing sensation. Not painful just uncomfortable like pulsations.

20F: 00:03:30

Cramp in lower gastric region as if my gut is wanting to twist and turn. Like a bubble or something growing inside me.

19F: 02:12:00.

Feels like someone is poking me from the inside every now and again.

20F: 02:XX:XX

Feeling wind moving around in my gut like a little creature.

19F: 04:XX:XX

Gaseous

Flatulent, very noxious, silent but violent, like sulphur egg smell.

10F:15:XX:XX

Stomach full of air.
09M:02:XX:XX

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants. > hunching over.
16F: 00:08:15

Very bloated, left epigastric region, very uncomfortable, lots of wind. Passed in 5 min.
12F: 01:01:XX

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines. <left lower quadrant. >straightening up.
17F: 02:XX:XX

I've had a bloated sore stomach all day, feel really full of air.
16F: 02:XX:XX

Have been having a lot of wind, smelly like egg.
19F: 02:XX:XX

Feeling wind moving around in my gut like a little creature.
19F: 04:XX:XX

Bloated all day, lots of gas.
12F: 04:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.
17F: 05:XX:XX

BLOATED, relieved by flatulence.
12F: 06:XX:XX

Feeling very bloated and full of air.
14F: 06:XX:XX

Feel really bloated.
16F:13:XX:XX

Modalities

Ameliorations

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

06M:08:XX:XX

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants. > hunching over.

16F: 00:08:15

Bloatedness with notable intestinal muscle contraction. >after stool, sitting upright.

17F: 02:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain. <eating. > bending over forwards.

20F: 03:XX:XX

Aggravations

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.

< sitting bent over.

15F: 00:00:50.

Aching sensation in my lower abdomen as if my stomach muscles are contracting.

<sitting up straight.

20F: 01:11:XX

4.2.3.17. RECTUM

Diarrhea

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief after passing and a feeling of 'cleanness' on the inside (weird not sure how to describe). Feeling of tightness in and around abdomen.

07F:01:30:XX

Suddenly develop diarrhea, very watery, pungent smell, and yellow brown color. Very urgently need to go. Went 10 times.

07F:12:XX:XX

Runny stomach.

09M:05:XX:XX

Towards the end of my run my stomach felt very strange. I was passing a lot of wind. I had to stop a couple of times because I thought I was going to have the runs. I managed to find a toilet on the promenade. Had very bad diarrhea. Was very fluid with a yellow tinge. Not a bad smell. Left me feeling very weak.

20F: 00:07:30

Constipation

Constipation. <pushing, straining. > relaxing, > bigger meals.

10F:00:XX:XX

Constipation, daily, small amount, tenesmus.

10F:01:XX:XX

Bowel movement was hard and difficult, don't feel complete.

19F: 00:15:35

No movement today, feel all clogged up. If I sit there is an urge but feel no relief.

19F: 01:05:00

Still constipated, been 3 days since last stool.

16F: 14:XX:XX

Digestive system returns to normal, have a good nr2 three times, great quantities, good consistency (solid but not hard), normal color, feeling of satisfaction afterwards. 1st time in weeks that my bowels are functioning normally and that I feel like I'm 'finished' afterwards. (CURED).

07F:04:XX:XX

I still feel I can't go properly, like I'm not done. I don't have difficulty or pain or straining but I just don't feel done.

10F:09:XX:XX

4.2.3.18. STOOL

Suddenly develop diarrhea, very watery, pungent smell, yellow brown color. Very urgently need to go. Went 10 times.
07F:12:XX:XX

Towards the end of my run my stomach felt very strange. I was passing a lot of wind. I had to stop a couple of times because I thought I was going to have the runs. I managed to find a toilet on the promenade. Had very bad diarrhea. Was very fluid with a yellow tinge. Not a bad smell. Left me feeling very weak.
20F: 00:07:30

Stool has a much looser consistency.
17F: 06:XX:XX

Peanut buttery dark stool, no straining just like its incomplete.
10F:11:XX:XX

Stool is dark and compact, must drink more water.
19F: 00:05:00

Had a really black and dark stool.
18M 06:XX:XX

Still dark stools, worried it might be something terminal, going to see dr. again.
18M :10:XX:XX

Stool is hard, knotty and not much.
19F: 02:XX:XX

4.2.3.19. BLADDER

Had mild chills and frequent urination last night before going to bed for about an hour. Went four times.
03M:11:XX:XX

Increased frequency of urination.
17F: 02:XX:XX

Seem to be weeing a lot more.
19F: 02:XX:XX

Extreme increase in frequency of urination throughout the day.
14F: 09:XX:XX

4.2.3.20. URINE

Urine is thick and dark. Need to drink more water.

19F: 00:02:20

Urine is a stronger color and smell than usual.

17F: 02:XX:XX

4.2.3.21. FEMALE GENITALIA/SEX

Breast tenderness

Boobs feel very full and heavy, like PMS without the period.

19F: 00:18:30

Slight breast sensitivity, tender to any movement or touch.

12F: 01:07:XX

Lower back pain

Started getting lower back pain. Dull niggling, aching, feels pre-menstrual.

16F: 02:XX:XX

My period started today with Lower back pain and discomfort.

Can't get comfortable.

16F: 07:XX:XX

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual.
(CURED).

07F:14:XX:XX

Lower abdominal pain

Period pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen. > applying a hot water bottle, lying in fetal position.

14F: 00:01:30

Aching sensation in my lower abdomen as if my stomach muscles are contracting. <sitting up straight.

20F: 01:11:XX

Period pain is much worse than usual. Cramping in lower left and right quadrants. >hunching over, lying down. <standing upright.

17F: 03:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1st/2nd day of my period which has not yet happened (CURED).

07F:15:XX:XX

Menses

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).

07F:14:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1st/2nd day of my period which has not yet happened. (CURED).

07F:15:XX:XX

My menstrual bleed is very light this month, and still light in color.

07F:17:XX:XX

Menses began a few days early, dark, brownish, clotted, scanty. Usually starts of scanty but red not dark. (CURED).

10F:09:XX:XX

Ovarian pain

Right ovary pain as if ovary is pinched in a clamp.

15F: 00:12:15

Sexual desire increased

Aversion to sex/ sexual contact but increased libido.

07F:04:XX:XX

Libido is high and its bothering me.

07F:19:XX:XX

Increased libido.

10F:10:XX:XX

Very horny, amorous.

12F: 09:XX:XX

Feeling so turned on... I better stay indoors.

14F: 10:XX:XX

Feeling very sexually excited... wow.

16F: 10:XX:XX

4.2.3.22. MALE GENITALIA/SEX

Sexual desire increased

Increased libido.

06M:09:XX:XX

My sex drive feels very high today.

08M:01:XX:XX

Sexual desire decreased

Didn't even have my normally raised libido, fell asleep with a semi I didn't even care to use.

18M:00:14:00

4.2.3.23. CHEST

Sensations

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

15F: 08:XX:XX

Chest pain <lying down . >sleep propped up on pillows on the left side.

15F: 08:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.

18M :10:XX:XX

Pain in right lower intercostals muscles. <full inhalation.

17F: 01:03:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement. >standing still, not breathing.

15F: 07:XX:XX

Chostochondritis. Aching pain in 5th intercostal space. <right. >firm pressure.

17F: 17:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, my eyes were streaming with water.

15F: 00:00:00

Heart

Impatient, can't stand to be contradicted. Can't be stopped doing what I want to, else I get anxious, get palpitations and react by lashing out.

10F:19:XX:XX

Very aware of my heart beat, reminds me of a moth hitting a light, slow, methodical.

12F: 00:16:00

Have felt a funny palpitation in the centre of the chest. Quite noticeable, a pressure and bubbling sensation.

19F: 02:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.
15F: 08:XX:XX

Eruptions

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.
10F:04:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.
10F:13:XX:XX

Pustule on my superior anterior left thorax this morning. Productive.
03M:07:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.
06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.
06M:03:XX:XX

Notice a strange hot bump on my chest approximately 4cm below my left clavicle. Tender to touch.
07F:01:36:XX

The bump on my chest has become a very sore pimple. Tried squeezing it but it was very tender and didn't deliver anything.
07F:02:XX:XX

Modalities

Aggravations

Pain in right lower intercostals muscles. <full inhalation.
17F: 01:03:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.
15F: 08:XX:XX

4.2.3.24. BACK

Stiffness

Back and neck feeling pretty stiff and sore. Muscle ache and decreased motion. Dull ache, more severe sensitive pain; may be due to rugby.
06M:10:XX:XX

Have a bit of neck stiffness and pain.
16F :01:09:15

Bilateral neck stiffness.
12F 02:XX:XX

Woke up with pain and tension in neck muscles. <stretching. >after stretching.
17F :07:XX:XX

My neck and whole back feel really stiff and it feels like it is moving to the base of my skull.
16F :07:XX:XX

Neck stiffness. >stretching.
14F :11:XX:XX

Muscle in my neck and traps are a bit stiff.
20F :15:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.
20F :01:11:30

Back felt stiff and immobile all day.
16F :14:XX:XX

Back pain, lower lumber, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.
10F:09:XX:XX

Back is really stiff, feels like all the muscles in my back are contracting. Stiff aching pain.

20F :01:11:XX

Lower back is stiff, but not painful.

19F :02:XX:XX

My whole back is also quite tight especially on the right and in the middle, feels ropey to the touch.

20F :02:XX:XX

My quadratus lumborum and gluteus are very tight.

20F :07:XX:XX

Sensations

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.

06M:07:XX:XX

Back pain, lower lumbar, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.

10F:09:XX:XX

Have a lot of muscle tension in my neck. Pain is generalized and dull.

16F :13:XX:XX

Neck stiffness, comes on early afternoon. >stretching. Dull persistent pain.

14F :17:XX:XX

I started to feel a slight dull aching sensation in my left kidney area. Level of T12 – L2 on the left side of my spine.

06M:07:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.

20F :01:11:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.

10F:20:XX:XX

Was sitting in front of my computer and stood up and got this sharp shooting pain. I couldn't stand up properly. The pain is on the left side of my spine, just above my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the pain.

20F :00:10:00

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially. >sitting, lying down. <standing for long periods.

17F :05:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

02F:06:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F:10:XX:XX

Back is feeling really stiff today, not unbearable though. The pain on the left is still there but more localized to about 3 cm above my PSIS and on my spinus process and 5 cm laterally. Still feels like a bruise when I press on it.

20F :01:06:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

20F :07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them. < on right. > stretching.

20F :07:XX:XX

Bad lower back pain, muscular type pain in my quadratus lumborum
Started late morning and got progressively worse.

14F :02:XX:XX

Back and neck: same ache still persists but the intensity has increased though.

06M:11:XX:XX

Neck is hurting so much need a massage.

08M:19:XX:XX

Pain in neck muscles and traps . <stretching but better afterwards.

17F: 06:XX:XX

Midthoracic back pain, paravertabral muscles, as if bruised. <pressure and touch. > adjustment.

17F :05:XX:XX

Pain in rhomboids. Worse on right over rib heads.

17F :07:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

17F :09:XX:XX

My lower back is hurting very much. The muscles around the spine hurts.

08M:01:XX:XX

My lower back is really tender.

20F :06:XX:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

20F :07:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my groin.

20F :07:XX:XX

Eruptions

Back of my neck, pustule. Prominent.

03M:09:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.

06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.

06M:03:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F:20:XX:XX

Modalities

Ameliorations

My bum is quite tender. My PIIS bilaterally are very tender when I push on them. < on right. > stretching.

20F :07:XX:XX

Neck stiffness. >stretching.

14F :11:XX:XX

Neck muscles very tight. >stretching.

17F :15:XX:XX

4.2.3.25. EXTREMITIES

Pain

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Right knee feels wobbly. Joints are aching a little today.

19F: 03:XX:XX

All joints are aching.

18M: 09:XX:XX

Upper limb

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

My right shoulder is tender today, got a nasty trigger point on my proximal attachment of my tricep.

20F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap. > movement and rubbing.

17F: 09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs. Severe.

03M:10:XX:XX

Elbow still limited in function. Swelling has gone down. Painful on contact.

03M:12:XX:XX

Left wrist painful. < movement.

15F: 01:04:15

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs.

07F:07:XX:XX

My finger joints are also a little sore today and very stiff.

19F: 03:XX:XX

Lower limb

My right hip joint is painful. <walking, stretching it back.

15F: 00:06:30

Joints in legs are very painful, and stiff. Difficulty in moving joints.

17F: 02:XX:XX

My hips and knees are so sore I can't get up, aching like I have arthritis.

12F: 03:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.
> movement.

17F: 05:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.

10F:12:XX:XX

Left knee pain, achy.

15F: 00:01:20

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers. (CURED).

13M :13:XX:XX

Ankle hurt a bit in the morning.

08M:10:XX:XX

Ankle pain.

09M:01:XX:XX

Ankles and legs feel very sore and stiff.

17F: 03:XX:XX

Muscular

Mild cramping discomfort in left calf.

15F: 00:01:20

Legs felt very heavy during my run and I battled with cramps.

20F: 00:07:30

Pain in right trapezius. <stretching. Causes a headache.

17F: 02:XX:XX

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads.
>stretching, massage, movement.

17F: 02:XX:XX

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.

13M:13:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

Stiffness

Upper limb

Joints in arms and legs feel stiff.

12F: 08:XX:XX

Stiffness in trapezius muscles as well as suprascapular muscles. Feeling of stiffness <right.

17F: 01:00:XX

My left shoulder feels stiff.

20F: 04:XX:XX

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.

07F:07:XX:XX

My finger joints are also a little sore today and very stiff.

19F: 03:XX:XX

Lower Limb

Joints in arms and legs feel stiff.

12F 08:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads. > movement.

17F: 05:XX:XX

Ankles and legs feel very sore and stiff.

17F: 03:XX:XX

Muscular

No muscle stiffness after bike ride, usually feel very stiff after a ride.

13M:00:09:20

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads.
>stretching, massage, movement.
17F: 02:XX:XX

Had some stiffness in my quads and in my legs.
14F: 14:XX:XX

Wringing Hands

Hands are very restless, need to move them constantly and feel things, wring things, fingers feel more sensitive.
18M:03:XX:XX

Seem to be wringing my hands uncontrollably, feel the need to rub the skin on the hands hard to release some sort of tension, much more feeling in the hands than usual.
15F: 04:XX:XX

I have an increased sensitivity in my hands, mainly the fingers and I'm constantly rubbing and wringing them.
12F: 06:XX:XX

Sensations

I realized that my hands are a bit colder than usual > if I put my hands in my pockets, cold aching sensation. Mornings, afternoons and evenings.
06M:08:XX:XX

Skin feels cold and clammy, especially my extremities.
07F:13:XX:XX

Knees aching hot > temporarily from rubbing/bath.
10F:20:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.
10F:19:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs. Severe.
03M:10:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.
10F:12:XX:XX

Left knee pain, achy.
15F: 00:01:20

Left wrist pain, very dull achy pain. < circular motion and pronation / supination.
15F: 00:01:20

Muscles feel very weak. Have to rest every 5 words because my arm and hand is tired.
12F: 03:XX:XX

*My thighs are killing me from walking up the stairs to my house, I had to rest.
Very strange.
15F: 04:XX:XX

Left wrist pain, very dull achy pain. < circular motion and pronation / supination.
15F: 00:01:20

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.
14F: 00:22:30

Dull pain in calf muscles. <left.
17F: 02:XX:XX

Dull pain in right trapezius muscle.
17F: 02:XX:XX

Right knee feels wobbly. Joints are aching a little today.
19F: 03:XX:XX

Legs felt very heavy during my run and I battled with cramps.
20F: 00:07:30

Arms and legs feel heavy, can't lift them, can't play violin.
18F: 03:XX:XX

My fingertips are numb.
02F:09:XX:XX

Fingertips are supersensitive/ pins and needles. Hands are almost itchy.
06M:01:22:13

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.

02F:02:61:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another. Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F:16:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

19F: 02:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

19F: 03:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12F: 07:XX:XX

Perspiration

Hands and feet are sweating terribly.

18M :13:XX:XX

My feet are sweating profusely.

13M: 20:XX:XX

Dry

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.

06M:13:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

My skin is really dry this morning especially on my arms.

15F: 03:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.

12F: 06:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12F: 07:XX:XX

Eruptions

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

19F: 05:XX:XX

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Have slight eczema on my legs around my knees.

08M:03:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F:01:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

19F: 02:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off. Skin is also peeling off the back of my heels.

14F: 05:XX:XX

Skin very dry and peeling off toes. Under left big toe. On left big toe. Tip of left middle toe. Side of right middle toe. Top of right 5th metacarpal.

12F: 05:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.

12F: 08:XX:XX

Increased Sensitivity

Extremities more sensitive than usual, especially my thumbs.

06M:20:XX:XX

Hands are very restless, need to move them constantly and feel things, wring things, fingers feel more sensitive.

18M :03:XX:XX

Seem to be wringing my hands uncontrollably, feel the need to rub the skin on the hands hard to release some sort of tension, much more feeling in the hands than usual.

15F: 04:XX:XX

I have an increased sensitivity in my hands, mainly the fingers and am constantly rubbing and wringing them.

12F: 06:XX:XX

Modalities

Ameliorations

Pain in left trap and right rhomboids and levator scap. > movement and rubbing.

17F: 09:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F:01:XX:XX

Aggravations

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F :00:22:30

Left wrist painful. <movement.

15F: 01:04:XX

Pain in right trapezius. <stretching. Causes a headache.

17F: 02:XX:XX

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

My right hip joint is painful. <walking, stretching it back.

15F: 00:06:30

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F:01:XX:X

4.2.3.26. SLEEP

Waking up unrefreshed

Woke up really tired.

01M:10:XX:XX

Slept really well. Didn't dream. As soon as my head hit my pillow, I was fast asleep and I only woke up now (06:30 am). I feel a bit tired though.

02F:03:XX:XX

Woke up feeling very tired and drained but doing ok.

07F:11:XX:XX

Sleep: like ass, keep waking up from 5 ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person).

10F:06:XX:XX

Sleep better last night, woke unrefreshed though.

10F:11:XX:XX

Wake up feeling really tired, could sleep another few hours.

10F:17:XX:XX

Did NOT sleep well.

18M :02:XX:XX

Refreshing sleep

Woke up fresh.

01M:01:XX:XX

Woke up bright and awake.

01M:15:XX:XX

Slept really well last night. Didn't have any dreams. Didn't wake up during the night. Slept like a log. I am feeling rested and happy (7:00 am).

02F:02:48:XX

Very sleepy in the evening (difficulty staying awake) but when I awake I feel very energized and positive.

07F:03:XX:XX

Sleep was very refreshing, woke up before my alarm, usually takes me an hour or so to get up, this morning I jumped out of bed ready for the day.

13M :00:22:20

Sleeping really well, more than usual: like a 'log' or a 'rock'

Slept really well last night. Didn't have any dreams. Didn't wake up during the night. Slept like a log. I am feeling rested and happy (7:00 am).

02F:02:48:XX

Slept really well from day 7 onwards.

05F:07:XX:XX

No dreams, is kind of weird because I usually remember small parts but, felt almost completely detached from my sleeping pattern-like a 'rock'.

06M:03:XX:XX

Sleeping more than normal, starting to ponder if it might be associated with the remedy.

06M:05:XX:XX

Sleep like the dead, fell asleep without difficulty, no dreams.

07F:00:XX:XX

Sleep very well, like a log, don't wake up at all.

07F:13:XX:XX

Slept really well. Didn't dream. As soon as my head hit my pillow, I was fast asleep and I only woke up now (06:30 am). I feel a bit tired though.

02F:03:XX:XX

Did little else but sleep today, just too tired to do anything. Slept, woke up then slept some more.

08M:14:XX:XX

Slept like a log, not waking up at sparrow fart anymore.

10F:09:XX:XX

Sleep: well, like a rock.

10F:18:XX:XX

Difficulty falling asleep, sleep interrupted

Go to bed early but have a terrible night's sleep, constantly waking up and having to drink water, throat is very sore.

07F:15:XX:XX

Go to bed early but sleep is interrupted from coughing and needing to use the bathroom multiple times because I've been drinking stacks of water. 9 hours of bad sleep.

07F:16:XX:XX

Sleep was cut short due to drippy nose, but ok.

08M:05:XX:XX

Battled to fall asleep, woke up early hours tossed turned for hrs before slept again.

10F:15:XX:XX

Just can't fall asleep, just toss and turn.

12F: 00:05:30

Couldn't sleep until about 12. just couldn't fall asleep.

16F: 07:XX:XX

Couldn't sleep. Probably managed two hours.

05F:06:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me.

07F:19:XX:XX

Sleep last night was restless because I was aware of my stiff neck and sore throat. I woke up on a few occasions to drink water to try soothe my throat.

15F: 06:XX:XX

Had a very disrupted sleep, woke up quite a few times during the night.

14F: 09:XX:XX

Very early waking

Been up since 3am, mind is just walking through the days problems.

19F: 04:XX:XX

Couldn't go back to sleep after waking up at 2am. Eventually fell asleep at 4:30 and woke up at 6:45.

05F:01:XX:XX

Woke up in early hours of the morning, probably about 3/4am, couldn't go back to sleep, sounds kept me awake, couldn't relax, woke up feeling very grumpy.

10F:16:XX:XX

Sleep: like ass, keep waking up from 5 - ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person).

10F:06:XX:XX

Waking with a start

Slept restlessly, keep waking with a start but can't remember why.

14F: 08:XX:XX

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.
14F: 04:XX:XX

Slept well last night. Woke up at 3:00am feeling anxious. Feel rested though.
02F:08:XX:XX

Slept really well but woke up at 1:30 am with a shock. Can't remember my dream.
02F:05:XX:XX

Waking drenched in sweat

Woke up twice last night in a sea of sweat, but it was cold outside.
13M: 00:22:20

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.
14F: 04:XX:XX

Restless sleep

Slept really restless last night. Scratched myself raw last night. 06:30am.
02F:07:XX:XX

Restless sleep.
05F:02:XX:XX

Sleep was very restless.
15F: 00:23:30

Had the worst sleep last night, kept waking up, didn't sleep much at all.
16F 07:XX:XX

Slept restlessly, keep waking with a start but can't remember why.
14F: 08:XX:XX

Sleeping Position

Sleep in fetal position hugging the pillow to my chest on right side.
17F: 03:XX:XX

Packed a pillow under my left side and went to sleep.

15F: 08:XX:XX

Chest pain <lying down so sleep propped up on pillows on the left side.

15F: 08:XX:XX

4.2.3.27. DREAMS

Fertility

I was flying over a massive lake with a crocodile the size of a blue whale. It was the only crocodile left on earth so we wanted to artificially inseminate it. We put the sperm into an avocado ova to create a fetus and then implanted that into a lizard.

12F: 00:XX:XX

I was in a shopping queue and there was a mom with three kids behind me. She handed me her youngest to hold while she attended to the others. The baby started to latch on to my left nipple. I commented on this to the mom and told her that her baby was hungry. She said she liked breast feeding because it made her boobs bigger. I laughed. The baby started vomiting up thick white milk so I handed him back to mom. Woke up with a tender left nipple.

15F: 01:XX:XX

My new boyfriend asked me to have children with him and that he would start working really hard to try and afford them. He said he only had bank accounts in India, London and South Africa and that wasn't enough. He was telling me this while I was sitting around a pool. I kept thinking all I want to do is dive in to cool off and then sit in the sun and then dive in again. The intense urge to keep jumping into the water to cool off was the most marked part of the dream.

15F: 06:XX:XX

Stuck, struggling

What an awesome dream. My brother and I found an injured almost dead male lion on our farm. The location is very clear. My father said that the lion should be killed due to its suffering and that it is the biggest lion recorded (I can't remember in SA /Africa or in the world). There was also a pack of hyenas and cheetahs (joined) that wanted to kill the lion. I just made it into the bakkie as they attacked me, and then also got stuck with the bakkie in the mud. But I did get away. My brother and I managed to feed the lion some water and got it to just behind our house. The hyenas also broke through the barrier fence to get to the lion. I had real hope of the lion going to live – an optimistic view. I remember organizing some people to treat the lion. Thereafter I went to the lion and many

people gathered, little children as well - that went carelessly close to the lion. I was angry at the people for not respecting the lion's privacy and the children getting so close. The lion got agitated and almost bit one of the children. The lion had an injury on the abdomen, skin hanging loose.

03M:01:XX:XX

Cannot remember well. Do remember that I drove with a guy that I know in his old Mercedes. He drove into the sea sand and got stuck. I asked him if I can deflate his tires. He agreed, this helped.

03M:03:XX:XX

Dreamt that I was stuck at work and couldn't leave.

08M:06:XX:XX

Dream about a friend in dames huis. We played tennis on this random shaped ground under half a building. Felt like an Arab country. There was sand, dust and wind and I could see a building with no openings for windows but no windows, broken down building with a flat roof. I was amazed after the opponents struggled to serve the ball into the square. I thought they were good. Dream jumped to a bar where the Blue Bulls hang out. Felt pretty neutral in the dreams about this. Dream shifted to a black girl in our class who is struggling to pass a subject. We sat in two lines at this bar where the Bulls hanged out and got marks back. She didn't see the back section of the one paper and lost 35 marks. I told her that it's very important to see if she answered all her questions.

03M:08:XX:XX

Territorial

My mom, my brother (passed away 2002), my gran and I are trying to get to a wedding or celebration. But we keep running into obstacles. Either we can't find it or we're stuck in traffic, or there are people marching. We eventually arrive at my old high school (home) but it is in ruins. The neighboring schools had destroyed it. My whole family history had been destroyed.

12F: 02:XX:XX

There are farm reclaims. We all have a sense that they want us out of the country. They are taking everything from us. Cutting down all the fences destroying the wildlife, everything beautiful. I find my dad drowned in blankets. He says "humans will be hunted down like carnivores".

12F: 06:XX:XX

Attack

Dream about many things. Can clearly recall however that my dad threw me with a cutting board after a clear decision to do so. It struck me, but I stood up and I was not injured. My brother and mother also sat round our kitchen table and they couldn't believe it.

03M:05:XX:XX

An ex farm worker tried to stab me with a knife. He got close but I defended successfully. My dad rushed in to help although I didn't need any. (That's how I felt in the dream as well).

03M:16:XX:XX

I dreamt that my friend Abby came to me and said that she had sent me an invite to her wedding by mistake and that I wasn't really invited. Then all these wild horses started arriving and attacking us. It was very scary as they even followed me into my house and were trying to kick down the door. A brown horse kicked Abby really badly and she went flying across the road. The horses were very beautiful and I underestimated their power and danger.

15F: 04:XX:XX

War and violence

I was all alone in this weird world, arid, dusty. I was in a cave which was high up and had a view of the land. I saw this creature standing with its back to me. I tried to befriend him. When the creature turned around I could see that he was tainted and evil. He was covered in grey hair and had sores all over him that contained smaller versions of himself. He said that we had stolen his land. he said that he had been dead for 100 years, but still his body survives. It looks almost like an old rat. I couldn't understand because I felt like it was my country, that I belonged there. I felt very afraid, like he would kill all of us one by one and take the land with no remorse.

12F: 00:XX:XX

Had a terrible dream that I was choking on my own blood. Every time I cleared my throat I would get just a moments reprieve then I would start vomiting blood again. I couldn't breathe. I felt totally helpless. Could even feel the blood drying around my lips. So awful and gory. Woke up in a start feeling my mouth for blood.

18M: 02:XX:XX

I was sitting in a car in the passenger seat and I don't know who the driver was. We were at a robot waiting for it to go green. To our right was a big truck. I noticed two street children looking at the truck's tires. The one reached out to touch it and just then the truck started moving. The kids arm was trapped and he

was running alongside the truck to try get it out. His friend was trying to help him. I screamed and started to panic. I tried to hoot but the driver of the car hadn't seen what happened and was trying to calm me. I ordered her to follow the truck and tried to explain but I was too excited and couldn't get the words out. I could no longer see the truck but we were headed in the same direction. We came to the side of the highway and I saw the little child lying next to the road. His skin was missing in most places from being dragged along the tarmac. I started crying because I knew that he was dead. I tried to feel for a pulse, but his neck was too damaged. I felt such pain and sadness for this poor innocent child. Suddenly his friend jumped out of a bush and started shaking his leg. I was about to tell him that it was no use when the child came to. I was amazed and went to comfort him but he jumped up and in perfect English told me to get away and leave him alone because I couldn't be trusted. I felt angry and betrayed. I invited both children back to my house to feed and clean them and eventually they reluctantly agreed.

15F: 02:XX:XX

Was in a war zone. There was a lady there. She was dressed conservatively, had her hair covered. She was standing at the entrance of a cave with a narrow pathway leading up to it. There were 3 men waiting for her, dressed in green, like Taliban terrorists. So scary! They had their guns pointed to her and their mouths and noses covered with a green and white bandana. She looked up and there was a skeleton being lowered down to her in a tray. As it gets close she realizes that it's the head of her husband. He is dehydrated, his lips are chapped and cut. He whispers.. Taylor, don't let them....

12F: 04:XX:XX

In a warzone. An escaped soldier jumps into our pool. I stab a sword into his head. It makes a horizontal stab wound. Then the blade switches direction and slices the guys head off. I see the jugulars and carotids pulsing.

12F: 05:XX:XX

I am helping friends to get rid of a female corpse. We consider dumping her, burying her or feeding her to pigs. We can't organize a bakkie however and we are scared we are going to get caught.

12F: 04:XX:XX

My mom and I are in a foreign country eating at an Italian restaurant. Tension runs pretty high from my side. I am very irritated, but my mom is calm and happy. As we are leaving, I am already at the car, she is still inside, a massive fight breaks out with the Italian mafia. I can hear wood hit flesh. Like baseball bats. My mom's still inside. I fear for her safety. She eventually comes out slowly but I can hear the fight is also moving out. I'm trying to start the bakkie but it just won't. Wake up.

12F: 09:XX:XX

Evil

There was a fire and my gran and I were trying to get away, but my dad wouldn't leave with us because he said that there was no point because the fire was too big (it was over the whole suburb). My gran and I drove in the car to get away. I could feel the heat. It also felt like there was an evil spirit following us. It was so strange. I was terrified. We then ran into some building and were talking to these 2 ladies. The one lady then tried to get me, then my alarm clock went off.

20F: 03:XX:XX

I fell asleep on the couch and dreamt that a force lifted me up and started hurling me at the walls. It was really violent. I kept asking are you Jesus or are you the devil. It then threw me onto the couch and I woke up.

13F: 10:XX:XX

Discrimination

I dreamed about discriminating against different groups of people.

15F: 00:XX:XX

Dreamt I was in my parent's house and concentration camp victims were outside, I was afraid of them, they wanted something from me. I rushed to lock them out. Also I dreamt that my nipple ring was so infected it got absorbed in the inflammation. I woke up disturbed, and felt like a Nazi. Usually I would want to help sick people. Why was I scared of them?

10F:04:XX:XX

Formal clothing

Had a strange dream about wearing a black tie to today's OSCE, don't know why.

18M: 01:XX:XX

I went away somewhere with my parents and I made friends with 4 girls there, but 2 of them I was already friends with. We all walked to this party thing for all the younger people there. We had to dress smart so we all went in skirt suits, but while we were there everyone changed into other clothes they brought with them. I didn't know you could do that so I didn't bring anything else and I was the only one who couldn't change. So we all stayed there all night. Then my parents came to pick me up, I got in the car and realized that I had forgotten my clothes inside, I don't know what clothes, but I must have stayed inside for about ½ an hour packing piles of clothes into a bag and drinking more wine. When I came outside again I couldn't see my parents car, but all around me were buck, buffalo, rhino and lions so I hid behind a car and tried to see my parents car. When I looked at

the highway a rhino had turned over a truck and was walking along the highway. Then I saw my parent's car being circled by hyenas. I waited for a while and when I looked again most of the big game had disappeared. I saw their car waiting to go onto the highway, so I ran there, got in the car. No one said anything to me because they were so shocked about what had just happened. Someone else was in the car but I didn't know who it was and can't remember what he looked like.

16F: 02:XX:XX

I lent a suit and tie to my next door neighbor. He returned the tie to me a few hours later but no suit. I asked him where it was and he said, on top of his cupboard above his bed. He wanted to wash it before returning it to me. I started getting panicky because I was going to wear that suit to a wedding that night. This irritated me because he must have dirtied my suit especially under the arms and I needed to wear it. That really irritated me he betrayed my trust.

15F: 06:XX:XX

Identity

Dreamt I went to my grandparent's house, I had a bath there, I lost my earring, I looked for it in the water, stood up and put it in again – in mirror noticed it wasn't the right one, it was my boyfriend's earring. I bent down to fetch my earring I found it and looked in mirror to find I was my boyfriend and now I /he was wearing my earring. I wasn't at all distressed, very happy in fact!

10F:01:XX:XX

I was in a show and I was the star. I was doing my makeup. Had clown white all over my face but it kept running off. Then I stuck rose petals peach, pink and yellow onto my cheeks and began to enhance my eyes with color. Someone was now standing behind me and saying how good it was to see someone who knew what was needed for stage. I looked hideous but he seemed to think it was great. I then asked how I was going to remove the petals. He said you can't, you now have to wear a veil and hide your face. It seemed pointless to me.

19F: 01:XX:XX

I dreamt that I was in a movie theater. I was sitting watching the movie when someone sitting next to me leaned over looking very anxious. She needed to get the person sitting next to her to the Chiropractic clinic but she can't do it herself. I realize that it is one of my lecturers. She realizes that it is me and becomes very embarrassed. I offer to help her but she doesn't want my help because she knows me. As a solution I suggest that she treats me like a stranger so that she can accept my help. Now the dream becomes cartoon like and bubbles appear over our heads. Images in the bubbles seem abstract.

17F: 02:XX:XX

Autumn scene. All gold, red, orange, warm colors. We are all staying at a theme park, but there is a fête further down the road. The owner of the theme park is this funny looking clown/ Santa/ joker dressed in bright colors. He's very jovial and entertaining. I leave in his vehicle to the fête. It's massive with sand blowing up around the vehicle. I drive over the other cars to get there. I see my aunt and she says she has to cut my hair now. When she is done I look like Cleopatra.

12F: 06:XX:XX

Betrayal

I got arrested they think I am on drugs. My mom and step gran are being complete bitches. My gran wants to search everything and doesn't believe that I'm not on drugs. I have my court case coming up and I'm wearing my school uniform.

12F: 02:XX:XX

Then I was hiking along the coastline with my father and Bronwyn and a group of random people. We were searching for this really big bird that we had seen earlier that day. It was the biggest bird I had ever seen and it resembled a Cori bustard. My dad suddenly started walking faster and before I knew it he was gone. He was supposed to be our leader and now I had to try and lead the rest of the hikers. My sister was now also hiking with us. I remember getting very irritated in the dream because the hikers behind me were saying that someone was so gay I turned around and gave them a mouthful for discriminating against gay people. The trail led us to this beach which was beautiful but not it South Africa. The coastline had been very grassy and wetlands were scattered around and then we hiked over this hill and there was a bay surrounded by a mountain. The beach was small stones and not sand and that's what made me think it wasn't in South Africa. The people on the beach were darker skinned than us. Once on the beach I approached my sister and said that it was very unlike dad to leave us like that and that I was worried for his safety. Our hiking group decided that they wanted to take a group photo on the beach. I was getting annoyed because each photo they took I was hidden or someone stood in front of me. Eventually a man came up to me and asked if I was Lauren. I said yes and asked if he had seen my father. The man said (in a foreign accent) that my father had brought me on this trail on purpose and had separated from the group for a reason. I asked him what the reason was. He said that my father had adopted me when I was very young and that now that I was older he didn't want me anymore and that the trail was an unadopting ceremony. He said that my dad didn't know how to tell me so he just left and I won't see him again. I asked about my sister and the man said that my dad still wanted her. He then told me that in order to complete the ceremony he has to cut off my big toe and then I will truly be an orphan again.

15F: 03:XX:XX

There was absolute chaos, then I was held down by someone I trusted, couldn't see a face but I had a feeling of trust. He suddenly stabbed a needle into my right thigh and injected heroin into my system. As the drug took hold of me I fought the onset as best I could and although I could feel I was not sober I was able to maintain a state of constant awareness. Mostly I was disappointed that this had happened, that this ultimate in evil had been forced into my body. I felt betrayed.
18M :11:XX:XX

Family

Dreams about my mom who passed away. Made me feel sad when I woke up.
05F:10:XX:XX

Dreamed about my mom again, always makes me feel sad.
05F:12:XX:XX

Dreamt of my family – dad especially, can't remember a lot of detail but was something associated with my dad's family being quite large and our generation being a lot smaller – also fell into the weird category.
06M:00:XX:XX

Had a terrible dream my dad died, a feeling of terrible loss and regret was the main theme, regret mostly that I haven't said all the things I'd wanted to and that we didn't have enough time to get to know each other. Also the feeling of being completely alone, if something had happened to my dad I'd be an orphan. That's so scary. I decided to call him. He's fine but I promised myself that from now on I'll call him every week and answer all his messages.
07F:06:XX:XX

Had a bad dream that my grandmother passed away. Experienced the same feelings of guilt and loss I had when I dreamt about my dad but it's strange in that my grandmother and I really aren't very close and I didn't know that I cared for her so very much. It's making me face the reality that everybody I love will die at some point and it scares me to death.
07F:09:XX:XX

I found a necklace I recently lost (which is a family heirloom). I was very devastated I lost it. When I woke up, I nearly started crying because I realized that it had been a dream I hadn't really found it. I wore that necklace every day for many years; it's like a part of me. A symbol of me.
10F:05:XX:XX

Old friends

I went to the Kwikspar and all the people working there were old friends of mine from school or overseas. It took about an hour to buy 1 roll, feta, a slab of chocolate and a vanilla yoghurt. When I was buying the yoghurt this guy put his whole hand in a tub of yoghurt, he wasn't tasting it so I had no idea what he was doing. Then I forgot to pay for my roll so I had to go back to pay for it and I woke up.

16F: 00:XX:XX

From dancing we were going to yoga but I had been left behind so I ran to catch up with them because I didn't know where to go. I ended up not finding them. I ran into a bowling alley where I saw an artist I know. He called me over and said that he had seen them earlier at gym. He was acting very strange and I could tell that he was on drugs. I got a feeling of danger and started running away but he chased me. I ran screaming into a dance studio and hid. Then I was in a car and was driving very fast down a highway. The wind was so strong that it was blowing cars into my lane which I was miraculously dodging. There was also an accident with smoke that was obscuring my vision. I felt out of control but would not slow down because I didn't feel the danger.

15F:01:XX:XX

I was driving around with one of my very close friends on a road near my house. We came across my best friend who was alone with her mom on the side of the road. She ignored us and then we carried on driving, after a while she ran after us. She got in the car quite sad. She told us that her boyfriend is stuck out at sea on a ship. She was so depressed. We then drove back to my house. There was a guy outside my gate with a little boy who was crying. My dogs ran out the gate and the baby stopped crying. I held my one dog back because I was scared that she would knock the little boy over.

20F: 02:XX:XX

Had a nice but sad dream about my one friend I have not seen in years. Miss her very much.

08M:17:XX:XX

Dreamt about someone I haven't seen in ages. I didn't recognize them.

10F:15:XX:XX

Dreamt about an old friend who is in jail, she had finished her sentence in the dream but she wouldn't talk to me. She was angry because I hadn't written to her. I really felt bad in the dream.

10F:20:XX:XX

Religious

I was at a beautiful monastery or religious building. We were being shown around by a religious leader of sorts. I immediately knew when I saw the place that I had dreamt about it before during the proving and forgot. The grounds at this building were beautiful and there were many monuments and gravestones commemorating brave people who had died in honor but tragically. I was with a tour group of some kind and I knew only a few people. Then I realized that there were three identical replicas of this religious building. I was intrigued and felt that I understood the reasoning behind it. At the first building the priest made us all repeat a Christian prayer. I felt a strong feeling of rebellion as I didn't feel comfortable. I also felt that this guy was going to be biased in his preaching's. Then I noticed that the second building differed to the first because the tower was in a different place. I commented on the fact that it might be the Muslim version because they can't have towers or monument next to churches or synagogues. The priest agreed with me, but said that this tour was about Christianity and no other religion. I felt angry and said that I would like to have a look at the 3rd building and know what religion it symbolized. The priest said NO that it was a waste of time because that is a Jewish building and you don't need to know about it. I said something back about the Jewish sightseeing and he said "let's have a vote, all in favor of the Jewish religion raise your hand" at first everyone felt afraid because they were going against their own religion, including myself. Then my best friend raised her hand and walked over to the third building. Slowly more and more people joined her. The priest was angry and referred to us as traitors. He then said if we really felt this way we wouldn't have a problem saying a Jewish prayer. And he put one hand on the projector. We all repeated the words but not very well due to the unfamiliarity. He said we were pathetic and stormed off. The tour group decided to stay at the building and celebrate our success against the church.

15F: 07:XX:XX

We were all at this sports event on Easter, loud music was playing. Then they announced that they want to have a ceremony, but everyone boos and moans. Very anti-Christianity.

Felt very guilty.

12F: 09:XX:XX

Had another religious dream about rebelling against Christianity, but can't remember the details.

15F: 14:XX:XX

Ghosts or spirits

I'm back at the house I grew up in with two of my friends, but it's absolutely pitch black everywhere. We couldn't see a single thing. We had to spend the night here but the house was haunted.

12F: 02:XX:XX

At a fête at my old primary school, with old and new friends. I am supposed to look after a friend's car. I have two drinks and smoke a joint and I pass out. When I wake up the car is gone. I tell him and he is furious and won't speak to me. We find the car. I show him around my school and take him to the staff room. I show him pictures of me and my brother (passed away 2002). Suddenly my brother is there. One of the teachers walks in so we hide behind a cupboard. They look at the photos and start talking about my brother and his wondering spirit and if he is okay. My brother has been in human form all this time. He is crouching between my legs shaking and scared. Suddenly he can't take it anymore and moves into spirit form and flies out the window. It's getting dark. I'm now an observer. He's in a dark forest, trying to beat complete darkness, escaping from an evil spirit. It's gaining on him and he is terrified. There's nothing I can do. I am back in the office with ghost busters who put sensors in the room to detect energy and there's a fleeting image of him in the room, still running. I wake up. Cried for hours... is my brother okay?

12F: 08:XX:XX

Strange dream, actually quite scary.

I was sitting with 2 gurus of some sort. I was seeing spirits who were also entering my body. I was scared but aware. I was told that I am going through something called a Santana. I have no idea what that means. I woke up with my heart in palpitations and still seeing things in my room. They were spirits just floating around.

11M :10:XX:XX

Beach, sea, water

Dreamt about the beach.

05F:00:XX:XX

Had cool fantasy dreams, something about the ocean but can't remember.

08M:02:XX:XX

Dreamed of being in absolute turmoil, spiritual death and confusion. Nothing around me made sense. Then I was swimming across a small sea. After a struggle I got to the other side and woke up as I was walking out the other side. I wake up feeling a tremendous sense of spiritual upliftment. Woke up from the dream at 4am and wrote down where and who I want to grow to be and a plan of

how to get there. My destiny. When I re-read it, it was as though it had not come from me but something higher.

16F: 01:XX:XX

My parents owned this pub which was very close to the sea. The pub had all these different swords in it. My family had all come to the pub to watch the sport and our chairs were a wave. So we were all sitting on a wave and watching TV. The swell would change so we would move up and down with the wave. Then my mom was eaten by a whale and I was concerned as to how she was going to get out. I remember feeling so happy sitting on my turquoise wave. It was weird we just seemed to float on it.

15F: 05:XX:XX

I was at a holiday resort and I was about to go for a swim in the sea. A girl sitting next to me said she could help me get into the water. I thought she was strange because why would I need help? The beach looked normal and lots of people were swimming. I waded through the shallow water and followed the girl into the sea. I suddenly became aware of movement of the water around my feet. The current was very strong and it pulled me to shoulder deep water. She said to me "don't go any deeper" I knew this would be difficult. All the people around us said a wave was coming and we must get ready then everyone dived under and held onto the sand, I did the same. The thrill of feeling this powerful wave move over you was intense and I now understood why these swimmers were doing this. Then one of them said to me that I shouldn't be there because I hadn't got permission and wasn't qualified. I said I was a strong swimmer and would be fine. Then I was on a ship with all the swimmers and we were in a very big swell. Again someone shouted that a wave was coming and to hold on. The whole front of the ship started lifting till it was almost perpendicular and then the wave broke over us. Again the feeling of the water moving over my back was amazing. The action was repeated 5 or 6 times in the dream. I realized that all my dreams were about the movement of the water. It made me think of the snakes on the beach that bury themselves in the sand before the wave washed over them or they would be swept back and forth until they could bury themselves again. Also the barnacles that stick to the rocks and have waves splashing up and down on them.

15F: 07:XX:XX

Floating down a river, broad, rough, dirty. White water tubing. But today it is very strong, I lose control, can't stop or swim to the side. The guys I am with are also terrified for their safety. The river was in flood.

12F: 08:XX:XX

Went to some beach house on the coast with my family. The beach was known for its crime. We ended up going for a swim in the sea. My dog was also there swimming, but was still on his leash. Next thing the leash got wrapped around my dad's neck and he couldn't breathe. My dad started panicking and was trying to

swim away, but it just choked him even more. I was screaming and crying and trying to help him because he was drowning... suddenly woke up.
20F: 14:XX:XX

Wild animals

Had an awesome dream that I had two pet owls, they were tiny, the size of hamsters, so, so cute. One was fully grown and the other one was a white downy little fuzz ball learning to fly. They were so cute and affectionate. It was such a nice dream.
10F:09:XX:XX

Dreamt about vicious dogs (terrified of them) and big houses.
05F:04:XX:XX

4.2.3.28. CHILL

Feeling chilly today. My fingertips are numb.
02F:09:XX:XX

Had mild chills and frequent urination when going to bed last night for an hour.
03M:11:XX:XX

Skin feels cold and clammy, especially my extremities.
07F:13:XX:XX

Feeling very cold, just want to lie in a warm bath and relax.
07F:15:XX:XX

Feeling cold and hot on and off. Extremes of temperature.
07F:20:XX:XX

Get very cold on removing my jersey but very hot when I put it on.
15F: 00:01:35

At gym got hot and cold sweats. They alternated and it lasted about 10min.
15F: 04:XX:XX

4.2.3.29. FEVER

Feeling hot during the day especially between 11 and 3, but no excessive perspiration.

07F:03:XX:XX

Feeling very hot, especially on my torso and my face, as if heat is radiating from inside me.

07F:10:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F:12:XX:XX

I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

Got hot flushes in the afternoon.

08M:02:XX:XX

Feeling hot although no one else seems to be hot.

08M:19:XX:XX

Temperature a bit high.

09M:03:XX:XX

Mild fever, almost as if I have the symptoms of the fever without the fever itself. Getting hot and then clammy. Skin is very hot to the touch.

15F: 00:00:24

Fever symptoms returned but more intense. Hot and clammy, sweating between breasts. < breeze, makes me so cold.

15F: 00:01:20

Alternating hot and cold all over body sweats.

15F: 06:XX:XX

Feel like I am getting a fever.

18M: 07:XX:XX

4.2.3.30. PERSPIRATION

Increased, generalized

Increased perspiration.
06M:XX:XX

Perspiration increased mildly but no smell, perspire under arms. < When in sun/ heat/ eating and drinking warm foods.
07F:00:07:30

Perspiration smells funny. It's terrible and very embarrassing. Quantity also increases, especially under my arms and on my face.
07F:08:XX:XX

More sweaty.
09M:03:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.
07F:12:XX:XX

During the day I feel hot, all the time, and I perspire, like I have a fever.
07F:16:XX:XX

Sweated a lot today, everywhere.
13M :00:09:20

Woke up twice last night in a sea of sweat, but it was cold outside.
13M: 00:22:20

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.
14F: 04:XX:XX

Perspiration has been increased today. Mainly in my joints creases and between my breasts, under arms and groin. Also in places that my clothing clings closely to my skin.
15F: 04:XX:XX

Sweating more than usual.
17F: 18:XX:XX

Sweating over nose, top lip and chin, not under eyes.
12F: 06:XX:XX

Hands and feet are sweating terribly.
18M :13:XX:XX

My feet are sweating profusely.
13M :20:XX:XX

4.2.3.31. SKIN

Itching

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.
02F:02:61:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.
02F:03:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.
02F:06:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.
02F:07:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.
03M:16:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.
05F:13:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot.
Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.
06M:11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F:10:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F:10:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F:16:XX:XX

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy. > scratching. Lasts about 10min.

15F: 01:15:00

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

13M :05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

Outer corners of eyes are dry and itchy.

12F: 06:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

12F: 07:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores. Skin is dry.

12F: 07:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

19F: 03:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

19F: 05:XX:XX

Dryness

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.

06M:13:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F:12:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

My skin is really dry this morning especially on my arms.

15F: 03:XX:XX

Skin on face is really dry, the skin is pulling especially under my chin.

19F: 04:XX:XX

Skin is dry and peeling around my right nostril.

13M :05:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off. Skin is also peeling off the back of my heels.

14F: 05:XX:XX

Skin very dry and peeling off toes. Under left big toe. On left big toe. Tip of left middle toe. Side of right middle toe. Top of right 5th metacarpal.

12F: 05:XX:XX

Peri -orbital dryness, with a scaly texture.

12F: 05:XX:XX

Forehead is really dry, so I stopped using soap to wash face.

12F: 05:XX:XX

Skin on my face is so dry, the skin around my stitches is cracking and bleeding despite me keeping it constantly moist.

18M :10:XX:XX

Burning

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and 1 tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F: 14:XX:XX

Eruptions

Pimples

Just woke up (06:30 am). There are tiny white pimples on my forehead at my hairline. They are not very sore. I have not had pimples in this location before. They are itchy and when I scratch them they come off with the root. There is no blood.

02F:01:23:30

Pimple on right chin. A bit painful. Appeared in the afternoon.

03M:03:XX:XX

Pustule on my superior anterior left thorax this morning. Productive.
03M:07:XX:XX

Back of my neck, pustule. Prominent.
03M:09:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.
03M:16:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.
06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.
06M:03:XX:XX

Sore spots on my lips have become inflamed and look like blind pimples. Sore spots under my nose have grown and become big blind pimples. I try to squeeze them but with mild success. They look terrible! They feel hot and swollen.
07F:01:30:XX

Notice a strange hot bump on my chest approximately 4cm below my left clavicle. Tender to touch.
07F:01:36:XX

The bump on my chest has become a very sore pimple. Tried squeezing it but it was very tender and didn't deliver anything.
07F:02:XX:XX

Skin is looking terrible on my face, especially around my mouth and nose area as previously described. Small pimples very tender and hot and even though I keep squeezing stuff out of it, it doesn't seem to get any better.
07F:03:XX:XX

Developing more pimples, this time on my chin, great! The lip and nose stuff has cleared up but now I'm back to square 1. Found a weird pimple on my cheek next to my nose. I never get them there. It's very tender and feels hot.
07F:06:XX:XX

Got a blind pimple on my forehead between my eyes.
08M:00:XX:XX

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F:20:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

Breakout of very small pustules on my back between the scapulae. They are red and raised. Very tender to touch.

17F: 01:XX:XX

Woke up with a little, white pimple on my left upper lip.

15F: 02:XX:XX

Exactly bilateral little white head pimples on either side of my nose just above the flare crease.

16F: 02:XX:XX

Small white headed pimples above upper lip in nasolabial crease also bridge of nose and forehead.

19F: 02:XX:XX

Breakout of pimple on back now becoming excessive.

17F: 04:XX:XX

Tiny, white headed pimple on right corner of mouth.

12F: 05:XX:XX

Pimple on my right bottom lip. Very tender to touch. Tiny with a white head.

12F: 06:XX:XX

3 pimples on the right corner of my mouth, very tender. White heads with surrounding hyperemia.

12F: 06:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

12F: 07:XX:XX

I noticed these little pimples on my back. They are tiny, red with a yellow head. They are on both side of my spine.

20F: 11:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and a tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F :14:XX:XX

*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.

18M :15:XX:XX

Dry patches, eczematous or rash

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F:05:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.

02F:06:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.
03M:05:XX:XX

Have slight eczema on my legs around my knees.
08M:03:XX:XX

*Rash on forehead: bumpy.
09M:XX:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.
10F:01:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.
20F: 01:00:00

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.
< touching it or rubbing.
19F: 04:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.
12F: 07:XX:XX

Red hyperemic patch on anterior neck at jugular notch. Not itchy.
12F:09:XX:XX

*I got a strange rash on my lower abdomen, above each hip. It consisted of very fine bumps that were very close together. They were slightly red but more palpable than visual. Very itchy.
18M :14:XX:XX

Woke up with a rash under my left breast this morning. It's very itchy. There are 6 small round red lesions, scaly.
20F :19:XX:XX

Peeling

Skin on left baby toe is peeling off underneath, it's itchy and burning.
19F: 02:XX:XX

Peri-orbital dryness, with a scaly texture.

12F: 05:XX:XX

Skin is dry and peeling around my right nostril.

13M: 05:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.

Skin is also peeling off the back of my heels.

14F: 05:XX:XX

Skin very dry and peeling off toes. Under left big toe. On left big toe.

Tip of left middle toe. Side of right middle toe. Top of right 5th metacarpal.

12F: 05:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.

12F: 08:XX:XX

Skin eroding from my head of my 1st metacarpal on left foot and big toe.

12F: 08:XX:XX

Slight flaking of the scalp mainly at the top of my head and above the ears and the occiput. I noticed it while brushing my hair has happened about a week ago to.

15F: 10:XX:XX

Pigmentation

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.

02F:06:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis.

Burn like blazers when I scratch it.

19F: 05:XX:XX

Oily

My skin feels oily in my face, usually only happens in summer.

07F:20:XX:XX

Modalities

Ameliorations

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot. Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

06M:11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another. Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy. > scratching. Lasts about 10min.

15F: 01:XX:XX

Aggravations

Skin is not so itchy tonight. Pigmentation is lighter today. Noticed that my skin is < night and < warmth.

02F:07:XX:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.

02F:02:61:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F:01:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

19F: 05:XX:XX

4.2.3.32. GENERALS

Lethargy

Tired the whole day.

01M:07:XX:XX

Felt extremely tired, slept for 4 hours.

01M:20:XX:XX

My energy levels are really low now. Feeling tired and want to sleep. 11am.

02F:09:XX:XX

Very tired, want to sleep.

02F:17:XX:XX

2nd remedy at 15:15. Started to feel a bit tired after an hour of ingesting the remedy.

06M:01:29:XX

Feeling exceptionally tired, like I've had the life sucked out of my brain. My head feels fuzzy, like I have difficulty remembering things and concentrating – needless to say it is a bad day for me to drive.

07F:10:XX:XX

Feeling tired, drained and sleepy. I come home in the afternoon and spend most of my time sleeping. Very low energy throughout the whole day.

07F:17:XX:XX

Did little else but sleep today, just too tired to do anything. Slept, woke up then slept some more.

08M:14:XX:XX

Energy levels 2.

10F:16:XX:XX

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything restless and irritated.

19F: 00:21:30

Euphoria, now exhaustion, when will the rollercoaster end?

18M:01:11:XX

Very tired and bored.

17F: 02:XX:XX

Really needed to do work but was feeling really tired and went back to bed.

16F: 05:XX:XX

Increased energy

Felt really energetic.

01M:18:XX:XX

Felt very energetic/driven today. Got up at 6 this morning for a jog and its now 21:40 and I still haven't slept.

03M:18:XX:XX

Took the dog for a walk and even had a run around the sport field.

05F:01:XX:XX

Definitely feeling more energized.

06M:03:XX:XX

More energy than normal.

09M:01:XX:XX

Full of energy and very confident.

13M: 01:09:XX

So energized, so happy from teaching. It's like giving a performance. I feel so fulfilled afterwards.

18M :04:XX:XX

Feel revitalized and energized. I can attack anything that today brings.
12F: 07:XX:XX

Feeling hot

Feeling hot during the day especially between 11 and 3, but no excessive perspiration.
07F:03:XX:XX

Feeling very hot, especially on my torso and my face, as if heat is radiating from inside me.
07F:10:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.
07F:12:XX:XX

Got hot flushes in the afternoon.
08M:02:XX:XX

Feeling hot although no one else seems to be hot.
08M:19:XX:XX

Temperature a bit high.
09M:03:XX:XX

Head feels like it is heating up.
18M :01:20:54

Eye feels as if it is on fire, dry and hot.
19F: 11:XX:XX

Mild fever, almost as if I have the symptoms of the fever without the fever itself. Getting hot and then clammy. Skin is very hot to the touch.
15F: 00:00:24

Fever symptoms returned but more intense. Hot and clammy, sweating between breasts. < breeze, makes me so cold.
15F 00:01:20

Feel like I am getting a fever.
18M:07:XX:XX

Feeling Cold

Feeling chilly today. My fingertips are numb.

02F:09:XX:XX

Had mild chills and frequent urination when going to bed last night for an hour.

03M:11:XX:XX

Skin feels cold and clammy, especially my extremities.

07F:13:XX:XX

Feeling very cold, just want to lie in a warm bath and relax.

07F:15:XX:XX

Fluctuating temperature

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

Feeling cold and hot on and off. Extremes of temperature.

07F:20:XX:XX

Get very cold on removing my jersey but very hot when I put it on.

15F: 00:01:35

At gym got hot and cold sweats. They alternated and it lasted about 10min.

15F: 04:XX:XX

Joint and muscle pain and stiffness

Back and neck feeling pretty stiff and sore. Muscle ache and decreased motion. Dull ache, more severe sensitive pain; may be due to rugby.

06M:10:XX:XX

Have a bit of neck stiffness and pain.

16F :01:09:15

Bilateral neck stiffness.

12F 02:XX:XX

Woke up with pain and tension in neck muscles. <stretching. >after stretching.
17F :07:XX:XX

My neck and whole back feel really stiff and it feels like it is moving to the base of my skull.
16F :07:XX:XX

Neck stiffness. >stretching.
14F :11:XX:XX

Muscle in my neck and traps are a bit stiff.
20F :15:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.
20F :01:11:30

Back felt stiff and immobile all day.
16F :14:XX:XX

Back pain, lower lumber, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.
10F:09:XX:XX

Back is really stiff, feels like all the muscles in my back are contracting. Stiff aching pain.
20F :01:11:XX

Lower back is stiff, but not painful.
19F :02:XX:XX

My whole back is also quite tight especially on the right and in the middle, feels ropey to the touch.
20F :02:XX:XX

My quadratus lumborum and gluteus are very tight.
20F :07:XX:XX

Joints in arms and legs feel stiff.
12F: 08:XX:XX

Stiffness in trapezius muscles as well as suprascapular muscles. Feeling of stiffness <right.
17F: 01:00:XX

My left shoulder feels stiff.

20F: 04:XX:XX

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.

07F:07:XX:XX

My finger joints are also a little sore today and very stiff.

19F: 03:XX:XX

Joints in arms and legs feel stiff.

12F 08:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.
> movement.

17F: 05:XX:XX

Ankles and legs feel very sore and stiff.

17F: 03:XX:XX

No muscle stiffness after bike ride, usually feel very stiff after a ride.

13M:00:09:20

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads.
>stretching, massage, movement.

17F: 02:XX:XX

Had some stiffness in my quads and in my legs.

14F: 14:XX:XX

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.

06M:07:XX:XX

Back pain, lower lumbar, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.

10F:09:XX:XX

Have a lot of muscle tension in my neck. Pain is generalized and dull.

16F :13:XX:XX

Neck stiffness, comes on early afternoon. >stretching. Dull persistent pain.

14F :17:XX:XX

I started to feel a slight dull aching sensation in my left kidney area. Level of T12 – L2 on the left side of my spine.

06M:07:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.

20F :01:11:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.

10F:20:XX:XX

Was sitting in front of my computer and stood up and got this sharp shooting pain. I couldn't stand up properly. The pain is on the left side of my spine, just above my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the pain.

20F :00:10:00

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially. >sitting, lying down. <standing for long periods.

17F :05:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

02F:06:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F:10:XX:XX

Back is feeling really stiff today, not unbearable though. The pain on the left is still there but more localized to about 3 cm above my PSIS and on my spinus process and 5 cm laterally. Still feels like a bruise when I press on it.

20F :01:06:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

20F :07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them. < on right. > stretching.

20F :07:XX:XX

Bad lower back pain, muscular type pain in my quadratus lumborum started late morning and got progressively worse.

14F:02:XX:XX

Back and neck: same ache still persists but the intensity has increased though.

06M:11:XX:XX

Neck is hurting so much need a massage.

08M:19:XX:XX

Pain in neck muscles and traps. <stretching but better afterwards.

17F: 06:XX:XX

Midthoracic back pain, paravertabral muscles, as if bruised. <pressure and touch. > adjustment.

17F :05:XX:XX

Pain in rhomboids. Worse on right over rib heads.

17F :07:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

17F :09:XX:XX

My lower back is hurting very much. The muscles around the spine hurts.

08M:01:XX:XX

My lower back is really tender.

20F :06:XX:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

20F :07:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my groin.

20F :07:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Right knee feels wobbly. Joints are aching a little today.

19F: 03:XX:XX

All joints are aching.

18M: 09:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

My right shoulder is tender today, got a nasty trigger point on my proximal attachment of my tricep.

20F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap. > movement and rubbing.

17F: 09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs. Severe.

03M:10:XX:XX

Elbow still limited in function. Swelling has gone down. Painful on contact.

03M:12:XX:XX

Left wrist painful. < movement.

15F: 01:04:15

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs.

07F:07:XX:XX

My finger joints are also a little sore today and very stiff.

19F: 03:XX:XX

My right hip joint is painful. <walking, stretching it back.

15F: 00:06:30

Joints in legs are very painful, and stiff. Difficulty in moving joints.

17F: 02:XX:XX

My hips and knees are so sore I can't get up, aching like I have arthritis.

12F: 03:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.
> movement.

17F: 05:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.

10F:12:XX:XX

Left knee pain, achy.

15F: 00:01:20

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers (CURED).

13M :13:XX:XX

Ankle hurt a bit in the morning.

08M:10:XX:XX

Ankle pain.

09M:01:XX:XX

Ankles and legs feel very sore and stiff.

17F: 03:XX:XX

Mild cramping discomfort in left calf.

15F: 00:01:20

Legs felt very heavy during my run and I battled with cramps.

20F: 00:07:30

Pain in right trapezius. <stretching. Causes a headache.

17F: 02:XX:XX

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads.

>stretching, massage, movement.

17F: 02:XX:XX

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.

13M:13:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

Itchiness

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.

02F:02:61:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F:03:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

02F:06:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:13:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot. Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

06M:11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another. Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F:10:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10f:10:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F:16:XX:XX

Itchy under both my eyes, wanted to scratch it but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:12:XX:XX

Eyes are a bit itchy.

09M:00:XX:XX

Right ear was tickling or itching – external ear. > when I palpate my tragus. < if I wiggle my ear.

06M:08:XX:XX

Right ear was a bit itchy; almost feel like it is my middle ear.

06M:09:XX:XX

*Ears itching more than before.

10F:00:XX:XX

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F:13:XX:XX

Ears itch, want to scratch them voluptuously, but it seems I just can't reach it.

10F:16:XX:XX

Nose very itchy, rub the whole time, no relief.

10F:18:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F:17:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

12F: 07:XX:XX

Itchy eyes, around margins of lids and sclera.

12F: 00:11:30

My eyes have started getting itchy and red.

16F: 02:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.

12F: 06:XX:XX

Eyes feel strained and tired. Itching and watery. <wearing glasses and rubbing.

17F: 07:XX:XX

Itchy eyes, lower outer corners.

12F: 01:02:XX

Nose is itching on the right side.

20F: 15:XX:XX

Crease that runs from my nose to my mouth on the left was very itchy. I had to scratch it many times and rub it to get some relief. It helped temporarily but kept coming back.

15F: 07:XX:XX

Very itchy on right side of face in the crease. <rubbing.

15F: 08:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

19F: 02:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

19F: 03:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12F: 07:XX:XX

*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.

18M :15:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy. > scratching.

Lasts about 10min.

15F: 01:15:00

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

13M: 05:XX:XX

Burning

Eyes red, dry and burning.

14F: 04:XX:XX

My eyes are burning and watering and crying.

15F: 08:XX:XX

Eye feels as if it is on fire, dry and hot.

19F :11:XX:XX

Woke up with dry, burning sensation in the throat. Left nasopharynx.

<swallowing. >drinking warm water.

17F: 00:22:45

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until i wretched, I eyes were streaming with water.

15F: 00:00:00

Stiff neck with niggling burning pain in muscles.

12F: 06:XX:XX

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and I tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F: 14:XX:XX

Dehydration, dryness

Feeling slightly headachy, like a dehydration headache.

07F:06:XX:XX

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M:03:XX:XX

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.

06M:13:XX:XX

My Mouth has been dry.

02F:07:XX:XX

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.

06M:09:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F:03:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.

02F:07:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F:12:XX:XX

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F:05:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Getting a headache. More of a clouded feeling. Dried out.

18M :00:00:30

Slight internal headache, between frontal and temporal regions bilaterally. Very mild and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a dehydration headache.

12F: 00:02:10

Headache in vertex which usually means I'm dehydrated.

19F: 00:07:30

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears. > firm pressure, splashing face with water. <noise, people talking loudly, bright light.

17F: 07:XX:XX

Eyes been really dry all day.

14F: 00:XX:XX

Eyes are very dry and itchy.

12F: 02:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.

12F: 06:XX:XX

Eyes feel very dry and scratchy.

19F: 12:XX:XX

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. <with drink of water.

06M:09:XX:XX

Woke up with a very dry mouth tongue was stuck to the roof of my mouth.

19F: 00:08:30

Mouth is very dry, very thirsty.

19F: 00:09:30

Lips feel crusty and tongue feels dry.

19F: 00:11:30

Woke up with dry, burning sensation in the throat. Left nasopharynx.

<swallowing. >drinking warm water.

17F: 00:22:45

Raw, dry sensation in right nasopharynx and left oropharynx. >drinking warm water.

17F: 01:04:XX

Sore throat, dry, burning. Right tonsillar region. >warm drinks.

17F: 02:XX:XX

My throat is raw and very sore and dry. When I breath in the air dries my throat and makes me cough.

15F: 06:XX:XX

My skin is really dry this morning especially on my arms.

15F: 03:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis.

Burn like blazers when I scratch it.

19F: 05:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.

12F: 06:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.

Skin is also peeling off the back of my heels.

14F: 05:XX:XX

Skin very dry and peeling off toes.

12F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12F: 07:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

Skin on face is really dry, the skin is pulling especially under my chin.

19F: 04:XX:XX

Skin is dry and peeling around my right nostril.

13M: 05:XX:XX

Peri-orbital dryness, with a scaly texture.

12F: 05:XX:XX

Forehead is really dry, so I stopped using soap to wash face.

12F: 05:XX:XX

Outer corners of eyes are dry and itchy.

12F: 06:XX:XX

Skin on my face is so dry, the skin around my stitches is cracking and bleeding despite me keeping it constantly moist.

18M:10:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.
< touching it or rubbing.

19F: 04:XX:XX

Red hyperemic patch on anterior neck at jugular notch. Not itchy.
12F: 09:XX:XX

Woke up with a rash under my left breast this morning. Its very itchy. There are 6 small round red lesions, scaly.
20F: 19:XX:XX

'Flu' and hay fever symptoms

Stuffy nose.
03M:01:26:XX

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.
06M:01:XX:XX

Slightly stuffy in the mornings.
10F:05:XX:XX

Nose runny in the mornings now, blocked but runny nose, after I wake up.
06M:07:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous. Associated slight nasal congestion.
01M:00:11:30

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.
01M:20:XX:XX

Had a little bit of a headache after taking both powders and a runny nose. These cleared within 10minutes.
03M:00:09:00

Nose a bit runny now and again especially at night after supper for a short while. <when I blow my nose. > When I sniff. Irritating. 18:30.
06M:11:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.
07F:17:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.
08M:02:XX:XX

Nose still leaky and bad post nasal drip.
08M:13:XX:XX

Nose runny.
09M:06:XX:XX

Slight nasal congestion with slight dizziness.
01M:19:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset. Associated sneezing. > blowing nose. Afternoon and evening.
03M:05:XX:XX

My nose is completely blocked, first on the left and then on the right, then both sides. Difficulty breathing through my nose. Watery discharge from nose, the fluid is clear and colorless. Go to bed feeling stuffy headed and with a blocked nose.
07F:18:XX:XX

Sneezed and head feels a bit thick 10minutes after the remedy.
06M:00:10:22

Nose itchy, sneezing in the mornings.
10F:10:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).
07F:14:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.
07F:15:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.
07F:17:XX:XX

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat. Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.

07F:16:XX:XX

Throbbing sinus headache. < lying down, movement, bending down. Had to keep head still in vertical position. Felt like head was going to explode if move it. > blowing nose. Throbbing.

04F:02:XX:XX

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.

07:30.

17F: 05:XX:XX

Head feels congested, feels like the contents of my sinuses is getting thicker.

16F: 15:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

16F: 00:02:15

Runny nose, clear watery mucous. <left side.

17F: 00:04:30

Runny nose, clear salty fluid, rhinitis.

12F: 00:11:30

Woke up sneezing.

Excessive watery mucous.

17F: 00:23:30

Nose has been running constantly for most of the day, and can't stop sneezing.

16F: 04:XX:XX

My nose is running with clear salty water, but completely blocked.

18M :10:XX:XX

Realized that my very blocked nose had cleared, it felt like the air was moving right to the middle of my brain- cool air.

19F: 00:05:30

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

19F: 00:15:30

Nose feels stuffy and thick, blowing is ineffectual.

19F: 00:16:00

Nose completely blocked but with very watery clear discharge, constantly running.

17F: 02:XX:XX

Dry cough with blocked nose.

17F: 03:XX:XX

Post nasal drip, salty taste in back of throat.

19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol. >sitting standing.

15F: 01:12:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

16F: 00:02:15

Many bouts of sneezing today, powerful, uncontrollable.

18M: 03:XX:XX

Have a fever blister or something. My lip is very swollen and full of yellow puss. It feels like it is constantly oozing, but nothing is coming out. The head is yellow, the rest of my lip is very red and swollen. It is stinging!

13M :10:XX:XX

Blister is gone, healed very quickly, a miracle.

13M :11:XX:XX

Sinuses are starting to fill up, getting full and sore.

18M :01:02:05

Sinuses are very full and blocked.

12F: 02:XX:XX

Build up of pressure in the frontal and maxillary sinuses.

<right side. >popping ears.

17F: 02:XX:XX

Dry sore throat. Left nasopharynx. <swallowing. >drinking warm water.
17F: 01:07:XX

My throat is raw and very sore and dry. When I breathe in the air dries my throat and makes me cough.
15F: 06:XX:XX

Woke up coughing, very intense. I want to be antidoted now!!
19F: 09:XX:XX

All the glands in my neck were sore when I woke up this morning which made my neck feel stiff.
15F: 07:XX:XX

Right sided submandibular lymphadenopathy.
12F: 11:XX:XX

Woke up due to chest pain and need to cough. Twice during the night.
15F: 08:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.
18M: 10:XX:XX

Salt and salt water

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.
19F: 00:15:30

Still have salt water feeling in left nostril.
19F: 00:10:XX

Runny nose, clear salty fluid, rhinitis.
12F :00:11:30

My nose is running with clear salty water, but completely blocked.
18M: 10:XX:XX

PND, salty taste in back of throat.
19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.
<lying, alcohol. >sitting standing.
15F: 01:12:XX

Felt a tingling on my left upper lip. It was like a sore that had come into contact with salty food and burning.

13M: 09:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, My eyes were streaming with water.

15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.

19F: 00:18:46

Cough dry to begin with but got progressively productive.

Soft sputum with white pieces resembling coarse salt.

17F: 04:XX:XX

Some coughing.

Soft sputum with white pieces resembling coarse salt.

17F: 03:XX:XX

Hungry but don't feel like anything everything tastes funny, like salt and oil.

19F: 00:23:30

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and I tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F :14:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry.

When I scratch it, there are crusts that come off under my nails. Looks like salt.

It came up this morning. Very itchy. About an eight on the scale from 1-10. <

evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better,

slightly itchy.

02F:05:XX:XX

Modalities

Ameliorations:

Sitting up, vertical position

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache.

03M:02:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste. <lying, alcohol. >sitting standing.

15F: 01:12:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

06M:08:XX:XX

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines. <left lower quadrant. >straightening up.

17F: 02:XX:XX

Bloatedness with notable intestinal muscle contraction.

>after stool, sitting upright.

17F: 02:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.

17F: 05:XX:XX

Chest pain <lying down. >sleep propped up on pillows on the left side.

15F: 08:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.

15F: 08:XX:X

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially. >sitting, lying down. <standing for long periods.

17F: 05:XX:XX

Pressure

My head is a bit sore right between my eyebrows. > pressure. < movement of eyes.

02F:14:XX:XX

Sinus headache. Worse on right temple. >pressure. Feels like someone is pushing their thumbs into my temple.

17F: 03:XX:XX

Headache in the temples and forehead, a compressing type of pain. Slightly > for pressing on temples. Lasted about 2 hours and spontaneously stopped.

14F: 06:XX:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears. > firm pressure, splashing face with water. <noise, people talking loudly, bright light.

17F: 07:XX:XX

Head pain moves to right eyebrow. Pain is much sharper.>pressure.

17F: 07:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple. Mild achy pulsating feeling. >pressure.

17F: 08:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

16F: 10:XX:XX

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache.

03M:02:XX:XX

My nose, at the bridge, between my eyes was achy due to a pressure build up. >closing eyes and applying pressure by squeezing the bridge with my fingers.

15F: 07:XX:XX

Pain in left hypochondriac region. > pressure.

12F: 00:01:00

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure. < walking.

15F: 00:01:00

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

15F: 08:XX:XX

Chostochondritis. Aching pain in 5th intercostal space.

<right. >firm pressure.

17F :17:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure.

The pain only lasts the duration of the cough or movement.

< on deep inspiration.

15F: 08:XX:XX

Stool

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.

07F:01:XX:XX

Bloatedness with notable intestinal muscle contraction.

>after stool, sitting upright.

17F: 02:XX:XX

Aggravations

Early morning

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

07:00.

14F: 00:22:30

Slept well last night. Woke up at 3:00am feeling anxious. Feel rested though.

08:00am.

02F:08:XX:XX

Slept really well but woke up at 1:30 am with a shock. Can't remember my dream.

02F:05:XX:XX

Couldn't go back to sleep after waking up at 2am. Eventually fell asleep at 4:30 and woke up at 6:45.

05F:01:XX:XX

Sleep was ok, just woke up early in the morning due to my nose. Could not fall back asleep.

08M:03:XX:XX

Woke up in early hours of the morning, probably about 3/4am, couldn't go back to sleep, sounds kept me awake, couldn't relax, woke up feeling very grumpy.

10F:16:XX:XX

Sleep: like ass, keep waking up from 5 ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person).

10F:06:XX:XX

Been up since 3am, mind is just walking through the days problems.

19F: 04:XX:XX

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Stuffy nose 9:00 but has cleared now at 12:00.

03M:14:XX:XX

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.

06M:01:XX:XX

Slightly stuffy in the mornings.

10F:05:XX:XX

Very Slight runny nose. Clear mucous. Disappeared at 8:30. Slight nasal congestion.

01M:02:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M:02:XX:XX

Woke up with runny nose.

07:00.

12F: 06:XX:XX

Nose very blocked this morning, improved the afternoon.

Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.

03M:06:XX:XX

Alcohol

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol. >sitting standing.

15F: 01:12:XX

Very bad reaction to alcohol. Felt drugged, couldn't remember much, eyes were dilated. I was very aggressive.

12F 01:12:XX

Haven't been able to tolerate alcohol lately. I'm tipsy after 1 drink.

20F 19:XX:XX

Had a drink but it didn't have the usual effect. Instead of feeling energized before sleepy, I went straight to sleepy.

07F:05:XX:XX

My alcohol tolerance is so low, I feel tipsy after just one sip and my cheeks flush.

14F 05:XX:XX

I can't drink at the moment. I feel drunk after half a glass of wine, it makes me nauseas.

16F 06:XX:XX

Eating

Easy satiety. Decreased appetite. Vague nausea < eating.

10F:19:XX:XX

Epigastric pain on waking. <eating.

14F :07:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight.

Located directly in the epigastric region. It was a sharp stabbing pain.

<eating. > bending over forwards.

20F: 03:XX:XX

Ameliorated and Aggravated

Warmth

Period pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen. > applying a hot water bottle, lying in fetal position.

14F: 00:01:30

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

15F: 08:XX:XX

Dull fronto-temporal headache. < heat, >cold, cold drinks. <hurry, irritability.

10F:03:XX:XX

Perspiration increased mildly but no smell, perspire under arms. < When in sun/ heat/ eating and drinking warm foods.

07F:00:07:30

Skin is not so itchy tonight. Pigmentation is lighter today. Noticed that my skin is < night and < warmth.

02F:07:XX:XX

Movement

My head is a bit sore right between my eyebrows. > pressure.< movement of eyes.

02F:14:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

16F: 10:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads > movement.

17F: 05:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

Left wrist painful. <movement.
15F: 01:04:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement. >standing still, not breathing.
15F: 07:XX:XX

Lying or bending down, leaning back, bending over

Throbbing sinus headache. < lying down, movement, bending down.
Had to keep head still in vertical position. Felt like head was going to explode if move it. > blowing nose. Throbbing.
04F:02:XX:XX

Headache getting worse, more frontally located now. < right, bright light.
>lying down, sleep.
17F: 00:07:30

Headache fronto-temporal, very bad especially at 8. < exercise, < leaning back.
Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.
10F:08:XX:XX

Headache occipital and temples, same time dull ache, like a clamp. < lying,
< exercise.
10F:13:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.
<lying, alcohol. >sitting standing.
15F: 01:12:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy. >lying down, closing eyes, taking a deep breath. Relief in about 5 min.
17F: 12:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.
>walking. < sitting bent over.
15F: 00:00:50

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants. > hunching over.
16F: 00:08:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.

<eating. > bending over forwards.

20F: 03:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.

17F: 05:XX:XX

Period pain is much worse than usual. Cramping in lower left and right quadrants. >hunching over, lying down.<standing upright.

17F: 03:XX:XX

Chest pain <lying down.>sleep propped up on pillows on the left side.

15F: 08:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.

15F: 08:XX:X

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially. >sitting, lying down. <standing for long periods.

17F: 05:XX:XX

Rubbing

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M:03:XX:XX

Eyelid on right hand side feels like it is making a sty on the bottom lid more laterally. < rubbing or touch.

10F:19:XX:XX

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

17F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

15F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap.
> movement and rubbing.
17F: 09:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.
19F: 05:XX:XX

Scratching

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.
10F:13:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot. Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.
06M:11:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.
10F:10:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.
03M:05:XX:XX

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy.
> scratching. Lasts about 10min.
15F: 01:XX:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.
02F:02:61:XX

Exercise, stretching

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.
>exercise.
17F: 00:02:00

Headache < exercise.
10F:17:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later. >walking. < sitting bent over.
15F: 00:00:50

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.
>pressure. < walking.
15F: 00:01:00

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.
17F: 05:XX:XX

Woke up with pain and tension in neck muscles. <stretching. >after stretching.
17F: 07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.
< on right. > stretching.
20F: 07:XX:XX

Neck stiffness. >stretching.
14F :11:XX:XX

Neck muscles very tight. >stretching.
17F:15:XX:XX

Pain in neck muscles and traps . <stretching but better afterwards.
17F: 06:XX:XX

My right hip joint is painful. <walking, stretching it back.
15F: 00:06:30

Food and drinks

Cravings

Salty

Salty foods – Frito's chips.
06M:12:XX:XX

Cravings for salt. I wouldn't describe it as an aversion but I have no cravings or desire for sweet things (chocolate) whatsoever, which is strange for me.

07F:04:XX:XX

Craving oily food and salt.

07F:05:XX:XX

Craving salty food, especially breakfast food: bacon, eggs and salt.

07F:06:XX:XX

Craving salt more, particularly chips.

07F:11:XX:XX

Cheese

Savory foods especially cheese and milk.

06M:10:XX:XX

Craving bad foods, cheese and chips and oily foods, butter toast and tea.

07F:19:XX:XX

Craving alcohol, very strange. I don't drink. Also craving cheese.

07F:20:XX:XX

Craving coffee, olives and cheese.

10F:09:XX:

Spicy

Crave warm spicy food. I find that my sense of taste is severely decreased, so I find myself adding lots of salt and chilies to my food.

07F:17:XX:XX

Craving fish, hot curried food.

10F:00:XX:XX

Coffee

Cr: meat, cheese, coffee.

06M:03:XX:XX

Craving coffee, strong, strong coffee.
07F:07:XX:XX

Crave coffee +++++
10F:05:XX:XX

Crave coffee, hot drinks.
10F:15:XX:XX

I would IV caffeine if I could, crave coffee.
10F:20:XX:XX

Alcohol

Craving alcohol, very strange. I don't drink. Also craving cheese.
07F:20:XX:XX

Craving alcohol, woke up this morning and pored myself some whiskey.
12F: 15:XX:XX

Aversions

Sweet

Feeling adverse to sweets still, can't stand the thought of having to eat sweet things.
07F:08:XX:XX

Want coffee, want warm drinks. Aversion to sweets.
10F:13:XX:XX

4.3. REPERTORY

4.3.1. KEY

Rubrics are referenced as follow:

RUBRIC - SUBRUBRIC(S) – DEGREE - SYNTHESIS PAGE NUMBER

- All page numbers given are those of Synthesis Repertorium Homeopathicum Syntheticum 8.1 (Schroyens, 2001).
- All time references in rubrics are in the format of 0-24h as suggested by Schroyens (2001:10).
- All new rubrics as suggested by this proving are underlined and appended with a capital **N** in place of the page number.
- Grade 4 rubrics are in **BOLD TYPE, IN CAPITAL LETTERS**.
- Grade 3 rubrics are in **bold type, in lower case**.
- Grade 2 rubrics are in *italics*.
- Grade 1 rubrics are in plain type.
- **Rubrics were made for symptoms that were most pertinent to the substance and were graded according to the full symptom picture – refer to Appendix G.**

4.3.2. RUBRICS for *Yam ha-Melach*

4.3.2.1. MIND

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4.3.2.12. COUGH

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4.3.2.16. ABDOMEN

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4.3.2.18. STOOL

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4.3.2.20. URINE

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4.3.2.21. FEMALE GENITALIA/SEX

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FEMALE GENITALIA/SEX – MENSES – dark	1	1047
FEMALE GENITALIA/SEX – MENSES – early – too	1	1047
<i>FEMALE GENITALIA/SEX – MENSES – scanty</i>	2	1052
FEMALE GENITALIA/SEX – PAIN – ovaries	1	1059
FEMALE GENITALIA/SEX – PAIN – ovaries – right	1	1059
<i>FEMALE GENITALIA/SEX – PAIN – uterus</i>	2	1061
<i>FEMALE GENITALIA/SEX – SEXUAL DESIRE – diminished</i>	2	1074
FEMALE GENITALIA/SEX – SEXUAL DESIRE – INCREASED	4	1074
<i>FEMALE GENITALIA/SEX – SEXUAL DESIRE – wanting</i>	2	1075

4.3 2 22. MALE GENITALIA/SEX

<i>MALE GENITALIA/SEX – SEXUAL DESIRE – increased</i>	2	1021
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4.3.2.23. CHEST

CHEST – ERUPTIONS	3	1168
CHEST – ERUPTIONS – pimples	3	1168
<i>CHEST – ERUPTIONS – pimples – hard – under the skin</i>	2	1168
CHEST – ERUPTIONS – pimples – itching	2	1169
<i>CHEST – ERUPTIONS – pimples – painful</i>	2	1169
CHEST – ERUPTIONS – pimples – white	1	1169
<i>CHEST – ERUPTIONS – pustules</i>	2	1169
CHEST – FULLNESS – mammae – sensation of fullness	1	1171
CHEST – HEART – complaints of the	3	1171
CHEST – INFLAMMATION – costal cartilages	1	1175
<i>CHEST – ITCHING – axilla</i>	2	1177
<i>CHEST – PAIN</i>	2	1182
CHEST – PAIN – aching	1	1193
<i>CHEST – PAIN – burning</i>	2	1194
<i>CHEST – PAIN – burning – coughing – during</i>	2	1195

CHEST – PAIN – burning – sternum – behind	1	1196
<i>CHEST – PAIN – cough – during</i>	2	1183
<i>CHEST – PAIN – heart- coughing – on</i>	2	1186
<i>CHEST – PAIN – inspiration – during</i>	2	1184
<i>CHEST – PAIN – intercostal muscles</i>	2	1188
CHEST – PAIN – lungs – right	1	1205
CHEST – PAIN – mammae	1	1189
CHEST – PAIN – mammae – evening	1	1189
CHEST – PAIN – mammae – jar – aggravate	1	1189
CHEST – PAIN – mammae – touch – aggravate	1	1189
CHEST – PAIN – motion – aggravate	1	1184
<i>CHEST – PAIN – pressure – ameliorate</i>	2	1184
CHEST – PAIN – respiration	1	1184
CHEST – PAIN – sore – mammae	1	1206
<i>CHEST – PALPITATION – of heart</i>	2	1218

4.3.2.24. BACK

BACK – ERUPTIONS	3	1234
<i>BACK – ERUPTIONS – patches</i>	2	1235
BACK – ERUPTIONS – pimples	3	1235
<i>BACK – ERUPTIONS – pimples – dorsal region</i>	2	1235
BACK – ERUPTIONS – pimples – lumbar region	3	1236
<i>BACK – ITCHING</i>	2	1239
BACK – PAIN	4	1241
BACK – PAIN – ACHING	3	1260
BACK – PAIN – CERVICAL REGION	4	1276
BACK – PAIN – dorsal region	3	1250
BACK – PAIN – dull	3	1273
BACK – PAIN – LUMBAR REGION	4	1253
BACK – PAIN – MUSCLES	4	1257

<i>BACK – PAIN – sacral region</i>	2	1257
BACK – PAIN – SORE	4	1278
<i>BACK – PAIN – sore – lumbar region</i>	2	1280
<i>BACK – PAIN – sore – spine – lumbar</i>	2	1281
<i>BACK – PAIN – stitching</i>	2	1282
<i>BACK – PAIN – stitching - sacral region</i>	1	1287
<i>BACK – PAIN – stitching - spine</i>	2	1287
<i>BACK – PAIN – touching</i>	2	1245
BACK – STIFFNESS	4	1292
BACK – STIFFNESS – CERVICAL REGION	4	1293
<i>BACK – STIFFNESS – cervical region – stretching – ameliorate</i>	2	1294
BACK – STIFFNESS – dorsal region	3	1294
BACK – STIFFNESS – LUMBAR REGION	4	1294
BACK – STIFFNESS – morning	3	1292
<i>BACK – STIFFNESS – morning – on waking</i>	2	1292
<i>BACK – STIFFNESS – sacral region</i>	1	1294

4.3.2.25. EXTREMITIES

<i>EXTREMITIES – AWKWARDNESS</i>	2	1300
<i>EXTREMITIES – COLDNESS</i>	2	1304
<i>EXTREMITIES – CRAMPS</i>	2	1319
<i>EXTREMITIES – CRAMPS – leg – calf</i>	2	1322
<i>EXTREMITIES – CRAMPS – thigh</i>	2	1321
<i>EXTREMITIES – DRYNESS</i>	2	1331
EXTREMITIES – ERUPTIONS	4	1332
<i>EXTREMITIES – ERUPTIONS – desquamating</i>	2	1333
EXTREMITIES – ERUPTIONS – dry	3	1333
EXTREMITIES – ERUPTIONS - itching	3	1333
<i>EXTREMITIES – ERUPTIONS – leg</i>	2	1345
<i>EXTREMITIES – ERUPTIONS – leg – itching</i>	2	1345

EXTREMITIES – ERUPTIONS – pimples	1	1333
EXTREMITIES – ERUPTIONS – rash	1	1333
<i>EXTREMITIES – ERUPTIONS – thigh – itching</i>	2	1343
<i>EXTREMITIES – ERUPTIONS – toes</i>	2	1347
<i>EXTREMITIES – ERUPTIONS – toes – between - desquamating</i>	2	1347
<i>EXTREMITIES – HEAT</i>	2	1353
<i>EXTREMITIES – HEAT – elbow</i>	2	1353
<i>EXTREMITIES – HEAT – joints</i>	2	1353
<i>EXTREMITIES – HEAVINESS</i>	2	1356
<i>EXTREMITIES – HEAVINESS – exertion – on</i>	2	1357
<i>EXTREMITIES – HEAVINESS – lower limbs</i>	2	1358
EXTREMITIES – HEAVINESS – upper limbs	1	1357
<i>EXTREMITIES – INFLAMMATION – elbow</i>	2	1362
<i>EXTREMITIES – INFLAMMATION – joints</i>	2	1361
EXTREMITIES – ITCHING	3	1363
<i>EXTREMITIES – ITCHING – burning – on scratching</i>	2	1364
EXTREMITIES – ITCHING – foot – sole of	1	1371
EXTREMITIES – ITCHING – lower limbs	3	1367
<i>EXTREMITIES – ITCHING – lower limbs – stinging</i>	2	1368
EXTREMITIES – ITCHING – toes – under	1	1372
<i>EXTREMITIES – ITCHING – upper limbs</i>	2	1364
EXTREMITIES – NUMBNESS	3	1380
EXTREMITIES – NUMBNESS – fingers – tips of	3	1384
<i>EXTREMITIES – PAIN – aching</i>	2	1424
<i>EXTREMITIES – PAIN – aching – knee</i>	2	1427
<i>EXTREMITIES – PAIN – ankle</i>	2	1420
<i>EXTREMITIES – PAIN – dull</i>	2	1454
EXTREMITIES – PAIN – dull – leg	1	1454
<i>EXTREMITIES – PAIN – dull - upper limb</i>	2	1454
EXTREMITIES – PAIN – elbow	3	1400
<i>EXTREMITIES – PAIN – fingers</i>	2	1404

<i>EXTREMITIES – PAIN – hip</i>	2	1411
EXTREMITIES – PAIN – JOINTS	4	1391
EXTREMITIES – PAIN – knee	3	1415
<i>EXTREMITIES – PAIN – knee – rubbing – ameliorate</i>	2	1416
<i>EXTREMITIES – PAIN – leg – calf</i>	2	1419
EXTREMITIES – PAIN – LOWER LIMBS	4	1406
<i>EXTREMITIES – PAIN – shoulder</i>	2	1396
<i>EXTREMITIES – PAIN – wrist</i>	2	1402
<i>EXTREMITIES – PERSPIRATION</i>	2	1513
<i>EXTREMITIES – PERSPIRATION – foot</i>	2	1515
<i>EXTREMITIES – PERSPIRATION – hand</i>	1	1513
<i>EXTREMITIES – RESTLESSNESS – hand</i>	2	1518
EXTREMITIES – SENSITIVE – fingers – tips	3	1520
EXTREMITIES – STIFFNESS	4	1522
<i>EXTREMITIES – STIFFNESS – lower limbs</i>	2	1525
<i>EXTREMITIES – STIFFNESS – morning</i>	2	1523
<i>EXTREMITIES – STIFFNESS – upper limbs</i>	2	1523
<i>EXTREMITIES – SWELLING – elbow</i>	2	1528
<i>EXTREMITIES – WEAKNESS</i>	2	1554
<i>EXTREMITIES – WEAKNESS – exertion – after least</i>	2	1554

4.3.2.26. SLEEP

SLEEP – DEEP	4	1564
<i>SLEEP – DEEP – unrefreshing</i>	2	1565
SLEEP – DISTURBED	4	1565
<i>SLEEP – DISTURBED – cough</i>	1	1565
<i>SLEEP – DISTURBED – pains – by</i>	1	1566
<i>SLEEP – FALLING ASLEEP – difficult</i>	2	1569
<i>SLEEP – FALLING ASLEEP – difficult – waking – after</i>	2	1569
<i>SLEEP – POSITION – side – on</i>	2	1573

SLEEP – REFRESHING	3	1574
SLEEP – RESTLESS	4	1574
<i>SLEEP – SLEEPLESSNESS</i>	2	1585
SLEEP – UNREFRESHING	4	1595
<i>SLEEP – WAKING – anxiety – as from</i>	2	1597
SLEEP – WAKING - early – too	3	1597
<i>SLEEP – WAKING – easy</i>	1	1598
<i>SLEEP – WAKING – frequent</i>	2	1598
<i>SLEEP – WAKING – fright – as from</i>	2	1598
<i>SLEEP - WAKING – fright – as from – noise – from slightest</i>	2	1599
<i>SLEEP – WAKING – shocks – from</i>	2	1600
<i>SLEEP – WAKING – sudden</i>	2	1600
<i>SLEEP – WAKING – urinate – with desire to</i>	2	1600

4.3.2.27. DREAMS

<i>DREAMS – ACCIDENTS</i>	2	1607
<i>DREAMS – ANIMALS – dangerous</i>	2	1608
<i>DREAMS – ANIMALS – injured</i>	2	1608
<i>DREAMS – ANIMALS – large – huge</i>	2	1609
DREAMS – ANIMALS – wild	3	1609
<i>DREAMS – ATTACKED – being</i>	2	1610
<i>DREAMS – BEACH</i>	2	1610
<i>DREAMS – BETRAYED – having been</i>	2	1610
<i>DREAMS – BUILDINGS – ruined</i>	2	1612
<i>DREAMS – CHILDREN</i>	2	1613
<i>DREAMS – CHILDREN – injured</i>	1	1613
<i>DREAMS – CHILDREN – looking after</i>	1	1613
<i>DREAMS – CHILDREN – rescuing of</i>	1	1613
<i>DREAMS – CHURCHES</i>	1	1613

<i>DREAMS – CLOTHES</i>	2	1614
DREAMS – COUNTRY – foreign	3	1615
<i>DREAMS – DANGER</i>	2	1616
DREAMS – DANGER – sense of danger lacking	1	1616
<i>DREAMS – DANGER – water – from</i>	2	1616
DREAMS – DEAD BODIES	1	1616
DREAMS – DEATH – relatives – of	2	1617
<u><i>DREAMS – DISCRIMINATION</i></u>	2	N
<i>DREAMS – DISEASE</i>	2	1618
<i>DREAMS – DISGUISE</i>	2	1618
<i>DREAMS – DROWNING – danger of</i>	2	1619
<i>DREAMS – EVIL</i>	2	1620
DREAMS – FAMILY – own	3	1621
<u><i>DREAMS – FERTILITY</i></u>	2	N
<i>DREAMS – FIGHTS</i>	2	1622
<i>DREAMS – FRIENDS – old</i>	2	1623
<i>DREAMS – GHOSTS</i>	2	1624
DREAMS – GRAVES	1	1624
<i>DREAMS – JOURNEYS – foreign countries</i>	2	1627
DREAMS – LOSING – family – his	1	1628
DREAMS – MONUMENTS	1	1630
DREAMS – NURSING – newborns	1	1631
DREAMS – PURSUED – animals by – wild	3	1633
<i>DREAMS – PURSUED – man – by a</i>	2	1633
<i>DREAMS – RELIGIOUS</i>	2	1634
DREAMS – SEA	3	1636
<u><i>DREAMS – STRUGGLING – of</i></u>	1	N
<u><i>DREAMS – STUCK – being stuck – of</i></u>	2	N
<i>DREAMS – SWIMMING</i>	2	1638
<u><i>DREAMS – TERRITORIAL</i></u>	2	N
<i>DREAMS – TRAP – being trapped</i>	2	1639

<i>DREAMS – WAR</i>	2	1642
DREAMS – WATER	3	1642
<i>DREAMS – WATER – swimming in</i>	2	1642
<i>DREAMS – WATER – waves</i>	2	1642

4.3.2.28. CHILL

CHILL – CHILL - in general	3	1645
<i>CHILL – CHILLINESS</i>	2	1650
<i>CHILL – CHILLINESS – perspiration – with</i>	2	1652

4.3.2.29. FEVER

FEVER – CHILL – with	3	1666
FEVER – CHILLINESS – with	3	1666
FEVER – FEVER – HEAT IN GENERAL	4	1661
<i>FEVER – INFLAMMATORY – fever</i>	2	1669
<i>FEVER – PERSPIRATION – absent</i>	2	1670
FEVER – PERSPIRATION – heat – with	3	1671
<i>FEVER – UNCOVERING – yet too cold when uncovered</i>	1	1674

4.3.2.30. PERSPIRATION

PERSPIRATION – IN GENERAL	4	1677
<i>PERSPIRATION – NIGHT – sleep during</i>	2	1678
<i>PERSPIRATION – ODOUR – offensive</i>	2	1683
PERSPIRATION – PROFUSE	3	1684
<i>PERSPIRATION – SINGLE PARTS</i>	1	1685

4.3.2.31. SKIN

SKIN – BURNING	2	1689
SKIN – BURNING – scratching – after	2	1690
SKIN – BURNING – spots	1	1690
SKIN – CHAPPING	2	1690
SKIN – CRACKS	2	1692
SKIN – DISCOLORATION – blackish	2	1692
SKIN – DISCOLORATION – blackish – spots	1	1692
SKIN - DISCOLORATION – red	2	1693
SKIN – DRY	4	1695
SKIN – DRY – burning	2	1695
SKIN – DRY – rough	2	1695
SKIN – DRY – scratching – aggravate	2	1695
SKIN – ERUPTIONS	4	1696
SKIN – ERUPTIONS – blackish	2	1696
SKIN – ERUPTIONS – crusty – dry	1	1698
SKIN – ERUPTIONS – desquamating	3	1698
SKIN – ERUPTIONS – DRY	4	1699
SKIN – ERUPTIONS – ELEVATED	4	1699
SKIN –ERUPTIONS – ERYTHEMA	4	1699
SKIN – ERUPTIONS – HARD	4	1700
SKIN – ERUPTIONS – INFLAMED	4	1701
SKIN – ERUPTIONS – ITCHING	4	1701
SKIN – ERUPTIONS – painful	3	1703
SKIN – ERUPTIONS - patches	3	1703
SKIN – ERUPTIONS - patches – dry red patches/itching violent	2	1703
SKIN – ERUPTIONS – PIMPLES	4	1703
SKIN – ERUPTIONS – pimples – hard	2	1704
SKIN – ERUPTIONS – pimples – inflamed	3	1704

SKIN – ERUPTIONS – pimples – itching	3	1704
SKIN – ERUPTIONS – pimples – painful	3	1704
SKIN – ERUPTIONS – pimples – small	3	1704
SKIN – ERUPTIONS – pimples – touch – sensitive to	3	1704
SKIN – ERUPTIONS – pimples – whitish	3	1704
<i>SKIN – ERUPTIONS - pustules</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – inflamed</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – itching</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – painful</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – red</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – small</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – white - tips</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – yellow</i>	2	1705
<i>SKIN – ERUPTIONS – rash</i>	2	1705
<i>SKIN – ERUPTIONS – rash – itching</i>	2	1706
<i>SKIN – ERUPTIONS – rash – red</i>	2	1706
SKIN - ERUPTIONS – RED	4	1706
SKIN – ERUPTIONS – red – areola	3	1706
<i>SKIN – ERUPTIONS – rough</i>	1	1706
<i>SKIN – ERUPTIONS – scaly</i>	2	1706
<i>SKIN –ERUPTIONS – scaly – white</i>	1	1706
SKIN – ERUPTIONS – sensitive	3	1707
<i>SKIN – ERUPTIONS – warmth – aggravate</i>	2	1702
SKIN – ERUPTIONS – whitish	3	1711
<i>SKIN – ERUPTIONS – yellow</i>	2	1711
<i>SKIN – EXCORIATION</i>	2	1712
<i>SKIN – EXCORIATION – scratching –</i> <i>after/must scratch it raw</i>	2	1712
<i>SKIN – EXCORIATION – sensation as if excoriated</i>	2	1712
SKIN – FORMICATION	1	1713

SKIN – FORMICATION – insects – as if from	1	1713
SKIN – INFLAMMATION	2	1714
SKIN – ITCHING – scratching – aggravate	2	1717
SKIN – ITCHING – scratching – ameliorate	2	1717
SKIN – ITCHING – scratching – changes place on scratching	2	1717
SKIN – ITCHING – scratching – must scratch	2	1717
SKIN – ITCHING – scratching – raw – must scratch until it is raw	1	1717
SKIN – ITCHING – sleep – during	2	1717
SKIN – ITCHING – spots	2	1717
SKIN – ITCHING – wandering	2	1718

4.3.2.32. GENERALS

GENERALS – COLD – feeling	3	1753
<u>GENERALS – DEHYDRATION</u>	4	N
GENERALS – ENERGY – EXCESS OF ENERGY	4	1773
GENERALS – EXERTION; PHYSICAL - AMELIORATES	4	1773
GENERALS – FOOD AND DRINKS – alcoholic drinks; ailments from	2	1780
GENERALS – FOOD AND DRINKS – alcoholic drinks; aggravate	2	1780
GENERALS – FOOD AND DRINKS – alcoholic drinks; desire	3	1780
GENERALS – FOOD AND DRINKS – CHEESE; DESIRE	4	1784
GENERALS – FOOD AND DRINKS – COFFEE; DESIRE	4	1785
GENERALS – FOOD AND DRINKS – FARINACEOUS; DESIRE	4	1788
GENERALS – FOOD AND DRINKS – SALT; DESIRE	4	1796
GENERALS – FOOD AND DRINKS – spicy food; desires	2	1798
GENERALS – FOOD AND DRINKS – sweets; aversion	3	1799
GENERALS – HEAT – FLUSHES OF HEAT	4	1804
GENERALS – HEAT – lack of vital heat	3	1806
GENERALS – HEAT – SENSATION OF HEAT	4	1804

<i>GENERALS – INFLUENZA</i>	2	1813
GENERALS – ORGASMS of blood – emotions after	1	1833
GENERALS – PAIN	4	1833
GENERALS – PAIN – aching	3	1836
GENERALS – PAIN – cramping	3	1839
GENERALS – PAIN – cramping; joint in	3	1839
GENERALS – PAIN – JOINT PAIN	4	1836
GENERALS – PAIN – muscles	3	1836
GENERALS – WEAKNESS	4	1896
<i>GENERALS – WEAKNESS – exertion, slight from</i>	2	1900
GENERALS – WEAKNESS – morning	3	1896
<i>GENERALS – WEAKNESS – morning; waking on</i>	2	1896
<i>GENERALS – WEAKNESS – sexual desire diminished</i>	2	1898
<i>GENERALS – WEAKNESS – sleepiness from</i>	2	1903
GENERALS – WEAKNESS – vertigo; with	1	1904
GENERALS – SENSITIVENESS –externally	3	1867
GENERALS – SLUGGISHNESS OF THE BODY	4	1873
GENERALS – STIFFNESS	4	1874
GENERALS – SWELLING	4	1877
GENERALS – SWELLING – JOINTS	4	1877

CHAPTER FIVE

5. DISCUSSION OF THE RESULTS

5.1. INTRODUCTION

This chapter consists of the discussion and overview of the proving results. The main themes and prominent physical symptoms experienced during the proving were considered and presented as the characteristics of the remedy in its entirety. The characteristic symptoms or essence (minimum characteristic syndrome) of *Yam ha-Melach* was used for comparison to the materia medica of the minerals Magnesium muriaticum, Kali muriaticum, Natrum muriaticum, Bromium and Sulphur. The group themes of the Magnesiums, Kali's, Bromatums, Muriaticums and the Natrums were also compared and related to the materia medica of *Yam ha-Melach*.

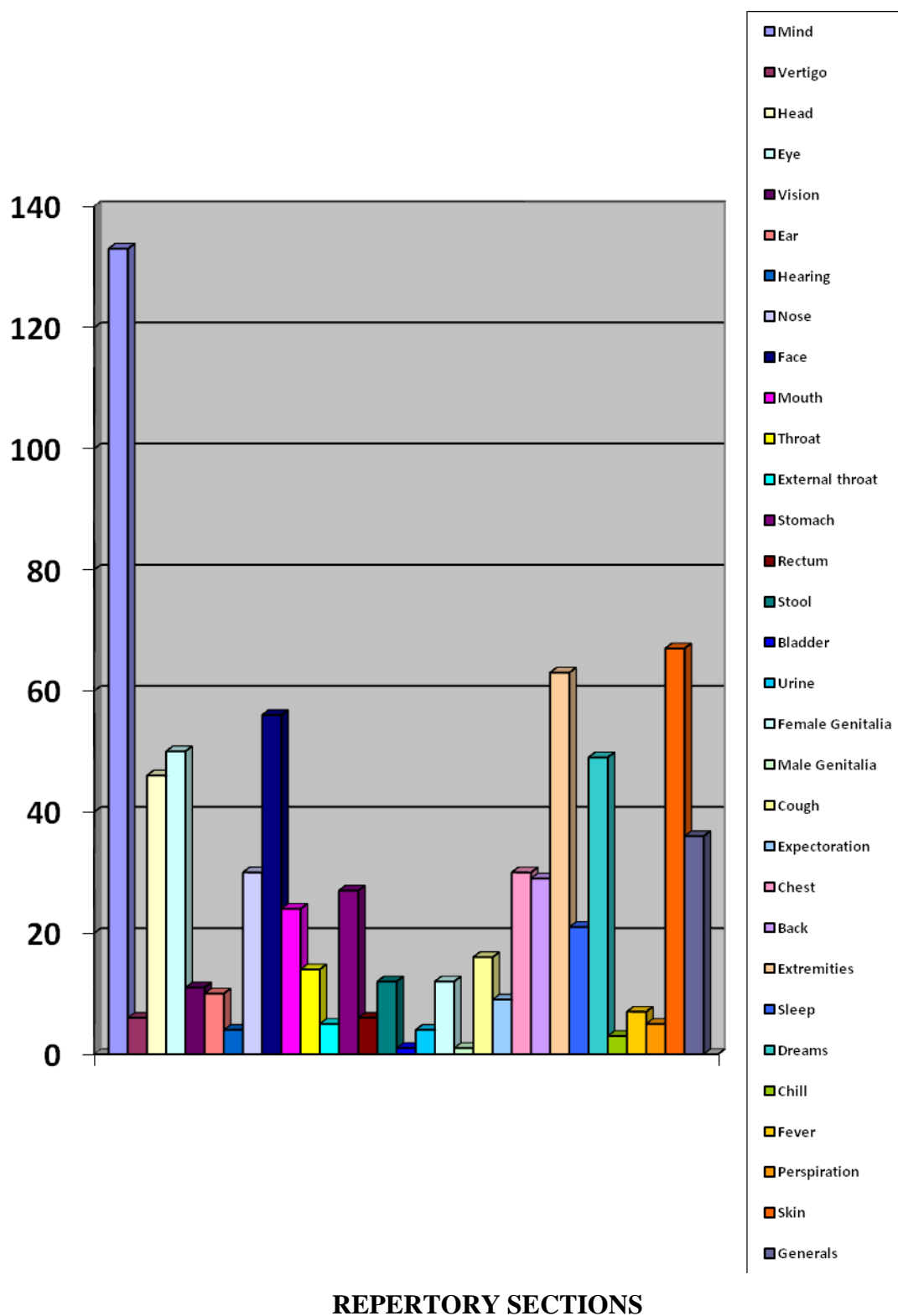
It was hypothesized that the proving of *Yam ha-Melach 30CH* would produce clearly observable signs and symptoms in healthy volunteers. Data collected from this study serves as evidence to support this hypothesis and it is therefore concluded that this hypothesis is valid.

The data collected from the proving provided symptoms that formed a total of **802** rubrics. These rubrics were distributed throughout the 25 sections of the repertory. If there were no rubrics in a section of the repertory, that section was not included in the table below. The rubrics are distributed throughout the sections of the repertory as follows:

Mind	133	Stomach	27	Extremities	63
Vertigo	6	Abdomen	15	Sleep	21
Head	46	Rectum	6	Dreams	49
Eye	50	Stool	12	Chill	3
Vision	11	Bladder	1	Fever	7
Ear	10	Urine	4	Perspiration	5
Hearing	4	Female Genitalia	12	Skin	67
Nose	30	Male Genitalia	1	Generals	36
Face	56	Cough	16		
Mouth	24	Expectoration	9		
Throat	14	Chest	30		
External throat	5	Back	29		

Graph 3 that follows provides a visual representation of the number of rubrics distributed in the various sections of the repertory.

GRAPH 3: DISTRIBUTION OF RUBRICS THROUGHOUT THE REPERTORY SECTIONS



5.2. ABBREVIATION OF THE REMEDY

General rules for abbreviating remedies have been proposed by Schroyens to rule out ambiguities as have been found in Kent's repertory and in work done by Barthel and Klunker (Schroyens:2001:39 - 41). This system uses the Latin or scientific name of the substance which then corresponds to the root and extension of the remedy abbreviation. For this substance, the researcher decided on using the Hebrew name for the Dead Sea as the name of the newly proven remedy *Yam ha-Melach*. The researcher chose the root *Yam* and added the extension '-H' leading to the proposed abbreviation of **Yam-H** for *Yam ha-Melach*.

5.3. THE SYMPTOMS

It is crucial to view the entire proving group as if all provers are one as well as viewing all the symptoms as if all the symptoms arose in one person (Sherr, 1994:32). This unites fragmented parts of the proving as a whole for a more complete understanding of the remedy. Taking this in consideration, the proving symptoms in the discussion that follows, have been unified or considered together as if it was experienced by a single ideal prover, so as to elucidate the common themes that run throughout the remedy providing a complete picture of *Yam ha-Melach*.

5.3.1. MIND

The proving of *Yam ha-Melach* produced a significant amount and variety of symptoms on the mental and emotional sphere. These symptoms have been grouped under the prominent themes that emerged during the proving.

Irritability and frustration

Irritability was experienced in varying degrees by the provers. The irritability was described as short tempered (05F:05:XX:XX), agitated (07F:12:XX:XX) and snappy, aggressive and frustrated (07F:13:XX:XX). Some provers were only mildly irritable (01M 07:XX:XX), whilst others were intensely irritable with accompanying anger and wanting to smash people's heads in (18M:03:XX:XX) and wanting to rip their heads off (12F:07:XX:XX). One prover even felt like ripping the journal apart (18M:04:XX:XX). Prover 12F felt like killing (12F:08:XX:XX). The anger was described as feeling like the blood is boiling and needing to express it or else they would burst (18M:03:XX:XX). Provers expressed their frustration by either snapping (20F:02:XX:XX) at people or shouting (18M:07:XX:XX) and swearing (17F:04:XX:XX). Some provers resisted the urge to express their irritability (17F:07:XX:XX). All the provers noted that their irritation was at trifles (18M:00:00:30; 18M:07:XX:XX), all of them getting frustrated quickly with themselves (06M:14:XX:XX) and others (17F:00:03:30), not even being able to handle people talking (17F:07:XX:XX; 18M:00:00:30; 18M:02:XX:XX) and even at their surroundings (06M:14:XX:XX). A prover even found the slight breeze irritating (15F:00:01:20).

Discrimination and lack of faith in people

There was discrimination towards Jewish people (15F: 01:04:XX; 15F: 01:04:XX) with accompanying anger and thoughts that they were weak. Provers also had dreams of discrimination against Christianity (12F:09:XX:XX; 15F:14:XX:XX) and the Jewish religion (15F:07:XX:XX). There was also a lack of faith in humanity with prover 19F having thoughts that people are stupid and cruel (19F:02:XX:XX). Another prover found himself questioning peoples deeds and motives and general attitudes (03M:10:XX:XX).

Loneliness and isolation

There was a general feeling of isolation (03M:10:XX:XX) and loneliness (05F:04:XX:XX; 17F: 05:XX:XX) in the provers. Some felt like they wanted to be alone (13M: 01:04:20; 19F :02:XX:XX) whereas others felt lonely and wanted to be around people (12F: 03:XX:XX; 14F: 03:XX:XX). The loneliness was described as feeling withdrawn (13M: 01:04:20) and like nobody understands (05F:04:XX:XX). Prover 17F felt like pangs of loneliness were coming over her like waves (17F: 05:XX:XX). This isolation and loneliness were accompanied by feelings of depression and sadness (18M :01:00:00; 19F :02:XX:XX).

Depression and hopelessness

Depression was experienced by the majority of provers, with provers being severely depressed with accompanying feelings of failure, incompetence, rejection and helplessness (07F:02:XX:XX; 19F:00:18:30). One prover described her feelings as spiraling fast down in a deep sea of depression (19F: 03:XX:XX) and another feeling awful, black clouds and feeling like she wanted to run away (19F: 04:XX:XX). The depression was noted by one prover as feeling like a dark blanket has settled upon her, like there is no light left in the world; hopeless (02F 02:51:XX). Prover 12F describes her depression as feeling all alone in the world like no one can understand her plight (12F: 01:07:XX). Some provers had suicidal thoughts (18M: 05:XX:XX; 19F: 04:XX:XX). One prover felt that death would be easier than dealing with this life (18M :05:XX:XX). The cause of the depression seemed to be a general feeling of hopelessness and inability to fix the situation and a feeling that no one understands (12F: 04:XX:XX). Provers felt all alone in the world (12F: 01:07:XX). Provers also felt dissatisfied (19F: 01:21:30) and pathetic (18M :10:XX:XX) and very sorry for themselves (17F: 02:XX:XX).

Emotionally overwhelmed and crying

There was a feeling amongst provers of being overwhelmed, like everything is too much for them (10F:01:XX:XX; 07F:00:06:30) even though it's not and provers feeling overwhelmed quickly for little or no reason (18M: 03:02:00); small things making them cry uncontrollably (07F:00:06:30). Crying was preceded by feelings of being vulnerable, weak and miserable (19F: 04:01:30), like the heart is being ripped out and stomped on (18M :02:08:00). One prover described her emotions as feeling like everyone expects emotional support from her and she has no more to give, like she is just one person (10F:01:XX:XX). She felt like a kid lost in a shopping mall away from parents, everything around her moving too fast and she just wanted to curl into a ball or start wailing till someone nice helped her find her parents (10F:05:XX:XX). Some provers cried for hours (18M :00:07:30; 14F: 02:07:30). Prover 12F Felt frustrated and alone and cried while pulling at her hair and rocking back and forth, feeling like she is in a hopeless situation and can't fix it; feeling like no one understands (12F: 04:10:30).

Mood swings

Provers experienced erratic mood swings during the proving (12F: 08:XX:XX; 19F: 00:08:30). Changes in mood were described by the provers as up and down, erratic, like a roller coaster (18M :01:11:XX); and manic (18M:11:XX:XX). Provers went through sudden changes of mood between feeling down one minute and feeling silly, happy and euphoric the next (03M:11:XX:XX).

False front

Some provers felt like they were putting on a false front for others. Prover 18M described it as feeling like he is putting on a mosaic front for everyone (18M

:03:XX:XX) while prover 7F kept up pretences and smiled for outsiders, getting good at faking it (07F:08:XX:XX; 07F:05:XX:XX).

Anxiety

The anxiety was reported as being felt in the stomach or epigastric area. An uneasy feeling in the stomach (12F: 00:05:30) like butterflies (13M :00:12:50; 17F: 04:XX:XX) or a knot in the stomach (15F: 04:XX:XX). Prover 18M described the feeling as if there is pent up energy building up in his solar plexus towards his jaw, making it clench and behind his eyes to the outer corners of his eyes, making him want to (18M:04:XX:XX). Another prover had a similar sensation and felt very nervous not only mentally but physically. She described it as too much unstable energy building up in her solar plexus then moving up and culminating in her cheek bones which made her feel like she wanted to cry and in her TMJ like she was blushing uncontrollably. It was almost unbearable and she had to look away. She blushed for others embarrassment. It hurt (12F :03:XX:XX). As seen from the above there is a radiation of the anxiety starting in the epigastrium to the jaw. The cause of the anxiety noted by provers as being after contradiction (10F:19:XX:XX), at trifles (10F:20:XX:XX), due to questions about being good enough, knowing enough (17F: 04:XX:XX), thinking about things needed to be done (15F: 04:XX:XX) and uncertainty about the future (13M :06:XX:XX).

Paranoia, worried about family and friends, intuition

There was paranoia in general with provers being paranoid about health, convinced they had a terminal or serious illness (15F :07:XX:XX;18M :10:XX:XX). One prover couldn't sleep because she kept hearing voices and felt paranoid (16F:05:XX:XX). Another prover walked around her house because she was paranoid that someone was inside (15F: 08:XX:XX). One prover was acutely worried about her family and friends (10F:14:XX:XX). She was in tears about one

of her friends problems and described her emotions as really wanting to help but feeling helpless and annoyed because she couldn't do anything to help and they were not listening to her or doing anything about their situation (10F:14:XX:XX). Provers felt very intuitive, being able to predict statements and events with accuracy (18M: 03:XX:XX). Prover 12F had what she described as a premonition that came true (12F:09:XX:XX).

Rebellion and spontaneity

Provers experienced spontaneity (15F: 01:15:XX) with one prover getting an urge to get a tattoo (12F:06:XX:XX) and a piercing and pierced her own tongue (12F: 09:XX:XX).

Escapism and needing freedom

There was a feeling among provers of needing freedom (07F:19:XX:XX); needing to get away. Prover 12F felt like breaking out of her house (12F :11:XX:XX). One cause for this need of freedom was expressed by a prover as feeling trapped, therefore needing to get away (19F:03:XX:XX).

Manic, happy, good mood

During the proving provers' emotions shifted from feeling depressed and hopeless, crying and isolated to a sudden flip in mood, feeling happy (02F:06:XX:XX; 07F:03:XX:XX). Some provers expressed this happy feeling by, as they described it – crazy behavior, one prover jumping up and down in his room doing ballet (18M:01:11:XX), while another pulled her pants up to under her breasts and ran around like a crazy person laughing and shouting (12F: 05:XX:XX). Prover 12F sang weird songs at the top of her voice (12F: 08:XX:XX). The majority of provers felt really happy and positive; in a good mood (02F:06:XX:XX). This happiness was described as being chirpy (17F:

00:02:30), carefree and lighthearted; in an awesome mood (20F:00:05:45), inspired (13M: 09:XX:XX) and bubbly (12 :18:XX:XX). Prover 19F had a sensation of being surrounded by positive energy (19F:02:XX:XX).

Relaxed and calm

There was a definite theme of calmness and feeling relaxed. One prover experienced it as a strange calmness (07F:02:XX:XX), while others described it as feeling at peace (13M:00:09:20); happy to go with the flow (15F:01:15:XX); enjoying just being, nothing seems to worry her (15F:02:XX:XX).

Self actualization

A few provers had a lot of thoughts going through their heads and they took the time to evaluate these things and think about it. Prover 13M felt like he had a lot on his mind and he took the time out to think about it (13M:01:05:XX). Prover 6M had ideas about the future, finances and relationships going through his head (06M:09:XX:XX). Two provers suddenly felt like re-evaluating their lives and wrote a whole paragraph on who they are and what they want for themselves in their lives (18M :10:XX:XX; 15F:10:XX:XX).

Empty and neutral

Provers had a feeling of emptiness (07F:00:7:30) and neutrality (01M:08:XX:XX; 06M:07:XX:XX) during the proving. One prover described it as an even and mild mood, no specific feelings, a bit numb (07F:05:XX:XX). Prover 6M felt like there was nothing going on in his head (06M:07:XX:XX).

Detached

Provers noted feeling detached (19F: 02:XX:XX). They described it as feeling not part of anything at all (19F: 01:05:XX), out of touch with reality (18M :02:XX:XX), feeling like I'm watching myself (13M :12:XX:XX). Prover 18M woke up with no idea where he was, who he was and what he was doing, like he had been somewhere else completely different...astral traveling (18M :02:XX:XX).

Spaced out and floating

Provers experienced feeling spaced out (15F: 00:00:24; 19F: 02:00:XX) and like they were floating (15F: 00:00:24; 18M :00:11:00). They expanded on this feeling by describing the feeling as like gliding when walking (15F: 00:00:45), being out of it and their mind feeling fuzzy (12F:02:08:XX) and feeling like time has slowed down, like they are in a haze (15F:00:00:45).

Drugged and trippy

There was a general feeling like being on a hallucinogen (18M:01:00:XX), as if drugged (15F:06:XX:XX). Provers felt like their eyes were not co-ordinated with their mind, seeing objects but it took time to register what they were (15F: 00:00:45; 18M:01:00:XX).

Poor concentration, lack of motivation; procrastination

There was a general lack of concentration in the proving. One prover described it as feeling tired and confused with difficulty concentrating (07F:01:24:XX). Other provers daydreamed (10F:11:XX:XX). Provers described it as difficulty concentrating, keep losing my train of thought (15F :00:00:24), just can't seem to focus (18M:01:00:XX), can't kick my head into gear (18M :04:XX:XX). Some provers felt indifferent especially to studying for tests (18M:01:00:XX); with one

prover feeling like he didn't care about anything, didn't even have the motivation to make himself oats (18M:00:23:20). Provers felt unmotivated (17F:01:04:XX; 14F: 01:08:XX) with procrastination (17F:06:XX:XX). Prover 17F felt like she really needed someone to slap her and tell her to wake up to the fact that she has an enormous amount of work and pressure but she's just messing around (17F:15:XX:XX). Tiredness accompanied and most likely caused the above mentioned symptoms (07F:01:24:XX).

Memory

Memory was either better than normal (13M:02:XX:XX) or there was short term memory loss (12F:06:XX:XX) and forgetfulness (17F:08:XX:XX).

5.3.2. VERTIGO

There were sensations of vertigo described as dizziness by all provers (01M:07:XX:XX; 07F:00:01:30; 09M:01:XX:XX). The vertigo was accompanied by nausea and tiredness (01M:07:XX:XX), nasal and sinus congestion and nasal discharge (01M:20:XX:XX), pounding headache in left temple and blurred vision (15F:05:XX:XX), cheeks numb and tingling as if hadn't gotten enough oxygen (15F:06:XX:XX), weak body and shaking, confused brain - mixing up words (15F: 07:XX:XX) and a fear of terminal illness (15F:07:XX:XX). Preceding the vertigo and a possible etiology could be: coughed and it felt like her brain moved (15F 05:XX:XX) and driving (15F:06:XX:XX). Prover 15F described it as feeling like the oxygen is just not getting into her blood or is not being carried due to a blockage, she imagined that chemotherapy or radiotherapy would feel like this. She just wanted to lie down and close her eyes but was scared she wouldn't wake up (15F:07:XX:XX). Some provers had sudden onset dizziness (15F: 07:XX:XX) , others woke up with it (01M:07:XX:XX) and had it throughout the day (01M:20:XX:XX).

5.3.3. HEAD

There were prominent headaches experienced in different degrees by all provers. The pain was described as dull and aching (07F:16:XX:XX), throbbing (04F:02:XX:XX), pulsating (17F:05:XX:XX), clamping or compressing (10F:08:XX:XX). Most provers had headaches they described as dehydration headaches (19F:00:07:30) and sinus headaches (17F: 03:XX:XX).

Head pain occurred most commonly in the temporal region, then frontally and orbitally. Headaches also occurred occipitally and on the vertex. Some headaches were described as being internal, either deep in the head (10F:08:XX:XX) or between frontal and temporal regions bilaterally (12F: 00:02:10) and others were difficult to locate. Prover 18M felt the headache just in front of his forehead (18M:01:10:XX). Pain was accompanied by hay fever like symptoms or flu like symptoms: coryza, stuffy congested head, sneezing, tiredness, sore throat, cough and vertigo.

Headaches were most commonly ameliorated by pressure (02F:14:XX:XX; 17F: 07:XX:XX) and aggravated by movement, bending or lying down and leaning back (04F:02:XX:XX; 10F:13:XX:XX).

Other sensations that were felt in the head were thickness (07F:16:XX:XX), fuzziness (08M:16:XX:XX), cloudy or foggy sensations (18M:00:00:30; 05F:05:XX:XX), fullness (15F:06:XX:XX), clogged (06M:07:XX:XX) and congested and stuffy (07F:17:XX:XX).

Provers also experienced itching of the scalp (12F:07:XX:XX) as well as itchy pussy pimples on the scalp (10F:04:XX:XX) and dandruff - described as white oily flakes (10F:10:XX:XX).

5.3.4. EYES AND VISION

Provers experienced eye pain described as a sore feeling (09M:06:XX:XX). Sensations felt in the eyes were noted down as dryness (03M:03:XX:XX), burning (14F: 00:08:30), hot like on fire (19F:11:XX:XX), scratchy (05F:05:XX:XX), itchy (16F:02:XX:XX), heavy (19F: 00:19:30), strained and tired (17F: 07:XX:XX). There were also increased sensitivity of the eyes to light, computer screens and television (03M:13:XX:XX) and wind (10F:11:XX:XX). Provers' eyes were watery (17F:07:XX:XX) and appeared red (12F:06:XX:XX).

There were symptoms of droopy eyelids especially the right upper eyelid (19F: 04:XX:XX; 18M:03:XX:XX). Provers 05F and 10F felt like they were getting a sty on the bottom lid (05F:01:XX:XX; 10F:19:XX:XX). Prover 05F never had a sty before but felt a throbbing pain on the left lower lid (05F:01:XX:XX).

In general, eye symptoms were worse for rubbing (10F:19:XX:XX; 17F: 07:XX:XX).

Vision was noted as being poor, described by provers as battling to see far (10F:14:XX:XX), blurry (03M:01:XX:XX) with difficulty focusing (18M: 01:10:XX). Prover 15F felt like her vision and mind were unattached, taking a long time to focus on an object (15F:00:00:45). Another prover found it hard to write, couldn't focus and the pen seemed too thick and like her hand wouldn't listen (19F: 02:XX:XX) leading to a theme of disconnection. Provers experienced a trippy feeling (18M: 03:XX:XX) with associated vision problems. Prover 15F had what she described as a weird experience in her rear view mirror. When she got into her car she didn't have a clear view in the mirror, as if someone had moved it but it hadn't moved. No matter how she adjusted it she couldn't get a clear view. Her reflection was distorted – if she touched her nose in the mirror it looked like she was touching her chin (15F: 00:02:30). Another prover felt like he was

coming off an acid trip, seeing flashes of everything, unable to keep his eyes steady on one thing, whenever he moved his eyes (18M:03:XX:XX).

5.3.5. EARS AND HEARING

Ears were described as feeling stuffy (06M:00:00:00) as if cotton wool had been stuffed into them (19F:00:01:30), clogged and blocked (07F:20:XX:XX; 15F:00:00:01) with associated difficulty in equalizing the ears (17F:01:12:XX) and problems hearing (07F:20:XX:XX). Ears were reported as being very itchy (06M:08:XX:XX) especially the right external ear (06M:08:XX:XX) with one prover wanting to use something sharp to scratch it till it bleeds but it seemed like she just couldn't reach it (10F:13:XX:XX; 10F:16:XX:XX).

Hearing was described as muffled (16F:15:XX:XX) as through water (15F:00:00:01) or as if under water (18M:12:XX:XX), as if cotton wool were stuffed into the ears (19F:00:01:30). Provers noted tinnitus or ringing in the ears (18M:11:XX:XX; 12F:06:XX:XX) described as a high pitched constant sound (18M:12:XX:XX) especially in the right ear (12F:06:XX:XX). Prover 19F and 18M could hear their own voice when talking (19F:02:XX:XX; 18M:02:XX:XX).

5.3.6. NOSE

There was a sensation of the nose feeling stuffy especially in the morning (10F:05:XX:XX) and prover 19F was aware of a sensation in the nose at the root as if she had sniffed salt water, a weird feeling as if her nose was attached to a string inside and was being pulled in (19F:00:15:30).

There was a lot of coryza described as a runny nose, leaking like a tap, drippy (08M:05:XX:XX; 08M:02:XX:XX) with some provers waking up from it early in the morning and not being able to go back to sleep (08M:05:XX:XX). The discharge was either clear, watery (01M:00:11:30), salty (12F:00:11:30) or like salt water. Provers also experienced a blocked and congested nose accompanied by

headaches (03M:00:09:00) and sneezing (16F:00:02:15). Provers also had nasal congestion alternating with or associated with coryza or sinus congestion (01M:00:11:30;07F:17:XX:XX). Many provers noted a post nasal drip accompanying the above nose symptoms, described as a lot of salty phlegm at the back of the throat (15F:01:12:XX; 19F:00:00:20). Provers had many bouts of sneezing described as uncontrollable and powerful (18M :03:XX:XX; 16F: 00:02:15).

There was dryness of the mucous membranes of the nose (12F:01:05:XX; 18M:00:00:30) and itchiness (10F:18:XX:XX; 07F:17:XX:XX).

Nasal congestion was ameliorated when being in a vertical position (03M:02:XX:XX). Post nasal drip was also better for sitting or standing (15F: 01:12:XX).

5.3.7. FACE

There was pain in the face, commonly involving the sinuses (18M :01:02:XX), and jaw pain (12F:05:XX:XX; 12F:06:XX:XX; 17F:05:XX:XX).

Provers noted down sinus congestion describing that the sinuses felt full and sore (18M:01:02:05), with a sensation of pressure buildup in the sinuses (17F: 02:XX:XX; 18M:01:10:XX) especially affecting the frontal and maxillary sinuses (17F:02:XX:XX) and the right side (17F:02:XX:XX).

There was pain, stiffness (12F:05:XX:XX) and tension in the jaws (17F: 05:XX:XX), bilateral over the Masseter, aggravated from opening the jaws wide (12F:06:XX:XX).

Lips were affected in the proving, with sensations of dryness (17F:03:XX:XX) and tingling described as a sensation like a sore that had come into contact with salty food and was burning (13M:09:XX:XX). Prover 13M had a swollen lip full of yellow pus resembling a fever blister; it felt like it was constantly oozing but nothing came out. The head was yellow and the rest of the lip red and swollen with a stinging sensation (13M :10:XX:XX). This sore or blister healed very quickly, described by the prover as a miracle (13M:11:XX:XX).

The skin of the face was very itchy under the eyes (05F:13:XX:XX), in the crease that runs from the nose to the mouth especially on the right side (15F:07:XX:XX) with no relief, temporal relief or aggravation from scratching or rubbing.

Provers all had an increase in pimples on the face, especially at the hairline (02F:01:23:30), on the forehead (08M:00:XX:XX; 10F:20:XX:XX), chin (03M:03:XX:XX; 07F:06:XX:XX; 10F:20:XX:XX), around the mouth and nose area (07F:03:XX:XX), cheeks (10F:20:XX:XX). Sensations were itchiness (02F:01:23:30), painful (03M:03:XX:XX), hot and swollen (07F:01:30:XX) and tender to touch (12F:07:XX:XX). Pimples were either tiny white pimples (02F:01:23:30; 12F:07:XX:XX) or big blind pimples (08M:00:XX:XX; 07F:01:30:XX). Prover 09M had a bumpy rash on the forehead that appeared and disappeared suddenly (09M:XX:XX:XX).

5.3.8. MOUTH

Provers had a dry mouth (02F:07:XX:XX; 06M:09:XX:XX), tongue stuck to the roof of the mouth (19F:00:08:30), with accompanying thirst (19F:00:09:30; 06M:09:XX:XX). The tongue was affected with what was described as a pimple on the left lateral anterior aspect of the tongue (03M:02:52:XX). Prover 20F felt a small lump on the middle of the tongue that tingled every now and again (20F:08:XX:XX), later feeling like a tongue piercing, painful and aggravated from talking (20F:10:XX:XX). The lump was described as feeling like she had burnt it,

stinging (20F:10:XX:XX). Prover 15F woke up from pain biting the tip of her tongue. She describes that it feels like she has an ulcer there but she doesn't (15F 01:15:XX). Another prover had a sudden urge to pierce her tongue and did it herself (12F:09:XX:XX). Taste was affected with provers getting a salty taste in the mouth (02F:04:XX:XX) or they found that their sense of taste was decreased (07F:17:XX:XX).

5.3.9. THROAT AND EXTERNAL THROAT

Sore throats occurred commonly among provers, with sensations varying from scratchy (01M:20:XX:XX), dry (17F:01:07:XX), stitching (06M:01:XX:XX) and burning (17F: 02:XX:XX) to raw (07F:14:XX:XX; 15F:06:XX:XX), swollen (07F:14:XX:XX) with difficulty swallowing (17F:14:XX:XX) and a sensation as if a tickle (07F:16:XX:XX) in the throat. The pain was commonly accompanied by general flu symptoms such as a fever and chills, tiredness (07F:14:XX:XX), a hoarse voice (07F:15:XX:XX), coughing (07F:17:XX:XX) and a headache (07F:17:XX:XX). Prover 06M had marked right tonsillar enlargement and inflammation as well as submandibular gland swelling accompanying the sore throat (06M:20:XX:XX). Throat pain was ameliorated most commonly by drinking water (06M:01:XX:XX; 17F:01:04:XX; 15F:07:XX:XX).

Provers had swollen glands in the neck with associated neck stiffness (15F: 07:XX:XX) and submandibular lymphadenopathy especially on the right (12F: 11:XX:XX).

5.3.10. COUGH AND EXPECTORATION

There was coughing by provers in varying degrees of intensity. The cough was described as sounding harsh and barking (07F:18:XX:XX). Provers also described it as uncontrollable (07F:18:XX:XX) and intense (19F:09:XX:XX). The cough was either unproductive and dry (17F:04:XX:XX; 12F:08:XX:XX)

or productive (15F:06:XX:XX; 17F:05:XX:XX). Sputum appeared whitish with white or yellow soft broken up pieces (17F:05:XX:XX), with white pieces resembling coarse salt (17F:04:XX:XX), salty (15F:00:00:00) and balls of sticky phlegm with a salty taste and sulphuric odor (19F:00:18:46). The cough was most commonly accompanied by retching and vomiting (15F:06:XX:XX), intense pain in heart around the apex beat area (15F:08:XX:XX), sore throat and a headache (07F:17:XX:XX), burning sensation behind the sternum, streaming eyes (15F:00:00:00) and vertigo (15F:05:XX:XX). The cough was aggravated by standing up (15F:06:XX:XX) and talking (07F:17:XX:XX).

5.3.11. STOMACH

Appetite was prominently affected with an increase in appetite (03M:14:XX:XX; 07F:15:XX:XX; 19F:00:04:45) described as ravenous (12F:04:XX:XX; 18M:01:04XX) . There was also a decrease in appetite or no appetite at all (10F:02:XX:XX).

Thirst was generally increased described as a dramatic (12F:02:XX:XX) and marked (15F:01:04:XX; 18M:01:07:XX) increase in thirst, especially for cold water (06M:03:XX:XX; 02F:01:33:XX; 15F:01:04:XX).

There was nausea (18M 07:XX:XX) and vomiting during the proving. Nausea was noted down as low level, just there (10F:12:XX:XX) and sudden (10F:20:XX:XX). Nausea was accompanied by tiredness and dizziness (01M:07:XX:XX), a tender epigastrium (10F:12:XX:XX) and vomiting (15F:06:XX:XX; 10F:20:XX:XX). Nausea felt worse for eating (10F:19:XX:XX; 14F:07:XX:XX; 20F:03:XX:XX). Prover 15F vomited on the wall after eating salmon and mayonnaise; she felt it was strange as she didn't feel like vomiting and had no control over it. She ran to the bathroom and continued vomiting. Every time she stood up it aggravated the coughing causing retching and vomiting. She

described the cause of the vomiting as being coughing, bending over, and standing up (15F:06:XX:XX).

There were cramping and colic type pain, like the insides were knotted and spasmodic (07F:01:XX:XX). Prover 07F had associated diarrhea with a sensation of cleanness on the inside after passing stool (07F:01:XX:XX). Provers also experienced epigastric pain described by one prover as sharp, caused by drinking cold water, with an associated sensation as if the esophagus has gone into spasm, followed by a sympathetic wave that took her breath away. She went into a cold sweat and had to lie down (17F:12:XX:XX). She also experienced hissing in the ears, saw stars and felt cold and clammy, ameliorated by lying down, closing the eyes and taking a deep breath (17F:12:XX:XX). Prover 14F had epigastric pain on waking, aggravated from eating (14F:07:XX:XX).

5.3.12. ABDOMEN

There was abdominal pain described by provers as cramping (17F:05:XX:XX; 07F:01:XX:XX), stabbing (15F:00:00:50; 12F:09:XX:XX), sharp (16F:00:08:00; 14F:00:01:30), a tightness (07F:01:30:XX), squeezing (20F:00:04:15), twisting (19F:02:12:00), pinching (15F:00:01:00), dull and aching (15F:00:06:30; 20F:01:11:XX). Provers also described sensations of compression and discomfort (06M:08:XX:XX), as if a live thing inside; like a baby kicking inside, a throbbing sensation (20F:00:03:30); like a bubble or something growing inside (19F:02:12:00); wind moving around in gut like a little creature (19F:04:XX:XX) and like someone is poking from the inside (20F:02:XX:XX).

Pain was mostly experienced in the epigastric region (20F:00:04:15; 14F:07:XX:XX; 10F:12:XX:XX), lower right quadrant (15F:00:00:50; 14F:00:01:30; 12F:09:XX:XX) and lower left quadrant (18M:07:XX:XX; 16F:00:18:00).

Stomach symptoms were most commonly ameliorated by sitting up or standing straight (17F:02:XX:XX; 06M:08:XX:XX), hunching over (16F:00:08:15).

There was bloating of the abdomen in a number of provers with a few describing discomfort of the abdomen as if a bubble is being pushed around in the intestines (17F:02:XX:XX) and like wind is moving around in the gut like a little creature (19F:04:XX:XX). Bloating was relieved by eructation (12F:06:XX:XX). Odor was described as smelling like egg or a sulphury egg smell (19F:02:XX:XX; 10F:15:XX:XX).

5.3.13. RECTUM AND STOOL

There was diarrhea and constipation experienced by provers. The diarrhea was preceded by urgency (07F:12:XX:XX), colic type abdominal pain (07F:01:30:XX), passing of wind (20F:00:07:30) and followed by weakness (20F:00:07:30), relief and a feeling of cleanness on the inside (07F:01:30:XX).

The constipation was experienced as difficult with hard stool (19F: 00:15:35), or as an urge to go but nothing happened (19F: 01:05:00), not going for days (16F: 14:XX:XX), or bowel movement with tenesmus typically described as feeling not done after (10F:09:XX:XX) or as bowel movement not complete (19F: 00:15:35).

Stool was noted down as watery, very fluid, slightly loose, yellow (07F:12:XX:XX; 20F: 00:07:30) or yellow brown (07F:12:XX:XX), peanut buttery dark stool (10F:11:XX:XX).

Stool was also recorded as dark and compact (19F:00:05:00), hard, knotty and not much (19F: 02:XX:XX) or black (18M:06:XX:XX) in color.

5.3.14. BLADDER AND URINE

Provers recorded an increased frequency of urination (14F:09:XX:XX; 17F:02:XX:XX; 19F:02:XX:XX) at night before going to bed (03M:11:XX:XX) and throughout the day (14F: 09:XX:XX).

Urine was described as being thick and dark (19F: 00:02:20) with a stronger color and stronger smell than usual (17F: 02:XX:XX).

5.3.15. FEMALE AND MALE GENITALIA/SEX

The female provers experienced PMS type symptoms.

They had breast tenderness described as breast sensitivity, tender to movement or touch (12F:01:07:XX) and breasts feeling full and heavy, like PMS without the period (19F:00:18:30).

Provers presented with lower back pain recorded as feeling like a dull niggling, aching, pre-menstrual type pain or discomfort (16F:02:XX:XX). Prover 07F had an achy, throbbing pain but much less intense than usual with her period (07F:14:XX:XX).

There was lower abdominal pain described as sharp and stabbing (14F:00:01:30), aching as if the stomach muscles are contracting (20F:01:11:XX), cramping (17F 03:XX:XX), with the abdomen feeling swollen and tender (07F:14:XX:XX). Pain was ameliorated by applying a hot water bottle and lying in a fetal position (14F: 00:01:30) and by hunching over or lying down (17F:03:XX:XX). Pain was aggravated by standing upright (17F:03:XX:XX) or sitting up straight (20F:01:11:XX).

Menstrual bleed was described by provers as being scanty (07F:17:XX:XX; 10F:09:XX:XX) and bright red (07F:14:XX:XX).

Provers mostly had an increased libido described as feeling turned on, like it would be better to stay indoors (14F:10:XX:XX), very sexually excited, wow (16F:10:XX:XX), very horny, amorous (12F:09:XX:XX) and an increased desire , libido is high and it is bothering me (07F:19:XX:XX), with one prover having aversion to sexual contact yet an increased libido (07F:04:XX:XX).

Male provers mostly had an increase in sexual desire (06M:09:XX:XX; 08M:01:XX:XX) with only prover 18M experiencing a decrease in a normally raised libido (18M :00:14:00).

5.3.16. CHEST

There was chest pain experienced as a burning sensation behind the sternum with coughing (15F:00:00:00), and an aching pain in the in the intercostal spaces especially on the right side (17F:01:03:XX; 15F:07:XX:XX).

Pain was aggravated by full inhalation (17F:01:03:XX) or on deep inspiration (15F:08:XX:XX).

The heart was affected with palpitations (10F:19:XX:XX; 12F:00:16:00) with the heart beat being described as feeling like a moth hitting a light, slow, methodical, regular (12F:00:16:00) and sensations as of a pressure or a bubbling sensation in the centre of the chest (19F:02:XX:XX) as well as a great intense pain in the area of the apex beat, the size of a R5 coin (15F:08:XX:XX).

Provers recorded eruption of pimples on the chest described as many small pustular pimples, with thick yellow pus, on the superior aspect (10F:04:XX:XX; 06M:01:XX:XX) or a single bump on the chest on the left (07F:01:36:XX;

03M:07:XX:XX). They were described as itchy with a need to pick at them (10F:13:XX:XX) but aggravated from scratching , picking and touch (10F:13:XX:XX).

5.3.17. BACK

The back was greatly affected with the majority of provers experiencing varying degrees of back and neck pain and stiffness, with radiations to the posterior superior iliac spine (20F:07:XX:XX), and to the groin (20F:07:XX:XX).

Sensations were burning dull (06M:07:XX:XX; 10F:09:XX:XX; 16F:13:XX:XX), aching (20F:01:11:XX; 16F:02:XX:XX), numbing (06M:07:XX:XX), sharp (17F:05:XX:XX; 20F:00:10:00), shooting (20F:07:XX:XX) and bruised and tender (20F:06:XX:XX). Pain and stiffness were mostly towards the centre of the body (20F:02:XX:XX; 17F:05:XX:XX), paravertabral (17F:05:XX:XX; 20F:07:XX:XX) and on the left side of the vertebrae/spine (06M:07:XX:XX; 20F:00:10:00) generally affecting all the muscles of the cervical, thoracic, lumbar and sacral regions of the back.

Pain was ameliorated by stretching (17F:15:XX:XX; 20F:07:XX:XX; 14F:11:XX:XX).

Provers experienced itchiness of the neck and back described as wandering on scratching (10F:10:XX:XX), aggravated by warmth and ameliorated by application of lotion (02F:06:XX:XX).

There was increased eruption of pimples on the back of the neck, upper and lower back. Prover 03M had a single pustule on the back of his neck (03M:09:XX:XX). Prover 06M described the pimples on his back as being large in diameter and not really pustular, painful on pressure (06M:03:XX:XX), while prover 10F had black heads and small itchy white heads aggravated from scratching or picking at them (10F:13:XX:XX).

5.3.18. EXTREMITIES

There were pain and stiffness experienced by majority of provers in the joints and muscles of the upper and lower limbs. Joint pain was described as aching (10F:20:XX:XX; 15F:00:01:20), throbbing (03M:10:XX:XX) and dull (15F:00:01:20; 14F:00:22:30). Sensations experienced in joints were heat (10F:20:XX:XX; 03M:10:XX:XX), congestion (10F:12:XX:XX), unstable or wobbly (19F:03:XX:XX). Muscle pain was described as cramping (17F:02:XX:XX). Sensations experienced by provers in their muscles were that of heaviness (20F:00:07:30; 18F:03:XX:XX) and weakness (12F:03:XX:XX; 15F:04:XX:XX).

Muscle and joint pain and stiffness were ameliorated by rubbing (17F:09:XX:XX; 10F:19:XX:XX).

Aggravations were from movement (15F:01:04:XX; 14F:00:22:30) and stretching (17F:02:XX:XX) and from heat (03M:09:XX:XX).

Provers also experienced restlessness and wringing of hands (15F:04:XX:XX; 12F:06:XX:XX; 18M:03:XX:XX) and noticed an increase in sensitivity of hands and fingers (18M:03:XX:XX; 15F:04:XX:XX; 12F:06:XX:XX; 06M:01:22:13). There were also numbness (02F:09:XX:XX), tingling and pins and needle sensations felt in the fingertips (06M:01:22:13).

Prover 06M felt that his hands were colder than usual (06M:08:XX:XX) and prover 07F noted that her extremities were cold and clammy (07F:13:XX:XX).

There was an increase in perspiration of the extremities, especially in the hands and feet (13M:20:XX:XX; 18M:13:XX:XX).

Dryness and itching of the extremities were prominent, affecting the legs and arms (06M:13:XX:XX), hands (12F:06:XX:XX), back of thighs (10F:04:XX:XX), sole of the foot (10F:16:XX:XX), the undersurface left baby toe (19F:02:XX:XX), the thumb (19F:03:XX:XX) and the legs and ankles (12F:07:XX:XX). Itchiness was described as wandering, stopping in one spot and moving to another (10F:04:XX:XX), can't seem to find it (19F:03:XX:XX), prickles and burns, like little prickly pear needles that catch on her trousers (12F:05:XX:XX), unable to resist scratching, as if mosquitoes are stinging her in the pores (12F:07:XX:XX).

Provers had eruptions on the skin of their extremities resembling eczema (08M:03:XX:XX), psoriasis and skin cancer (19F:05:XX:XX). Rashes or eruptions were described as, patches of darkly pigmented dry skin, (19F:05:XX:XX; 02F:04:XX:XX), peeling (19F:02:XX:XX; 14F:05:XX:XX; 12F:05:XX:XX), resembling an onion (12F:08:XX:XX), eroding (12F:08:XX:XX), small bumps at follicles, rough (10F:01:XX:XX) and were all dry, itchy and burning on scratching. Skin symptoms were aggravated from heat (10F:01:XX:XX).

5.3.19. SLEEP

Sleep was affected in all provers. Provers experienced waking up unrefreshed (10F:11:XX:XX) and tired (01M:10:XX:XX;07F:11:XX:XX). Others woke up feeling refreshed (02F:02:48:XX; 07F:03:XX:XX;13M 00:22:20). Some provers slept really well (02F:02:48:XX; 05F:07:XX:XX; 06M:03:XX:XX) , more than usual (06M:05:XX:XX; 08M:14:XX:XX), like a log (10F:09:XX:XX;02F:02:48:XX) or a rock (10F:18:XX:XX) and like the dead (07F:00:XX:XX).

There was difficulty falling asleep (10F:15:XX:XX; 12F:00:05:30; 16F:07:XX:XX), sleep interrupted from physical complaints (07F:15:XX:XX; 08M:05:XX:XX) and provers were waking up early in the morning 2-5am (19F:04:XX:XX; 05F:01:XX:XX; 10F:16:XX:XX). Some provers were waking up with a start (14F:

08:XX:XX), in panic drenched in sweat (14F:04:XX:XX), in a sea of sweat (13M:00:22:20) feeling anxious (02F:08:XX:XX) and with a shock (02F:05:XX:XX).

Provers also suffered from restless sleep (02F:07:XX:XX; 05F:02:XX:XX; 15F:00:23:30).

Sleeping positions varied from sleeping in fetal position hugging the pillow to the chest, on the right side (17F:03:XX:XX) to sleeping propped up on pillows on the left side (15F:08:XX:XX).

5.3.20. DREAMS

There was a lot of dreams during the proving. There were various dreams but a number of themes were shared by a number of different provers and many themes were present in a single dream of certain provers.

There were dreams of fertility including artificial insemination (12F:00:XX:XX), breastfeeding (15F:01:XX:XX), and being asked to have children (15F:06:XX:XX).

Provers dreamt of being stuck in the mud (03M:01:XX:XX) in sea sand (03M:03:XX:XX), at work (08M:06:XX:XX), in traffic (12F:02:XX:XX) at sea (20F:02:XX:XX), or struggling (03M:08:XX:XX) and running into obstacles (12F:02:XX:XX).

Provers had territorial dreams of farm reclaims and destroying property and wildlife (12F:06:XX:XX), destroyed family history (12F:02:XX:XX) and land (12F:00:XX:XX).

The main dreams were of being attacked by people (03M:05:XX:XX; 03M:16:XX:XX) and wild animals (03M:01:XX:XX); and of war and violent, gory

dreams (12F:00:XX:XX; 18M:02:XX:XX; 15F:02:XX:XX; 12F: 04:XX:XX; 12F:05:XX:XX; 12F:09:XX:XX) and evil (20F:03:XX:XX; 13F: 10:XX:XX). There were also dreams of discrimination (15F:00:XX:XX; 10F:04:XX:XX; 15F:03:XX:XX).

There were also dreams of formal clothing (18M :01:XX:XX; 16F:02:XX:XX; 15F: 06:XX:XX).

Provers also had dreams about identity, looking like someone else or having to hide your identity or pretend to be someone you are not (10F:01:XX:XX; 19F: 01:XX:XX; 17F:02:XX:XX; 12F:06:XX:XX).

There were dreams of family (06M:00:XX:XX), mainly of family members who had passed away (05F:10:XX:XX) or of family members passing away (07F:06:XX:XX; 07F:09:XX:XX) as well as a family heirloom (07F:09:XX:XX).

There were prominent feelings of betrayal of trust in the dreams (12F:02:XX:XX; 15F:06:XX:XX; 15F:06:XX:XX; 18M:11:XX:XX).

There were dreams of old friends (16F:00:XX:XX; 20F:02:XX:XX; 08M:17:XX:XX; 10F:20:XX:XX; 10F:15:XX:XX).

There were religious dreams against Christianity (12F:09:XX:XX; 15F:14:XX:XX) and the Jewish religion (15F:07:XX:XX).

There were dreams of ghosts and spirits (12F:02:XX:XX; 12F:08:XX:XX; 11M: 10:XX:XX).

Provers had dreams of the beach (05F:00:XX:XX), ocean (08M:02:XX:XX), swimming across a small sea (16F 01:XX:XX), sitting and floating on a wave (15F:05:XX:XX), swimming in the sea (20F:14:XX:XX), movement of water (15F: 07:XX:XX) and dreams of a river (12F:08:XX:XX).

Provers had many dreams about wild animals, dreaming of owls (10F:09:XX:XX), crocodiles (03M:14:XX:XX; 12F:00:XX:XX), dogs (05F:04:XX:XX; 20F:02:XX:XX; 20F:14:XX:XX), lions, hyenas and cheetahs (03M:01:XX:XX), a lizard (12F:00:XX:XX), wild horses (15F:04:XX:XX), a creature looking like a rat (12F:00:XX:XX), pigs (12F:04:XX:XX), buck, buffalo, rhino, lions, hyenas (16F:02:XX:XX), a bird (15F:03:XX:XX) and a whale (15F:05:XX:XX).

In some of the dreams provers had the feeling that they were in a foreign country (12F:09:XX:XX) or in an Arab country with sand, dust, wind and a broken down building (03M:08:XX:XX); dreaming about a weird world, arid and dusty, in a cave (12F:00:XX:XX; 12F:04:XX:XX) or a beach not in South Africa (15F:03:XX:XX).

5.3.21. CHILL

Provers described feeling chilly (02F:09:XX:XX) and cold (07F:15:XX:XX). Prover 03M experienced chills and accompanying frequent urination when going to bed at night (03M:11:XX:XX). Prover 07 felt hot and cold on and off (07F:20:XX:XX) and prover 15F had what she described as alternating hot and cold sweats lasting for 10 minutes (15F:04:XX:XX).

5.3.22. FEVER

There was an increase in temperature felt by most provers (09M:03:XX:XX), described as feeling hot (08M:19:XX:XX; 07F:03:XX:XX), feverish (07F:14:XX:XX; 15F:00:00:24; 18M:07:XX:XX) and having hot flushes (08M:02:XX:XX). Some provers had accompanying perspiration (07F:12:XX:XX; 15F:00:01:20). Prover 07F noted feeling an incredible heat radiating from inside her torso and face (07F:10:XX:XX).

5.3.23. PERSPIRATION

There was an increase in perspiration in general (06M:XX:XX; 09M:03:XX:XX; 13M:00:09:20; 17F:18:XX:XX), under the arms (07F:00:07:30), on the face (07F:08:XX:XX) especially over the nose, top lip and chin (12F:06:XX:XX), between the breasts (15F:00:09:20), in the joint creases (15F 04:XX:XX) and on hands and feet (18M:13:XX:XX; 13M:20:XX:XX). Prover 07F noticed that her perspiration smelled bad (07F:08:XX:XX).

5.3.24. SKIN

Provers experienced general itching of the skin (02F:02:61:XX; 10F:04:XX:XX; 15F:01:15:00) as well as general dryness of the skin (02F:03:XX:XX; 06M:13:XX:XX; 07F:12:XX:XX; 15F:03:XX:XX). Dryness and itchiness were experienced as sensations of bugs or ants crawling all over the skin, first tickling and then itchy (15F:01:15:00) and like little hairs were falling on the prover, itching in spots, with an inability to find the itch (13M:05:XX:XX). There was also the sensation of little prickly pear needles that catch on the trousers and prickles and burns (12F:05:XX:XX).

There was burning described as feeling like an abrasion dunked in salt water (19F:04:XX:XX) and described as a stinging feeling, like you had scratched yourself and salt was burning it (20F:14:XX:XX).

Eruptions on the skin were pimples described as tiny white pimples (02F:01:23:30; 15F:02:XX:XX; 19F:02:XX:XX; 12F:05:XX:XX; 20F:14:XX:XX), prominent single pustules (03M:07:XX:XX), a papule (03M:16:XX:XX), pustular pimples (06M:03:XX:XX; 17F:01:XX:XX), big blind pimples (07F:01:30:XX; 08M:00:XX:XX), lots of black heads and small white heads (10F:13:XX:XX), tiny red dry bumps (20F:01:00:00) and tiny pimples with a red base and a yellow

head (18M:15:XX:XX; 20F:11:XX:XX). Sensations described accompanying these eruptions varied between itchy, tender, hot and swollen and stinging.

The most common locations for the pimples were on the forehead at the hairline (02F:01:23:30; 12F:07:XX:XX), on the chin (03M:03:XX:XX; 07F:06:XX:XX), superior chest (03M:07:XX:XX; 06M:03:XX:XX; 07F:01:36:XX), back of the neck (03M:09:XX:XX), lower quadrant of abdomen (03M:16:XX:XX), back superiorly (06M:01:XX:XX ; 17F:01:XX:XX), back lower lumbar (10F:13:XX:XX), on either side of spine (20F:11:XX:XX), lips (07F:01:30:XX; 10F:11:XX:XX; 15F:02:XX:XX), around mouth and nose (07F:03:XX:XX), on the cheek (07F:06:XX:XX), forehead between eyes (08M:00:XX:XX), scalp (10F:15:XX:XX), around the right nostril (20F:01:00:00), in nasolabial crease and bridge of nose (19F:02:XX:XX), corner of mouth (12F:05:XX:XX) and on the upper arms (18M:15:XX:XX).

Other eruptions were eczematous, psoriatic type rashes described by provers as dry and itchy. The appearance of these eruptions varied , described by provers as darkly pigmented (02F:04:XX:XX), dry patches with crusts that come off resembling salt (02F:05:XX:XX), eczema (08M:03:XX:XX), bumpy rash (09M:XX:XX:XX) or small rough bumps at follicles (10F:01:XX:XX), red patch (19F:04:XX:XX), strange rash consisting of fine bumps close together, slightly red, more palpable than visual (18M:14:XX:XX), rash consisting of 6 small round red lesions that are scaly (20F:19:XX:XX), peeling of the skin (19F:02:XX:XX; 13M:05:XX:XX; 14F:05:XX:XX; 12F:05:XX:XX), eroding (12F:08:XX:XX) and flaking (15F:10:XX:XX).

The above mentioned eruptions appeared mainly on the left leg (02F:04:XX:XX), left side of lower back (02F:05:XX:XX), right side of neck (02F:06:XX:XX), anterior lower neck at jugular notch (12F:09:XX:XX), left inner thigh (03M:05:XX:XX), behind right thigh (10F:01:XX:XX), around the knees (08M:03:XX:XX), forehead (09M:XX:XX:XX), under right eyebrow (19F:

04:XX:XX), around right nostril (20F:01:00:00), on the hairline (12F:07:XX:XX), lower abdomen above each hip (18M:14:XX:XX) and under left breast (20F:19:XX:XX).

Skin mostly peeled beneath the left baby toe (19F:02:XX:XX), around the right nostril (13M:05:XX:XX), between the big toe and the adjacent toe and the back of the heels (14F:05:XX:XX), toes (12F:05:XX:XX) and on the scalp mainly at the top of the head and above the ears and the occiput (15F:10:XX:XX).

Prover 07F noticed that her face felt oily (07F:20:XX:XX).

Skin was generally ameliorated by scratching (06M:11:XX:XX; 10F:04:XX:XX).

Skin symptoms were generally aggravated from warmth (02F:07:XX:XX; 10F:01:XX:XX), scratching (02F:02:61:XX; 19F 05:XX:XX).

5.3.25. GENERALS

One of the general symptoms experienced by provers was lethargy with most provers feeling tired (01M:07:XX:XX; 06M:01:29:XX), sleeping more (07F:17:XX:XX; 08M:14:XX:XX) and than usual. One prover explained the tiredness as feeling like she had the life sucked out of her brain (07F:10:XX:XX).

Provers also experienced an increase in energy (12F:07:XX:XX; 09M:01:XX:XX).

There was a general increase in temperature with provers feeling hot (07F:03:XX:XX; 08M:19:XX:XX). Prover 18M felt like his head was heating up (18M: 01:20:54). Another prover felt like her eyes were on fire, dry and hot (19F:11:XX:XX). Prover 15F noted that her skin was hot to touch (15F:00:00:24).

Some provers felt cold in general (02F:09:XX:XX; 07F:15:XX:XX).

There was also fluctuation in temperature with provers feeling hot and then cold (07F:20:XX:XX; 15F:04:XX:XX).

There were general pain and stiffness experienced in most joints and muscles affecting joints and muscles in the back, neck, shoulders, elbow, hip, thumbs, knees, ankles, bum, fingers, arms and legs.

There were itchiness of the skin (02F:02:61:XX; 05F:13:XX:XX; 10F:04:XX:XX), eyes (10F:13:XX:XX; 09M:00:XX:XX), ears (06M:09:XX:XX; 10F:00:XX:XX) and nose (07F:17:XX:XX; 20F:15:XX:XX).

Provers also noted down a burning sensation of the eyes (14F:04:XX:XX; 15F:08:XX:XX; 19F:11:XX:XX), throat (17F:00:22:45), chest (15F:00:00:00), muscles (12F:06:XX:XX), skin (19F:04:XX:XX) and nose (20F:14:XX:XX).

There were dehydration and dryness of the skin (06M:01:21:88; 02F:03:XX:XX), eyes (03M:03:XX:XX; 14F:00:XX:XX; 12F:02:XX:XX), mouth (02F:07:XX:XX; 06M:09:XX:XX) and throat (06M:01:XX:XX; 17F:00:22:45) with provers experiencing dehydration headaches (07F:06:XX:XX; 12F:00:02:10).

There were general flu and hay fever like symptoms present in most of the proving population with provers experiencing a congested (01M:00:11:30; 07F:18:XX:XX) and runny nose (08M:02:XX:XX; 06M:11:XX:XX), post nasal drip (03M:05:XX:XX; 19F:00:00:20), sinus congestion (01M:20:XX:XX), sinus headaches (04F:02:XX:XX; 17F:05:XX:XX), sneezing (10F:10:XX:XX; 06M:01:XX:XX), itchiness of nose (10F:10:XX:XX), eyes and ears, glandular enlargement (15F:07:XX:XX; 12F:11:XX:XX), sore throat (07F:14:XX:XX), coughing (17F:03:XX:XX), fever blisters (13M:10:XX:XX), painful sinuses (18M:01:02:02:05; 17F:02:XX:XX) and chest pains (15F:08:XX:XX; 18M:10:XX:XX).

Provers experienced symptoms related to salt and salt water. Prover 19F had a sensation at the root of her nose as if she had sniffed salt water (19F:00:15:30). Other provers had salty discharges, coryza (12F:00:11:30; 18M:10:XX:XX), post nasal drip (19F:00:00:20), phlegm at the back of the throat (15F 01:12:XX) and salty sputum (15F:00:00:00; 19F:00:18:46). Prover 13M felt a tingling of his upper lip and described it as feeling like a sore that had come in contact with salty food and burning (13M: 09:XX:XX). Sputum was described as appearing like it had white pieces in it resembling coarse salt (17F:04:XX:XX). Prover 19F noticed that everything tasted like salt and oil (19F:00:23:30). Skin eruptions burned like it was dunked in salt water (19F:04:XX:XX) or salt was burning it (20F:14:XX:XX). Prover 02F had a dry patch on her skin that produced crusts looking like salt when scratching it (02F:05:XX:XX).

There were cravings for salt and salty food (06M:12:XX:XX; 07F:04:XX:XX), cheese (06M:10:XX:XX; 07F:19:XX:XX; 10F:09:XX:XX) and spicy food (07F:17:XX:XX; 10F:00:XX:XX). Provers also had cravings for coffee (06M:03:XX:XX; 07F:07:XX:XX; 10F:05:XX:XX) and alcohol (07F:20:XX:XX).

The aversions were for sweet things (07F:08:XX:XX; 10F:13:XX:XX).

Symptoms were generally ameliorated from sitting up (06M:08:XX:XX) or a being in a vertical position (03M:02:XX:XX), pressure (17F:03:XX:XX) and after passing stool (17F:02:XX:XX).

Symptoms were generally aggravated in the early morning (14F:00:22:30), from alcohol (15F:01:12:XX) and eating (14F:07:XX:XX).

Symptoms were in general ameliorated as well as aggravated from warmth, movement, lying or bending down, leaning back, bending over, rubbing, scratching, exercise and stretching.

5.4. ANTIDOTE

Prover 08M had a marked reaction to the proving substance, his most pronounced symptoms being similar to those of a severe hay fever attack. He experienced a runny nose described as leaking like a tap, waking him up early in the morning where after he had trouble falling asleep again. The discharge was clear. He also experienced a post nasal drip, a dull headache above and to the sides of his eyes or frontal and a stuffy feeling in the head. His head felt clogged up from the nose up. He experienced these symptoms throughout the proving period with no relief after the proving was completed. He consulted with the researcher and it was decided that his symptoms be antidoted. The above symptoms were considered and he was described three doses of *Nux vomica* 200CH.

Prover 10F had a pronounced reaction to the proving substance, her main symptom being a severe headache that lasted throughout and till after completion of the proving. The headache was described as a dull frontotemporal headache aggravated by heat, hurry and irritability, coffee, exercise, leaning back and ameliorated by cold and cold drinks. It was described as a steady dull ache, a dull onward pressure, like a clamp over the temples and centralizing between the eyes, deep in her head and in the occipital region. She consulted with the researcher and her symptoms were antidoted by three doses of *Nux vomica* 200CH.

5.5. POSSIBLE CLINICAL CONDITIONS

The majority of prover produced symptoms involving the joints and muscles including pain, stiffness and inflammation. This suggests that *Yam ha-Melach* may be applied in cases of Musculoskeletal disorders including Osteoarthritis, Rheumatoid arthritis, fibromyalgia as well as other joint and muscle disorders.

Provers also experienced symptoms affecting the skin, producing pimples and dry, itchy, scaly patches or rashes on the skin. This suggests that the remedy might have clinical application in skin disorders like acne, psoriasis and eczema. There were also symptoms resembling the flu and hay fever, suggesting its application in the treatment of these conditions.

It is suggested that the remedy might also be indicated in the treatment of disorders of the female hormonal system with provers experiencing hot flushes, breast tenderness, lower back and lower abdominal pain and headaches as part of the premenstrual syndrome, as well as an alteration in the menstrual cycle.

Sleep was also greatly affected in a number of provers suggesting application of this remedy in insomnia.

Yam ha-Melach would also be useful in treating depressive disorders due to the common symptoms of lethargy, indifference, depression, loneliness, crying and hopelessness experienced by most provers.

5.6. SUMMARY OF CHARACTERISTIC SYMPTOMS

The evaluation of the proving symptoms of *Yam ha-Melach* yielded the following prominent themes:

Sensitivity and excitability

A theme that can be considered important to the remedy is that of sensitivity and excitability, seen on the emotional and physical planes.

On the emotional plane the sensitivity and excitability were manifested in an increase in irritability; provers described feeling short tempered, agitated, snappy and impatient especially at trifles, with others, with themselves and their

surroundings. There was also violent anger, described as feeling like the blood is boiling, needing to express the anger as not to burst, feeling like killing and smashing people's heads in. Emotionally, provers experienced erratic mood swings described as feeling like a roller coaster and people felt oversensitive and edgy. Provers experienced anxiety also due to trifles, feeling nervous mentally as well as physically with people feeling the anxiety originating in the epigastrium and then radiating to the jaw. There was also paranoia in general with provers being paranoid about health of others and their own health, hearing voices, imagining things and worrying about family and friends for no reason. The sensitivity was also expressed in provers who felt very intuitive, being able to predict statements with accuracy and especially seen in one prover who had what she experienced as a premonition that came true.

On the physical plane there was sudden severe vertigo, described as feeling like the brain moved after coughing, like oxygen is not getting into the blood or not being carried due to a blockage with associated nausea, blurred vision, pounding headaches and numbness and tingling of the cheeks, feeling weak and shaky with a confused brain and fear of terminal illness or not waking up on lying down.

There was photosensitivity of the eyes and increased sensitivity of the skin and eruptions that were sensitive and tender to touch. Sensitivity was seen in the extremities, especially the fingertips – described as a tingling, pins and needle sensation and numbness. Majority of provers felt an increase in the sensitivity of the digestive tract, with sudden nausea and vomiting, bloating and cramping and severe epigastric pain. One prover explained that the epigastric pain felt sharp with a sensation as if the esophagus has gone into spasm, followed by a sympathetic wave taking the breath away, causing a cold sweat, hissing in the ears, seeing stars, feeling cold and clammy; this all due to drinking something cold. There were a lot of tingling, burning, stinging and cutting pains felt in every system of the body. There was also insomnia; provers experienced difficulty falling asleep and were waking up early in the morning unable to go

back to sleep. People also experienced restless sleep and waking up with a start or a shock, drenched in sweat, feeling anxious, illustrating increased stimulation.

Manic depression

The majority of provers experienced feeling depressed, hopeless, lonely and isolated and emotionally overwhelmed and crying uncontrollably one second and then suddenly feeling happy and euphoric, silly, chirpy, bubbly, carefree and lighthearted the next. In this happy phase, provers acted crazy, jumping up and down dancing, laughing and shouting and running around like a crazy person singing weird songs loudly. The depression was severe with feelings of failure, incompetence, rejection and helplessness felt by most provers. The depression was described as spiraling fast down in a deep sea of depression, feeling like a dark blanket or clouds have settled upon them, like there is no light in the world and like no one could possibly understand. Provers felt all alone in the world, pathetic and very sorry for themselves. Some provers had such severe depression that they felt suicidal, like death would be easier than dealing with this life. The loneliness was described as feeling withdrawn and 'like pangs coming over me like waves'. Some people wanted to be alone while others needed to be around people, needing affection and missing friends. There was a feeling of being overwhelmed quickly for little or no reason, small things triggering uncontrollable crying with associated feelings of vulnerability, feeling weak and miserable, like the heart is being ripped out and stomped on. There were provers who felt like putting on a false front for others to hide these feelings, keeping up pretences and smiling for the outsiders while crying inside.

Floating, drugged

Another theme that can be considered significant, is the feeling among provers of being spaced out and feeling like they are floating. This was expanded on by

describing the feeling as like gliding when walking, being out of it, the mind feeling fuzzy, like time has slowed down and they are in a haze. There was also a general feeling of being on a hallucinogen, as if drugged and tripped out. Provers had a strange experience, feeling like their eyes were not coordinated with their mind, seeing objects but it took time to register what they were. This theme came through on the physical plane with provers having vision problems; one prover had what she described as a weird experience in her rear view mirror. When she got into her car, she didn't have a clear view in the mirror, as if someone had moved it but it hadn't moved. No matter how she adjusted it she couldn't get a clear view. Her reflection was distorted, if she touched her nose in the mirror it looked like she was touching her chin. Another prover felt like he was coming off an acid trip, seeing flashes of everything, unable to keep his eyes steady on one thing, whenever he moved his eyes.

Empty, neutral and detached

This theme was seen in people having a feeling of emptiness and neutrality, described as having an even and mild mood with no specific feelings, feeling a bit numb. One prover felt like there was nothing going on in his head. Provers noted feeling detached, described as not feeling part of anything, being out of touch with reality, feeling like they are watching themselves. One prover woke up with no idea where he was, who he was and what he was doing; like he had been somewhere completely different...astral traveling. This theme manifested itself on the physical level as well, with one prover having a headache described as feeling like someone had put a hook into her scalp and was pulling her out of her world and others experiencing vision problems; vision was described as feeling detached from the mind, taking long to focus on an object. Another prover had difficulty writing due to problems focussing, the pen seeming too thick and she felt like her hand wouldn't listen to her mind, like they were not connected at all. Another prover felt like her face seemed skew and unattached. Hearing was affected, being described as muffled as if through water or under

water; as if cotton wool were stuffed into the ears. One prover described feeling detached from his normal sleeping pattern, sleeping like a 'log', a very deep sleep with no dreams. Provers experienced a sensation of cleanness and emptiness after passing stool as well as numbness; numbing pains, numb fingertips. On the emotional level, provers experienced withdrawal and a feeling of wanting to be isolated.

Lethargy

There was a general lack of concentration in provers, described as losing track of thoughts, unable to focus, mind wanders, difficulty remembering things and inability to kick the head into gear. This poor concentration was mainly due to lethargy, described as feeling like the life has been sucked out of the brain. Provers felt indifferent towards studying and work as well as in general. There was a decrease in motivation with procrastination. The majority of provers felt tired, sleeping more than usual and deeper than usual, and waking up feeling tired and unrefreshed. Provers experienced both mental and physical fatigue. As mentioned above, the tiredness was described as feeling like the life had been sucked out of the brain, like the mind was fuzzy; feeling in a haze. Provers had drooping upper lids due to a feeling of heaviness of the eyes.

Religion, discrimination, violence and war, attack

These themes were prominent in the dreams of most provers. Provers had dreams of being attacked by people and wild animals. There were also dreams of war and territorial dreams of farm reclaims and destroyed property, wild life and family history as well as destruction of land. Most provers had dreams of evil, especially evil spirits or people. All these dreams were really vivid and violent. Provers had many religious dreams, especially about discrimination against particularly the Jewish religion and Christianity. There were dreams of death of family members. The main feelings in most of the dreams were feelings

of betrayal, anger and feeling afraid, worried and sad. There were also themes of being stuck, struggling and obstacles in the dreams of provers, typical of violent situations and war. The theme of being stuck was seen in dreams of being stuck in the mud, being stuck in sea sand, being stuck at work, in traffic and at sea. Provers dreamt of struggling and running into many obstacles.

Dehydration, dryness and burning and itching

These themes were prominent on the physical plane. Provers noted dehydration and dryness of the skin, mouth and throat and experienced what they described felt like dehydration headaches. Provers had burning sensations of the eyes, throat, in the chest, burning of skin and the nose. Itchiness was prominent among provers, with itchiness of the skin, ears, nose and eyes. Dryness and itching were experienced as sensations of bugs or ants crawling all over the skin, first tickling, then itching. It was also described as feeling like little hairs are falling on the prover, itching in spots and a wandering itch. There was also a sensation of little prickly pear needles that catch on the trousers, prickling and burning. The burning was described feeling like an abrasion dunked in salt water, stinging, like you had scratched yourself and salt was burning it.

5.7. MINIMUM CHARACTERISTIC SYNDROME

A small group of symptoms that represent the 'minimum characteristic syndrome' have been selected from those that represent the main themes summarized above:

Sensitivity and excitability

1. SLEEP – DISTURBED
2. MIND – IRRITABILITY
3. MIND – ANGER

- 4. MIND – ANXIETY – others – for
- 5. MIND – INTUITIVE

Manic depression

- 6. MIND – MANIA
- 7. MIND – SADNESS

Floating, drugged

- 8. MIND – DELUSIONS – floating – air – in
- 9. MIND – DELUSIONS – drugged – as if

Empty, neutral, detached

- 10. MIND – DETACHED – sensation of being

Lethargy

- 11. GENERALS – WEAKNESS

Religion, discrimination, violence and war, attack

- 12. DREAMS – RELIGIOUS
- 13. DREAMS – WAR
- 14. DREAM – ATTACKED – being

Dehydration, dryness and burning and itching

- 15. GENERALS – DEHYDRATION

5.8. COMPARISON TO MAIN CONSTITUENT MINERAL REMEDIES

5.8.1. *Yam ha-Melach* and *Magnesium muriaticum*

The essence of *Magnesium muriaticum* is a sense that aggression will lead to loss of care from the mother or that aggression is needed to forcefully ask for care. This aggression can be held in check leading to pacifism or it can be expressed and cause severe irritation. The cause of *Magnesium muriaticum*'s aggression difficulties is because of the fear of loss of a sense of security due to this aggression. It is a fear of losing a sense of being safe and cared for (Scholten, 1993:57). In *Yam ha-Melach* there was also a lot of aggression but no fears associated or causing the aggression, the aggression was mostly due to a feeling of impatience and irritation at trifles. Provers expressed their irritation by snapping or shouting at people and swearing.

Magnesium muriaticum is also characterized by marked depression described as a dark gloom that has settled, temporarily interrupted by explosive violence (Vermeulen, 2002: 874). They feel abandoned by everyone including family and friends. They withdraw and become silent. It feels like there is a dark cloud hanging over them and it is difficult to make contact with them (Scholten, 1993:60). In *Yam ha-Melach* there was also a depressive tendency but not associated with violent outbursts. It was due to a sense of loneliness and isolation, with provers feeling hopeless, overwhelmed and crying uncontrollably. The depression was similarly described as a dark blanket that had settled upon the prover.

According to Scholten (1993), *Magnesium muriaticum* feels the world is divided; everything and everyone is divided by violence. They have strong feelings that make them feel overwhelmed and make them dream of water that may drown them. In *Yam ha-Melach* provers also felt overwhelmed quickly by their sense of loneliness and hopelessness but this made them cry uncontrollably. There were

also dreams of water, but not of drowning; provers dreamt of the beach or the ocean, swimming and floating in the sea and the movement of the water.

Magnesium muriaticum experiences anxiety, feeling hurried with accompanying anguish, apprehensiveness and restlessness. *Yam ha-Melach* also produced anxiety in provers but it was described as an uneasy energy or nervousness starting in the epigastium and moving to the jaw, especially at trifles.

In *Magnesium muriaticum* there is tiredness on waking also experienced by provers during the proving of *Yam ha-Melach*, but in *Magnesium muriaticum* it is due to fear aggravated from closing the eyes and beginning of sleep and in *Yam ha-Melach* it was due to interruption of sleep from physical symptoms or anxiety and waking up throughout the night or early morning.

On the physical plane *Magnesium muriaticum* has symptoms of vertigo in the morning on rising, also found in *Yam ha-Melach*. There is also a squeezing, compression sensation in the temples similar to the clamp like compression pain in the temples felt in *Yam ha-Melach*. Other common symptoms include photophobia, coryza, loss of taste and dryness of the mouth, raw pain in the throat, rotten egg like eructations, cramps in the stomach, frequent urination and increased thirst. *Magnesium muriaticum* has a sour, bitter taste in the mouth, while *Yam ha-Melach* had a salty taste in the mouth. *Magnesium muriaticum* has a dry cough due to tickling in the throat with associated burning of the chest, but the cough is described as spasmodic, not harsh and barking as in *Yam ha-Melach*. Both *Magnesium muriaticum* and *Yam ha-Melach* has pain, stiffness and numbness of the extremities, muscles and joints. In *Magnesium muriaticum* there is a desire for sweets (Vermeulen, 2000:1004 – 1007), whereas in *Yam ha-Melach* there is an aversion to sweet things. *Magnesium muriaticum* has an aversion to salt, whereas in *Yam ha-Melach* there was a craving for salt.

Magnesium muriaticum is mainly a liver remedy with marked constipation, mainly at sea. Stool is knotty, like sheep dung, crumbling at the verge of the anus, dry and grey or white. *Yam ha-Melach* also produced symptoms of constipation typically with solid, hard and knotty, dark or black stool. Provers also experienced diarrhea, also seen in *Magnesium muriaticum*. *Magnesium muriaticum* also greatly affects the female system producing symptoms of ovarian (bearing down pain) and uterine pain, profuse, early and prolonged menses described as dark and lumpy and irregular menses. In *Yam ha-Melach* provers had breast tenderness, right ovarian pain described as being clamped, headaches, with a scanty bright red menstrual bleed.

5.8.2. *Yam ha-Melach* and *Kali muriaticum*

According to Scholten (1993:61), the theme of *Kali muriaticum* is the duty to be a good mother and to take care of the family or if they do their duty they will be taken care of. Another variation of the theme is having a duty conscious mother, doing everything herself while letting her children play outside or giving them all a task to do. They give their children the best care showing great perseverance, enforcing strict rules. Due to their strong sense of duty, they might make too many rules in order to control everything, but this causes loss of real contact and warmth between her and her children, because they might feel that she is distant and reserved. Scholten (1993:64) suggests that the opposite scenario may be possible, in which a woman who were forced to do housework since an early age, feeling this was unfair, will not let her children do any work and therefore have to work extra hard herself. None of these themes are seen in the remedy picture of *Yam ha-Melach*.

According to Vermeulen (2002:762), *Kali muriaticum* is quarrelsome with members of the family with rage and fury at the slightest provocation. This was also seen in *Yam ha-Melach* but to a lesser degree. Provers noticed snapping

and shouting at family members over trifles, but this was more due to a general feeling of impatience.

Kali muriaticum also represents with a desire to be in lonely places with an aversion to noise, study, to talk, company, friends and to be disturbed. In *Yam ha-Melach* some provers wanted to be alone while others felt that they needed to be around people. There was irritation at people talking and an aversion to studying similar to *Kali muriaticum*, but the problem with studying was due to a feeling of indifference and poor concentration.

According to Vermeulen (2000:879), *Kali muriaticum* has sadness alternating with cheerfulness. In *Yam ha-Melach* provers suffered severe mood swings, feeling depressed and sad one minute and then happy and manic the next.

On the physical plane, *Kali muriaticum* is worse at 3am, waking up at this time, which is also a symptom found in *Yam ha-Melach*, with most provers waking up at 3am with physical complaints or with a start, for no reason. In *Kali muriaticum* there is a prominent symptom of breasts feeling painful and swollen before menses (Scholten, 1993:64). In *Yam ha-Melach* provers experienced breast tenderness and sensitivity with breasts feeling full and heavy. *Kali muriaticum* has an increase thirst, dryness of the mouth and throat, salty taste in the mouth and coryza also found in *Yam ha-Melach*, but the coryza produces sticky, thick, slimy secretions different from *Yam ha-Melach*'s secretions that were clear, watery, salty or like salt water.

Provers also experienced difficulty swallowing but not to the same degree as found in *Kali muriaticum* (Vermeulen (2002:763). *Kali muriaticum* has scabby, yellow crusts of pus on the edges of the eyelids. In *Yam ha-Melach* there was also an affinity for the eyelids producing dry, red eczema on the corners of the eyelids that burned and itched; provers also felt like they were developing a sty on the eyelid due to a throbbing pain on the lower lids. There is snapping and

noises in the ears of *Kali muriaticum*, whereas in *Yam ha-Melach* there was tinnitus and ringing in the ears. *Kali muriaticum* is known for producing swelling of glands, especially cervical glands also found in *Yam ha-Melach*. Other similar physical symptoms include ravenous hunger followed by total anorexia, flatulence, empty feeling in the stomach. *Kali muriaticum* has nausea and vomiting with accompanying shivers, whereas *Yam ha-Melach* presented with nausea accompanied by tiredness and dizziness and a tender epigastrium. *Kali muriaticum* has constipation, stools described as light colored, so dry it crumbles and diarrhea, stools described as clay-colored, white, slimy. In *Yam ha-Melach* the stool was compact, solid, hard, knotty and dark when constipated and watery, yellow, yellow brown resembling peanut butter during diarrhea. *Kali muriaticum* presents with a cough described as spasmodic with thick white sputum, white as milk or yellow green. In *Yam ha-Melach* the cough was described as harsh and barking, with white sputum with white or yellow pieces resembling salt, tasting salty. *Kali muriaticum* and *Yam ha-Melach* also shared an affinity for the musculo skeletal system, both producing pain and stiffness of joints and muscles. *Kali muriaticum* also produces acne and eczema but the eczema is described as green, brown, yellow crusts whereas in *Yam ha-Melach* it is described as dry, itchy red or black patches with crust resembling salt produced on scratching.

5.8.3. *Yam ha-Melach* and *Natrum muriaticum*

Scholten (1993:65), describes the essence of *Natrum muriaticum* to be an idea that there is no mother and no care therefore the delusion in *Natrum muriaticum* that the mother is dead. Another side to this is that it is forbidden to nurture and to care too much, resulting in a mother that is strict and cold, leaving her children to cry on their own causing a *Natrum muriaticum* state in them as well. He describes how he has used *Natrum muriaticum* with success in a situation of a child in an incubator. According to him the incubator creates a *Natrum muriaticum* situation, the mother is absent and there is physical care present but without warmth and love, leaving the child alone. He has also given *Natrum*

muriaticum to someone with dreams of a concentration camp, which is also a situation of being left to one's own fate with little nurturing emotionally and physically. He explains that bereavement is the standard situation in this remedy, a theme of being all alone in the world, feeling insecure and not nurtured. In *Yam ha-Melach* a similar situation was found with provers feeling depressed and all alone in the world, like there is no light left in the world, this all due to hopelessness and an inability to fix the current situation, feeling like no one understands. Provers had dreams of family members dying and one prover had a dream involving concentration camp victims.

According to Scholten (1993:66), another variation on the theme is the feeling that the *Natrum muriaticum* person cannot be a mother, leading to infertility. Interestingly provers of *Yam ha-Melach* had dreams of fertility including artificial insemination.

Vermeulen (2002:964), describes *Natrum muriaticum* as being hypersensitive, closed and desires solitude; aggravated from consolation, want to grieve silently. This can also be seen in *Yam ha-Melach*, where some provers wanted to be left alone but others wanted company. Provers were also sensitive and edgy during the proving.

On the physical level there are many similarities between *Yam ha-Melach* and *Natrum muriaticum*, like the craving for salt and coffee and a great thirst, numbness of the fingers, bright red, thin watery hemorrhages, dry eczema and eruptions on the hairline and in flexures of joints, profuse offensive perspiration, sleepiness during the day and waking up unrefreshed, waking often from physical complaints and from fear. *Natrum muriaticum* is also well known for its affinity for the head producing severe headaches described as hammering, bursting, maddening, on waking, over the eyes with associated numbness or disturbed vision. In *Yam ha-Melach* there were prominent headaches as well, described as dull, aching, pulsating, clamping or compressing due to dehydration

or sinusitis, most commonly occurring in the temporal region, but also frontally and orbitally, occipital, internal or difficult to locate.

There is also dehydration and dryness in *Natrum muriaticum*, but mostly affecting mucous membranes and in a lesser degree than in *Yam ha-Melach* where provers experienced dryness of the skin, mucous membranes, eyes, stool etc. *Natrum muriaticum* and *Yam ha-Melach* have sensitivity of the scalp with dandruff and both have oiliness of the face. Both remedies have burning of the eyes but the sensations experienced by *Natrum muriaticum* are described as of sand in the eyes, as if eyes were filled with sharp salt, sticking in the eye, while the sensations in *Yam ha-Melach* were hot like fire, scratchy, itchy and burning. In *Natrum muriaticum* there is photophobia also found in *Yam ha-Melach* but just from looking at bright light; in *Yam ha-Melach* it was sensitivity to light, computer screens and television. *Natrum muriaticum* has sty's on the right side, in the corner of the eye while in *Yam ha-Melach* provers did not actually develop a sty, but felt like they were going to get one on the left lower lid. *Yam ha-Melach* had symptoms of swollen, heavy and droopy eyelids also found in *Natrum muriaticum* but in *Natrum muriaticum* heaviness only occurs before menses. In *Natrum muriaticum* there is blurry vision or dim vision as if looking through a veil. In *Yam ha-Melach* the vision was also blurry and weak but it was more distorted, unable to get a clear view with an inability to focus, like the vision and mind were unattached. There is roaring, humming and buzzing in the ears of *Natrum muriaticum* as well as itchiness behind the ears different from *Yam ha-Melach* in that provers had ringing in the ears and the itchiness was experienced to be inside the ear and severe. There is coryza in *Natrum muriaticum* with discharge of thin, watery or like raw white of egg, with associated sneezing in the morning, similar to *Yam ha-Melach*.

In *Yam ha-Melach* there was a tingling sensation of the lip, as if a sore had come into contact with salt is burning it which is also present in *Natrum muriaticum*. Both remedies have a sore or blister on the lip resembling a fever blister, in *Yam*

ha-Melach this sore was described as a swollen lip full of pus, with a yellow head and a swollen red lip and a stinging sensation that healed very quickly. In *Natrum muriaticum* there is also burning and swelling of the lower lip, followed by a vesicle, a scab and then desquamation. Eruptions are described as vesicles like pearls on the lips.

5.8.4. Yam ha-Melach and Bromium

Scholten (1993:195) suggests that there is a theme in *Bromium* of feeling totally guilty or not guilty at all. They feel so guilty that they have delusions that people are behind them or are looking over their shoulder or they have a feeling that ghosts are chasing them. The guilt is either general, just there or they might feel guilty about something specific. This guilt makes them feel afraid and unprotected leading to an inclination to want to run away or escape. They therefore experience restlessness and a desire to travel. They are ameliorated near or on the sea where there is no authority to catch them. Another reaction to this guilt might be to become aggressive and angry at interference. They desire company. In *Yam ha-Melach* a prover who normally thrives on guilt, felt no feelings of guilt during the proving. Provers also felt like they needed freedom and needed to get away but it was due to feeling trapped not because of guilt. There is also aggressiveness and anger in *Yam ha-Melach* but mostly due to impatience and at trifles, not due to guilt or interference as seen in *Bromium*. Provers also experienced a desire for company and needing to be around people.

Vermeulen (2002:266) mentions that *Bromium* has a delusion that there is another person in the room, among the other delusions mentioned above. In *Yam ha-Melach* provers couldn't sleep because they kept hearing voices and felt paranoid, or walked around the house because they were paranoid that someone was inside. Both *Bromium* and *Yam ha-Melach* is sad, discouraged and depressed but in *Bromium* they have no idea why and sit alone in a room looking

constantly in one direction, not saying or doing anything which is not the case in *Yam ha-Melach* with provers who cried uncontrollably due to feeling hopeless and all alone in the world.

Bromium generally has acrid watery discharges whereas *Yam ha-Melach* has watery, salty discharges. *Bromium* causes hard painful or painless glandular swellings also found in *Yam ha-Melach*, but in *Bromium* most often affecting the parotid and thyroid glands and glands being stony hard, whereas in *Yam ha-Melach* the cervical were affected, just swollen not hard. *Bromium* is easily overheated with heat feeling internal and burning, as if between the skin and flesh and produces profuse sweating and then sensitivity to drafts boring into the bone. In *Yam ha-Melach* provers felt an increase in temperature and also profuse sweating but no sensitivity to drafts. Provers experienced alternating hot and cold sweats. *Bromium* has a craving for chocolate whereas in *Yam ha-Melach* provers had an aversion to chocolate. *Bromium* is well known for its use in acne, described as feeling like a cobweb, stinky green pussy secretions. *Yam ha-Melach* also produced acne in provers, with a pussy yellow head on a red base, principally affecting the T-zone of the face, scalp, upper chest and back and lower back. *Bromium* has a sensation of something alive in the skin, especially the arms and legs with tickling, itching, prickling and stitches in the skin. In *Yam ha-Melach* provers also had sensations of itching, and prickling of the skin, described as feeling like little prickly pear needles caught on the trousers and burned or a sensation of bugs and ants crawling all over the skin, tickling and itching. *Bromium* has starting in the sleep and waking up unrefreshed, also seen in *Yam ha-Melach*. *Bromium* has an affinity for the respiratory system producing a dry cough and hoarseness with associated burning behind the sternum, symptoms also present in the materia medica of *Yam ha-Melach*, but in *Bromium* the cough is described as a persistent whooping cough brought on by dust with no expectoration. In *Yam ha-Melach* the cough was described as harsh and barking, uncontrollable and intense producing white

sputum with yellow or white broken pieces resembling salt, or salty balls of sticky phlegm with a sulphuric odor.

Both *Bromium* and *Yam ha-Melach* have black stools. *Bromium* has a decreased thirst and appetite whereas *Yam ha-Melach* had an increased thirst and increased or decreased appetite. Both remedies have a sensitive scalp but in *Bromium* this is accompanied by a dirty looking eruption and an offensive smelling discharge, whereas in *Yam ha-Melach* provers had pimples and dandruff (white or yellow oily flakes) on the scalp. *Bromium* has ringing in the ears sounding like a distant rushing or roaring whereas *Yam ha-Melach* has ringing in the ears of a high pitched sound.

5.8.5. *Yam ha-Melach* and *Sulphur*

Scholten (1993:69) suggests the theme of *Sulphur* to be that they cannot integrate love and harmony in their lives. There is the idea of everything or nothing, which clarifies the fact that there are two types of *Sulphur*. The one is untidy, dirty and disorderly while the other is too tidy, clean and polished or these can be found in one person – tidy and orderly at work and messy at home or mess a lot and then suddenly clean everything perfectly. There is no balance. There is also a theme of grace and beauty represented in rubrics like ‘delusion he is disgraced’, ‘delusion old rags are beautiful’, ‘disgust’ and ‘aversion to bathing’. The theme of *Sulphur* can also be expressed in their love life, where their relationships are not well integrated into their life. *Sulphurs* are often loners or get absorbed in their work and don’t understand that their wife needs attention. *Sulphur* has the delusion that he has fallen from grace. Scholten (1993:69), describes the situation of *Sulphur* to be that of a young man who is still single and feels unappreciated and unloved, out of grace with women of his age. He becomes depressed and will either start to neglect himself or pretend he doesn’t care and keep on boasting and bragging.

Vermeulen (2002:1305), describes *Sulphur* as philosophical, a hopeful dreamer with many ideas and great ideas but no focus and no real depth, with no time or too much trouble to realize these ideas. In *Yam ha-Melach* provers had a lot of thoughts going through their heads especially about the future, finances and relationships. Two provers felt like re-evaluating their lives and wrote a whole paragraph on who they are and what they want for themselves in their lives.

Sulphur is imaginative and this leads to anxiety about health (Vermeulen, 2002). In *Yam ha-Melach* this is also seen in provers that were worried that they had serious health problems due to the physical symptoms they presented with, and thought they had a terminal illness.

Sulphur is very forgetful and has a poor memory, also seen in *Yam ha-Melach* where provers experienced short term memory loss. *Sulphur* is well known for its selfishness and disregard for others, not seen in *Yam ha-Melach*, where provers were overconcerned and worried about the welfare of others, especially family and friends.

Sulphur also has impatience about trifles, irritability and depression seen in *Yam ha-Melach* as well as misplacing words when talking. *Sulphur* weeps without cause while in *Yam ha-Melach* provers were crying uncontrollably but due to feelings of isolation, hopelessness and being overwhelmed. Both *Sulphur* and *Yam ha-Melach* has wringing of hands probably due to restlessness found in both remedies.

Generally *Sulphur* is slow, lazy, hungry and always tired (Vermeulen, 2002). *Yam ha-Melach* provers were lazy and relaxed with lack of motivation and indifference, causing procrastination. The majority of provers experienced lethargy during the proving and what they described as ravenous hunger. *Sulphur* has a craving for spicy food also seen in *Yam ha-Melach*, but *Yam ha-Melach* had an aversion to sweets whereas *Sulphur* desires sweets. *Sulphur*

craves alcoholic drinks and has an aggravation from and sensitivity to alcohol also seen in *Yam ha-Melach*. *Sulphur* is well known for its heat and burning especially the head, face, palms of hands and soles of feet, with burning pains and sensations in general (Vermeulen, 2002:1307). This was also prominent in *Yam ha-Melach* with provers that felt hot and had hot flushes, one prover describing it as heat radiating from inside the torso and face and another prover felt like his head was heating up. Provers also experienced burning sensations of the eyes, throat, chest, muscles, skin and nose. *Sulphur* has a general aggravation at night, especially 4-5am and 11am in the morning. *Yam ha-Melach* had aggravation in the early morning from 3am onwards. Both remedies wake up at 3,4 and 5am and can't fall back to sleep. *Sulphur* is known for the offensiveness of its secretions. In *Yam ha-Melach* provers experienced offensiveness of perspiration, described as smelling bad and flatus smelling like rotten eggs. *Sulphur* has severe inflammation, redness and swelling of joints also seen in *Yam ha-Melach*.

Sulphur has an empty sensation in the head, when talking. In *Yam ha-Melach*, provers had a feeling of emptiness and neutrality with one prover feeling like there is nothing going on in his head, not related to talking as in *Sulphur*. *Sulphur* has an affinity for the skin, producing heat, burning, itching and dryness. This is also seen in *Yam ha-Melach*, the burning described specifically as if dunked in salt water or stinging, the itching as if bugs and ants were crawling over the skin, wandering, little prickly pear needles that prickles and burns. In *Sulphur* the skin is described as dry, scaly and unhealthy; every little injury suppurates (Vermeulen, 2000:1504) also seen in *Yam ha-Melach*. Eruptions in *Yam ha-Melach* resembled pimples, eczema and a rash as if there were bumps at the follicles. *Sulphur* also has pimple like pustules and a nettle like rash or fine papular eruption similar to that found in *Yam ha-Melach*. *Sulphur* has inflamed and suppurating pimples on the scalp, seen in *Yam ha-Melach*. *Sulphur* affects the eyes causing dryness, watering and redness of the eyes, eczematous eruption, swelling, and stytes of the lids, similar than in *Yam ha-Melach*. In

Sulphur however all eye symptoms are worse for washing the eyes, not found in *Yam ha-Melach*.

Other corresponding symptoms include wringing of the hands, numbness of the fingertips, pain and stiffness of joints and muscles.

Sulphur has dreams of clothes, possessing fine clothes. In *Yam ha-Melach* provers had dreams of clothes, but of wearing formal clothes.

5.9. COMPARISON TO THE GROUP THEMES IN SCHOLTEN'S 'HOMEOPATHY AND MINERALS'.

5.9.1. *Yam ha-Melach* and the *Magnesiums*

The *Magnesiums* as a group has a theme of pacifism, hating and being disturbed by aggression and all forms of violence and on the other hand a theme of aggression because they can be very aggressive themselves. Whitmont (1982:126) describes them as the most violent, ill-tempered, erratic but also fearful and depressed remedy. In *Yam ha-Melach* the theme of aggression is seen, with provers being irritable, short tempered and easily frustrated. Some provers felt like smashing people's heads in or ripping their heads off, but most expressed their anger by shouting, being snappy and swearing.

The *Magnesiums* has a fear of loss, especially a fear of losing family members and friends. They are afraid that quarrels might lead to loss of family members so they try to avoid or soothe a quarrel or start fighting themselves to create a diversion (Scholten, 1993:29). In *Yam ha-Melach* there was no prominent fear of loss but a definite worry about the health of family members and dream of family members dying.

The last theme in the *Magnesiums* is the fear of pain. They are very sensitive to pain but it is understandable because the pain is severe. This was not seen in *Yam ha-Melach*.

Generally *Magnesiums* are aggravated at 7am, averse to sweets, ameliorated by pressure, bending double and aggravated by touch – all symptoms seen in *Yam ha-Melach*.

Physical symptoms of the *Magnesiums* also seen in the remedy picture of *Yam ha-Melach* include spasms, cramps and colic, colds and allergies, muscle affections. Symptoms not seen in *Yam ha-Melach* are affections of the prostate, liver and gallbladder and the nails.

5.9.2. *Yam ha-Melach* and the *Kali's*

The *Kali's* have a theme of principles and duty. They have high principles and they stick to these rules and norms. This causes them to be reliable and stable. They have a strong sense of duty and are responsible and serious. This might later lead to them becoming rigid, dogmatic, moralistic and conservative or stoic. They exert a strong control over their emotions to live according to the rules they believe in, preferring routine to unexpected things, pragmatic things to art and playfulness (Scholten, 1993:31). In *Yam ha-Melach* provers felt spontaneous, with one prover wanting to get a tattoo and a piercing and decided to pierce her own tongue and provers generally felt very emotional and moody with no control over their emotions, crying uncontrollably, acting crazy and doing silly things.

The second theme in the *Kali's* is that of control. They hold onto things and are reserved, expressed on the physical level in the form of constipation. They have many fears often felt physically in the form of stomach problems, and can be very nervous and 'jumpy' because they can't control unexpected things (Scholten, 1993). In *Yam ha-Melach* provers also had many fears and were as they

described, anxious, paranoid and on edge. The anxiety was also felt in the stomach or epigastric area, like butterflies or a knot in the stomach. Provers experienced a radiation of anxiety from the stomach to the jaw. In *Yam ha-Melach* however the cause of the nervousness and paranoia was not from not being in control, but noticed at trifles. Paranoia was especially about health of self and family.

The *Kali's* are very optimistic even though they are closed. They are not depressed and achieve what they want to achieve through hard work and perseverance (Scholten, 1993). In *Yam ha-Melach* provers experienced manic and depressive states. Provers were severely depressed one moment (which is not seen in the *Kali's*) and then ecstatically happy the next, described as feeling bubbly, chirpy, carefree and lighthearted, as if surrounded by positive energy.

According to Scholten (1993), the *Kali's* have a theme of work or tasks. Their sense of duty is expressed in their work. They work hard but never overdo it. They are pragmatic and therefore the builders of society. In *Yam ha-Melach* the majority of provers had a lack of motivation and indifferent feeling towards work and studying.

The *Kali's* consider their families to be very important and they work hard to support their loved ones (Scholten, 1993). In *Yam ha-Melach* provers were also concerned about family members as well as close friends, especially showing concern for the health of their family members. Provers also had many dreams of family members as well as old friends.

Generally the *Kali's* are aggravated at 3am or 2am-4am in the morning, a symptom also seen in *Yam ha-Melach*. The *Kali's* desire sweets, whereas in *Yam ha-Melach* provers were averse to sweets. The *Kali's* have stitching pains or sharp and drawing pains, whereas in *Yam ha-Melach* provers had stabbing, burning, aching or throbbing type pains. Discharges in the *Kali's* are thick, tough,

yellow or yellow-green whereas in *Yam ha-Melach* provers had thin watery, salty discharges. The *Kali's* have a marked symptom of oedema, with swelling everywhere especially around the ankles and the medial side of the upper eyelid. In *Yam ha-Melach* provers noticed swelling of the eyelids especially the right upper lid. The *Kali's* have an affinity for the solar plexus, all emotions going to the stomach, producing epigastric sensitivity and stomach pains. In *Yam ha-Melach* provers also experienced anxiety in the epigastrium and epigastric pain described as sharp, due to drinking cold water or on waking, aggravated from eating. Provers had colic type stomach pain described as cramping, stabbing, tightness, squeezing, twisting, sharp, dull and aching.

5.9.3. *Yam ha-Melach* and the *Bromatums*

The central theme of the *Bromatums* is the feeling of guilt (Scholten, 1993:193). They feel like they have 'burnt their fingers' leading to habits involving the hands and fingers: biting and picking skin around the nails and wringing of the hands. They try to make up for feeling guilty by working hard. In *Yam ha-Melach*, provers noted feeling restless and therefore wringing the hands, as seen in the *Bromatums*. In *Yam ha-Melach* however provers had no feelings of guilt associated with this action. Provers felt indifferent and did not care about work or having to study for tests, having no feeling of guilt about work that needed to be done.

Another feeling in the *Bromatums* is the feeling of restlessness and the need to escape. This is due to feeling pursued by people or ghosts, making them restless and wanting to escape to the sea or wanting to travel (Scholten, 1993). In *Yam ha-Melach* provers also felt restless and felt like they needed freedom, needing to get away; one prover felt like breaking out of her own house. This need for escape was not due to feeling guilty or pursued as in the *Bromatums*, but due to feeling trapped.

The *Bromatums* can be very passionate and dynamic and they do everything with complete dedication and passion (Scholten, 1993). They therefore have intense emotions, sexuality and are aggressive and selfish. They feel uncomfortable about these feelings as they are afraid of harming others and feeling guilty again. In *Yam ha-Melach* provers similarly experienced intense emotions, either feeling severely depressed or feeling euphoric and happy, described by one prover as a rollercoaster. Provers were also very aggressive and irritable, feeling like killing and so angry as if the blood was boiling, or as if they would burst from anger. None of the provers however felt uncomfortable about the severity of their anger and had no fear of harming others or guilt as seen in the *Bromatums*.

The *Bromatums* eventually become mad due to the intense feeling of guilt, sitting and staring in silent gloom (Scholten, 1993). In *Yam ha-Melach* provers did act mad or crazy due to their out of control emotions, with one prover doing ballet, another prover running around with her pants pulled up to her breasts shouting and laughing, singing weird songs at the top of her voice and piercing her own tongue after an urge to do so.

Generally the *Bromatums* desire chocolate. In *Yam ha-Melach* there was an aversion to chocolate. The *Bromatums* are generally aggravated by touch (also seen in *Yam ha-Melach*) and ameliorated by violent movement. In *Yam ha-Melach* some ailments were ameliorated by movement while others were worse for movement and exercise.

On the physical plane the *Bromatums* have acrid, watery discharges or stinking wounds with green pus. In *Yam ha-Melach* the discharges were watery and salty. Sputum was described as being white with yellow or white pieces resembling coarse salt. *Bromatums* present with glandular swellings, hard and painful or painless. In *Yam ha-Melach* provers noticed swelling of the cervical glands in the neck, especially the submandibular glands. *Bromatums* have fever

without perspiration, different from *Yam ha-Melach* that has fever with copious foul perspiration or accompanying flu like symptoms. Both the *Bromatums* and *Yam ha-Melach* have colds with accompanying hoarseness and a cough. *Bromatums* are well known for its effectiveness in treating severe acne, with a peculiar sensation as if there is a cobweb on the face. In *Yam ha-Melach* provers also presented with acne described as feeling itchy, hot and swollen and tender to the touch.

5.9.4. *Yam ha-Melach* and the *Natrums*

According to Morrison (1988:20), the most essential theme of the *Natrums* is grief and depression or pessimism. The grieve over what they have lost and feel that things will never be the same again. They are stuck in their past and they keep thinking of the past when things were still right. They might cry about it, but when they are alone (Scholten, 1993:33). There was also depression in *Yam ha-Melach* but mostly the depression was due to feeling like they were in a hopeless situation, all alone in the world, with nobody that understands, dissatisfied and feeling like a failure, incompetent, rejected, pathetic and feeling very sorry for themselves. Provers cried uncontrollably due to these feelings.

Another theme is that of being closed and alone (Scholten,1993). *Natrums* don't talk to others about their feelings causing them to feel alone, like they have to deal with their sadness alone. They feel like they can't expect help from others and that they have to just except their situation and feelings. This causes them to be withdrawn, focusing on their loss and grief, keeping it a secret from others. There was a general feeling of loneliness and isolation in the proving of *Yam ha-Melach*. Provers either wanted to be alone or felt lonely for no reason and wanted to be around people. The loneliness was described as feeling withdrawn, like nobody understands, with pangs of loneliness coming over the provers like waves. The isolation and loneliness were accompanied by depression and

sadness with crying and an inability to stop thinking about sad occurrences, losing sleep due to thinking about it.

Scholten (1993) describes how the *Natrum*s have lost all belief that things will come right again and have given up completely. They don't do anything to try and get things right again. They restrict themselves to accepting their current situation passively, denying themselves the possibility of regaining what they have lost. They feel that they are forbidden to be happy and are very pessimistic. In *Yam ha-Melach* provers also felt like they were in a hopeless situation and had no ability to fix it, experiencing feelings of a lack of faith in humanity, questioning peoples deeds and motives, feeling like nobody could understand or help them, like there is no more light left in the world. In *Yam ha-Melach* however, provers quickly felt happy and euphoric after the depression, one prover describing it as erratic mood swings, like being on a rollercoaster.

Another important theme of the *Natrum*s is their sensitivity. They are vulnerable and sensitive because they have lost a lot already and don't have much left. They feel that the little bit they have left will be taken from them as well. Due to this feeling they tend to be frightened easily as anything unexpected might hurt them again. They are also sensitive to music, especially soft, classical music that suit their sad mood (Scholten,1993). In *Yam ha-Melach* provers were very sensitive emotionally, feeling easily overwhelmed by little things or for no reason. Provers felt that everything was too much for them, crying from small things. They also felt vulnerable and weak, as if their heart had been ripped out and stomped on. Provers also experienced feeling on edge, nervous, anxious and paranoid for no reason.

Generally the *Natrum*s have a craving for salt, also a prominent symptom in *Yam ha-Melach*.

5.9.5. *Yam ha-Melach* and the *Muriaticums*

The first theme of the *Muriaticums* is self pity. They are bitter about what happened to them, brooding over the unfairness of the occurrence. They feel very sorry for themselves (Scholten, 1993:49). This 'poor me' feeling was also experienced by provers in *Yam ha-Melach* but not for the reason mentioned above. In *Yam ha-Melach* provers felt sorry for themselves because they felt they were in a hopeless situation and all alone in the world.

The second theme mentioned by Scholten (1993), is that of care and nurture. *Muriaticums* feel sorry for themselves because they really need care and nurturing but they lack it. In *Yam ha-Melach* provers also felt like they needed affection, feeling clingy and needy, desiring to be around people yet they felt all alone in the world.

The third theme in the *Muriaticums* is the need to be nurtured by the mother. All *Muriaticums* have problems with the mother or she is absent or quarrelsome. This was not seen in the symptoms of *Yam ha-Melach*.

The fourth theme according to Scholten (1993), is attention. The *Muriaticums* either want a lot of attention or they have lost hope of ever receiving attention. In *Yam ha-Melach* only some provers needed a lot of attention from their partners.

The last theme in the *Muriaticums* is self-awareness. Scholten (1993) suggests that self-awareness focuses the attention; there is a close relationship between attention and self-awareness. The ego gives and needs warmth and attention, so flattering the ego is a good expression of this theme. Provers in *Yam ha-Melach* suddenly felt like re-evaluating their lives, writing paragraphs on who they are and what they want for themselves in their lives.

Generally the *Muriaticums* desires salt, as seen in *Yam ha-Melach*. The *Muriaticums* also suffer from swollen and painful breasts before menses. In *Yam ha-Melach* provers complained of the same symptom, with breasts feeling full and heavy and tender to touch. *Muriaticums* also have trouble falling asleep, as also seen in the sleep symptoms of *Yam ha-Melach*.

CHAPTER SIX

6. CONCLUSIONS AND RECOMMENDATIONS

6.1 CONCLUSIONS

The homeopathic drug proving of *Yam ha-Melach* 30CH produced a wide array of symptoms on the mental, emotional and physical levels. There were a number of very strong symptoms that occurred in the bulk of provers as discussed in subsection 5.3 of Chapter Five of this document; most prominent were the symptoms of depression and isolation, spaced out, calm and relaxed, poor concentration, headaches, lethargy, skin eruptions and joint pain and stiffness. There were also symptoms that appeared characteristic of *Yam ha-Melach* such as overall dehydration and dryness as well as dreams of war, violence, religion and discrimination. From this study it can be seen that *Yam ha-Melach* has the potential to cure patients with a variety of conditions. It is hoped that further provings and clinical application of *Yam ha-Melach* will provide confirmation and prove it to be of value such that nothing else will be able to take its place, just as nothing else can take the place of the better known remedies widely used today (Sherr, 1994:9).

Study of remedies by the method of comparison provided a better understanding of the remedies compared as well as their relationship. The comparison of *Yam ha-Melach* to the remedies Magnesium muriaticum, Kali muriaticum, Natrum muriaticum, Bromium, Sulphur and the group themes of the Magnesiums, Kali's, Bromatums, Natrums and Muriaticums, highlighted similarities and differences between *Yam ha-Melach* and these remedies and provided a list of differential remedies in which *Yam ha-Melach* could be considered, better enabling accurate homeopathic prescribing according to the Law of Similars.

The comparison revealed that *Yam ha-Melach* was most similar to *Magnesium muriaticum* on mental, emotional and physical planes. Both remedies had similar feelings of aggression, depression, being overwhelmed quickly, dreams of water, anxiety and restlessness, lethargy and similar sensations and complaints on the physical level. This is interesting as the Dead Sea consists of 53% magnesium chloride, 37% potassium chloride, 8% sodium chloride, low concentration of sulfate ions and a high bromide concentration. Magnesium chloride is therefore the main mineral constituent of the Dead Sea.

6.2 RECOMMENDATIONS

6.2.1 Further provings of *Yam ha-Melach*

It is suggested that further provings of *Yam ha-Melach* 30 CH be carried out to add to and expand the materia medica developed in this proving. Further provings performed using higher and lower potencies may bring forth symptoms that didn't occur with the 30CH potency. Sherr (1994:65) believes that a proving is only complete when the latest proving repeat the previous proving of the same substance. A remedy cannot be considered to be fully proven until tested in low, moderate and high potencies (Vithoulkas, 1980:153). Timmerman (2006:136) has conducted provings using the C4 triturate. According to him this C4 level makes up the core level or the essence that represents the spiritual life beyond seeing and feeling. It is recommended that further proving be conducted using the C4 triturate instead of the C3 triturate in remedy preparation as to bring forth spiritual symptoms.

During collection of the substance no record was made of the temperature of the sea or the air temperature. It is therefore

recommended that this error be corrected in further provings of *Yam ha-Melach*.

In this proving of *Yam ha-Melach* 30CH only 10% (2 subjects) of the proving population of 20 individuals were on placebo and the remaining 90% (18 subjects) received powders containing the active substance. It is recommended that 20 – 30% of the provers be on placebo in further provings of *Yam ha-Melach* so that the ratio of the placebo group the experimental group can be more balanced.

6.2.2 Provers

A point to note is that the majority of provers were Chiropractic students; and that the proving marked a very strong affinity for the Musculoskeletal system. This could be due to them being more sensitive to this area or due to the remedy. Therefore a follow-up proving should consist of less Chiropractic students to see if these symptoms persist or not.

In most provings there are only a few sensitive provers as determined by who recorded the greatest number of symptoms but in this proving the majority of provers were very sensitive. According to Sherr (1994:24), there are two types of sensitive provers, those that are sensitive to the remedy specifically and those that are sensitive in general. He believes that one sensitive prover can make a 'whole' proving eliciting the profound aspects of the remedy. In this study the most important symptoms were brought by a few sensitive provers while the other provers served to fill out the bulk of the common symptoms of the remedy. During this research all of the provers were thoroughly primed as to the process and yet there was still a degree of lack of understanding and a proportion of the recorded symptoms remained vague.

6.2.3 Supervision of Provers

Good supervision of provers is the key factor to produce a high quality proving. Inadequate supervision leads to poor results in a homeopathic proving as a large amount of valid information could be lost (Sherr, 1994:46-47). Sherr explains that provers don't realize they are experiencing proving symptoms, unless the symptoms are on a physical level or blatant. According to him the prover becomes the proving and cannot perceive that they are changing and they believe they are acting normally. The remedy takes over their very centre, infecting the provers internal observer so that they cannot perceive change (Sherr, 1994:47). For this reason good supervision is needed to make provers aware of changes not noticed by them. In this study most provers believed their symptoms were due to everyday events and normal for them, yet the researchers who were in contact with all the provers, noticed common symptoms occurring amongst the prover population and could therefore make them aware that these symptoms were symptoms of the remedy.

Sherr (1994:32) recommends that a close team of two people coordinating a proving will be able to preserve the unity required during the collating and editing of symptoms, but that with more than two this unity is often lost. Van der Hulst (2002:170) recommends that the number be limited to one principle supervisor. The experience of this study which was conducted in close conjunction with Rabinowitz (2008) suggests to the researcher that having two supervisors had the dual advantage of allowing each supervisor closer contact with individual provers as each supervisor was responsible for a smaller group of 10 people each, while it still allowed a wide variety of symptoms to be produced by the larger total group; while the unity described above as being essential by Sherr (1994:32) was still maintained. This researcher is in agreement with the

recommendation of Sherr (1994:32) and suggests that further provings be conducted by no more than two people.

6.2.4 Clinical information

Vithoulkas (1980:147) amongst others, believes that a remedy can only be said to be fully proven when symptoms are included that have been cured in the process of the treatment of sick individuals. During the course of the proving a number of symptoms seem to have been incidentally cured for the duration of the proving in some of the provers, which corresponded to symptoms produced in other provers e.g. tenesmus. The symptom picture elicited in the proving of *Yam ha-Melach* needs to be verified through repeated clinical use of the remedy. The information acquired from this study therefore has to be distributed amongst the majority of homeopaths for practical application.

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APPENDICES

APPENDIX A:

SUITABILITY FOR INCLUSION IN THE PROVING

*All information will be treated as **strictly confidential***

PROVER CODE:

Surname:

First names:

Sex (please circle): M F

Telephone number:

PLEASE CIRCLE THE APPROPRIATE WORD:

- | | |
|---|----------|
| 1. Are you between the ages of 18 and 55 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 |
| • Homeopathic | YES / NO |
| • Other (e.g. Herbal) | YES / NO |
| 4. Have you been on the birth control pill or hormone replacement therapy in the last 6 months? | YES / NO |
| 5. Are you pregnant or nursing? | YES/ NO |
| 6. Have you had any recreational therapy in the last 6 months? | YES / NO |
| 7. Have you had any surgery in the last 6 weeks? | YES / NO |
| 8. Do you use any recreational drugs such as Marijuana, LSD, MDMA (ecstasy) | YES / NO |
| 9. Do you consume more than: | |
| • 2 measures of alcohol per day?
(1 measure = 1 tot, 1 beer, ½ glass of wine) | YES / NO |
| • 10 cigarettes per day? | YES / NO |
| • 3 cups of tea, coffee or herbal tea per day? | YES / NO |

10. If you are between the ages of 18 and 21 years
do you have the consent from a parent or guardian
to participate in this proving? NA / YES / NO
11. Are you willing to follow the proper procedures for
the duration of the proving? YES / NO
12. Is English your first language or /and are you fluent
in English? YES / NO

This appendix has been adapted from Webster, H. 2002. A Homeopathic Drug Proving of Sutherlandia frutescens. M. Tech. Hom. Dissertation, Durban Institute of Technology.

APPENDIX B:

Proving Information Sheet

What is a proving?

A homeopathic drug proving is a study in which people, who are in a relatively good state of health, take a homeopathically prepared substance in order to observe and record any symptoms elicited. These symptoms are then said to form the drug picture for that substance and can be used as a basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture.

Why participate in a proving?

By participating in this proving you may experience some indirect benefits. It is postulated that each proving undertaken strengthens the body's vital force (Hahnemann, 1997:208). Provers learn the skill of observation as well as develop greater self awareness. It will provide an excellent platform for both homeopathy scholars and the public to learn more about homeopathy and how it works.

Provings are vitally important to homeopathy as they represent the only truly accurate manner in which to ascertain the action of homeopathic drugs. Hahnemann suggests in the Organon that all homeopaths should take part in provings because they allow one to gain a practical and experiential understanding of homeopathic medicines. He also feels that the process of having to accurately record all symptoms that are experienced in the proving can only serve to increase the physician's powers of observation – what he considered to be the physician's greatest and most important tool.

Are there any health risks in participating in a proving?

You may experience some mild transient symptoms whilst taking the homeopathic medication. Homeopathic drug provings however are safe and pose no threat to one's health as the substance used in the proving is given in a diluted and potentised homeopathic form.

Provings have been conducted for as long as homeopathy has existed and it is seen in all provings that symptoms that are experienced during the proving are generally mild and exist only temporarily.

There is, in addition to this, the fact that all provers are continuously monitored by the researchers throughout the proving process. If at any point a prover experiences symptoms that are causing discomfort these will immediately be treated homeopathically, free of charge, under the supervision of the Research Supervisor.

What is expected of provers?

There are certain criteria that need to be met in order to enable you to participate in this proving:

- Must be between the ages of 18 and 55
- Must be willing and able to comply with the daily keeping of a journal in which symptoms are recorded
- Must be in a relatively good state of health
- Must be in what is considered, for yourself, to be a general state of good 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 house, marriage or divorce) planned during the proving period. Any lifestyle changes should take place at least three weeks before commencing with the proving
- Must not be on or in need of any medication: chemical, 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 any surgical or medical procedures planned for the duration of the proving period
- Must not use recreational drugs such as Cannabis, LSD or MDMA
- Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation

A total of 20 volunteers, who will be the provers, will be randomly assigned to two groups. One group (90% of the total) will be given the proving substance and the other group (10% of the total) will receive placebo. This will be done in such a manner that neither the provers nor the researchers will know who is in which group; and none of the provers will know what the proving substance is.

Provers will first need to record their 'normal' symptoms for one week to establish a baseline of health. You will then be required to take the given substance (or placebo) three times a day for a total of two days. During this time you may experience symptoms which you will be required to record in your proving journal. During the entire proving time the researchers will be in close contact

with you to monitor your symptoms. This will be done under the supervision of the Research Supervisor.

If you choose to take part in the proving you will be provided with a detailed list of instructions as to exactly what the proving entails. Here follows the basic sequence of events:

1. You will contact either of the researchers to say that you would like to participate in the proving and will be asked to meet with the researcher for a pre-proving interview
 2. At the pre-proving interview you will be asked to complete the Inclusion criteria sheet and provided with any information you require about the process. You will be given a date for a pre-proving group meeting
-
1. The pre-proving group meeting will be held between all of the provers and both the researchers. This will serve as an informative session where any questions about the proving will be answered and you will be given a complete break down as to what the proving entails
 2. At the end of this group meeting you will be asked to arrange a time with a researcher for a 1 ½ hour consultation and physical examination. You will then be asked to sign the informed consent form
 3. At the consultation you will be given a prover code, journal, medication and a starting date will be agreed on
 4. On completion of the proving there will be another 1 ½ hour consultation with a researcher
 5. Once all provers have completed the proving there will be another group meeting between provers and researchers to compare individual experiences

If at any point you decide to withdraw from the proving you are perfectly entitled to do so without having to give any explanation. You may be asked to withdraw from the proving if there is any conflict with the criteria listed above, as these are criteria that have been set to define the study.

Please be aware that confidentiality will be maintained throughout the proving. On completion of the any identifiable data will be removed and destroyed. Proving symptoms that are recorded will only be published using the prover code.

Contact details:

If you have any questions, require information or would like to participate in the proving please contact one of the following people:

Name	Home telephone	Cellular telephone	Office/ work	Homeopathic clinic
Dr. Ingrid Couchman	-	-	(031)373 2482	(031)373 2041
Natasha Wallace	(031)767 2895	083 254 8665	(031)201 8769	-
Tamara Rabinowitz	-	083 388 8700	-	-

APPENDIX C:

Instructions to Provers:

Dear Prover

Thank you so much for participating in this proving. Not only am I sure that this will be an exciting experience, but it will benefit you in many ways. Please follow the following instructions carefully.

Before the Proving:

Ensure that you have:

- Been given a journal
- Been allocated an unique prover code
- Been given a set of six powders
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Completed and signed informed consent form
- Attended the pre-proving meeting

Your proving supervisor (Natasha Wallace or Tamara Rabinowitz) will contact you with the date that you are 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 supervisor to contact you.

Should there be any problems or anything that you do not fully understand, please do not hesitate to call your supervisor.

Beginning the Proving:

After having been contacted by the supervisor and asked to commence the proving, record your symptoms daily in the diary for the week prior to taking the remedy. This will help you to get into the habit of observing and recording your symptoms, as well as bringing you into contact with your normal state. This is an important step as it establishes a baseline for you as an individual prover.

Taking the remedy:

Begin taking the remedy on the day you and your supervisor have agreed upon. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken 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, or,
2. **Any change or intensification of any existing symptom**, or,
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 phone your supervisor. Be on the safe side and do not take further doses. **Our experience has shown again and again that the proving symptoms usually begin very subtly, often before the prover recognizes that the remedy has begun to act.**

Lifestyle during the Proving

Avoid all **antidoting factors** such as **coffee, camphor** 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 remedy by storing it in a cool, dark place, away from **strong smelling substances, chemicals, electrical equipment** and **cell phones**. A successful proving depends on your recognizing and respecting the need for moderation in the following areas: work, alcohol, exercise and diet. Try to remain within your usual framework and maintain your usual habits.

Avoid taking **medication** of any sort, especially antibiotics, vitamin or mineral supplements, herbal or homeopathic 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.

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. Only your supervisor will know your identity and all information will be treated in the strictest confidence. Your identity will not be revealed at any part of the study. On completion of the proving all identifiable information will be removed and destroyed.

Contact with your Supervisor

Your supervisor will telephone you to inform you to begin your 1-week observation period and then daily from the day that you begin to take the remedy. This will later decrease to 2 or 3 times a week and then to once a week, as soon as you and the supervisor agree that there is no longer a need for such close contact. This will serve to check on your progress, ensure that you are recording the best quality symptoms possible and to judge when you need to cease taking the remedy.

If you have any doubt or questions during the proving, please do not hesitate to call your supervisor.

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. Try to keep the diary with you at all times. 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, lancinating, throbbing, shooting, stitching, etc.

Modality: A modality describes how a symptom is affected by different situations/stimuli. Better (>), or worse (<) from weather, food, odors, 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 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 in you.

Aetiology: Did anything seem to cause or set off the symptom and does it do this repeatedly?

Concomitants: Do any symptoms appear together or always seem to accompany each other or do some symptoms seem to alternate with each other?

On a daily basis you should run through the following checklist to ensure that you have observed and recorded all your symptoms:

Mind	Stomach	Cough
Vertigo	Abdomen	Expectoration
Head	Rectum	Chest
Eyes	Stool	Back
Vision	Bladder	Extremities
Ears	Kidneys	Sleep
Hearing	Prostate	Dreams
Nose	Urethra	Chill
Face	Urine	Fever
Mouth	Male genitalia/sex	Perspiration
Teeth	Female genitalia/sex	Skin
Throat	Larynx	Generals
External throat	Respiration	

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.

Please remember to use red ink for these notations and classify your symptoms accurately. If you have doubts, discuss them with your supervisor.

Please remember that detailed observation and concise, legible recording is crucial to the proving.

*** Please give full descriptions of dreams, and in particular not the general feeling or impression the dream left you with.**

You may also wish to note the phase of the moon if you have symptoms that are affected by it.

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.

Thank you for participating in this proving. We are sure you will find there is no better way of understanding and advancing homeopathy.

Kind regards

Natasha Wallace and Tamara Rabinowitz

This appendix has been extracted and freely adapted from Jeremy Sherr – The Dynamics and Methodology of Provings

APPENDIX D:

INFORMED CONSENT FORM:

(To be completed in duplicate by prover)

TITLE OF THE RESEARCH PROJECT:

A homeopathic drug proving with a subsequent comparison to the materia medica of its constituent minerals.

NAME OF RESEARCH STUDENTS:

Natasha Wallace, Tamara Rabinowitz

DATE:

PLEASE CIRCLE THE APPROPRIATE ANSWER:

1. Have you read the research information sheet?
2. Have you had the opportunity to ask questions regarding this proving?
3. Have you received satisfactory answers to your questions?
4. Have you had an opportunity to discuss this proving?
5. Who have you spoken to? _____
6. Have you received enough information about this proving?
7. Do you fully understand the implication of your involvement in this proving?
8. Do you understand that you are free to withdraw from this proving...
 - At any time?
 - Without having to give a reason for withdrawing?
 - Without affecting your future healthcare?
9. Do you agree to voluntarily participate in this proving?
10. Do you agree not to discuss any of the particulars of your treatment with any other study participants

I, _____
Agree to participate in the proving outlined in Appendix B, and acknowledge that I have read and that I understand the instructions in Appendix B regarding the proving.

Prover: _____ Signature: _____

Witness: _____ Signature: _____

Researcher: _____ Signature: _____

Date: _____

Name	Home Phone no.	Cellular no.	Homeopathic Clinic
Dr. Ingrid Couchman	-	-	031 373 2401
Natasha Wallace	031 767 2895	083 254 8665	031 373 2041
Tamara Rabinowitz	031 332 0754	083 388 8700	031 373 2041

If you have answered “NO” to any of the above Questions, please obtain the information before signing below.

The appendix has been adapted from Webster, H. 2002. A Homeopathic Drug Proving of Sutherlandia Frutescens. M. Tech. Hom. Dissertation, Durban University of Technology.

APPENDIX E:

CASE HISTORY SHEET

This appendix has been adapted from Webster, H. 2002. A Homeopathic Drug Proving of Sutherlandia Frutescens. M. Tech. Hom. Dissertation, Durban University of Technology.

Prover code:

Name:.....

Sex:.....

Date of birth:.....

Age:.....

Marital Status:.....

Children:.....

Occupation:.....

Past medical history:

Please list previous health problems and the approximate dates:

Do you have a history of any of the following?

Cancer		Asthma	
HIV		Pneumonia/Chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Tendency to Suppuration and Boils	
Bleeding Disorders		Edema/Swelling	
Eczema/Skin condition		Smoking	
Warts		Hemorrhoids	
Arthritic/ Rheumatic conditions		Cardiovascular disease	

Previous Surgical History:

Please list any past surgery and the approximate dates:
(moles, adenoids, warts, appendices etc.)

Allergies:

Vaccinations:

Any bad reaction?

No reaction?

Any medication that you are taking:

(Including any vitamin and mineral supplements)

Estimate your daily consumption of:

Alcohol:

Cigarettes:

Recreational Drugs:

Family History:

In your family , is there any history of ...

Cardiovascular Disease	
Cerebrovascular Disease (stroke)	
Diabetes Mellitus	
Tuberculosis	
Mental Disease	
Cancer	
Epilepsy	
Bleeding Disorders	
Arthritic/Rheumatic conditions	

Please list any other medical conditions within your family:

General Health:**Energy:**

Describe your energy levels on a scale from 1-10, where 1 is the lowest and 10 the highest.

Stress:

Describe your stress levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

Sleep:

Quantity:

Quality:

Position:

Dreams:

Include any recurrent dreams and themes; and any significance related to life situations at the time of the dream.

Time modalities:**Weather modalities:****Perspiration:**

Distribution:

Odour:

Colour:

Appetite:

Hunger:

Cravings:

Aversions:

Aggravations:

Thirst:

What do you normally drink?

Quantity

How do you drink (small/large sips?)

Travel:**Specific Body Systems:**

Symptoms from each system will be concentrated on more than pathologies – these headings are just guidelines for the researchers.

Head:

Scalp, hair

Headache

Trauma, whiplash

Concomitants

Modalities

Neurological:

Seizures

Weakness/ palsy

Sensations

Concomitants

Modalities

Eyes:

Pain

Inflammation

Discoloration

Vision

Concomitants

Modalities

Ears:

Otitis

Balance/ Vertigo

Tinnitus

Hearing

Concomitants

Modalities

Nose and sinuses:

Allergic Rhinitis

Coryza

Sneezing

Sinusitis

Post-nasal drip

Concomitants

Modalities

Mouth, tongue and teeth:

Throat:

Sore throats

Hoarseness

Tonsils – In or Out

Concomitants

Modalities

Respiratory system:

Chest

Cough

Sputum

Asthma

SOB

Bronchitis

Pneumonia

Concomitants

Modalities

Cardiovascular system:

Hyper/ hypotension

Pain/ discomfort (chest)

Palpitations

Syncope

Oedema

Phlebitis, varices, telangiectasias, anaemia, easy bruising

Concomitants

Modalities

Digestive system (stomach, abdomen, rectum and anus):

Nausea / Vomiting

Indigestion / heartburn

Hernia

Ulcers

Abdominal Pain

Bloating

Bowel movements

Constipation

Flatulence

Any organs particularly affected (liver, pancreas, gall bladder)

Haemorrhoids

Any GI surgery

Concomitants

Modalities

Urinary system:

Urinary output per day (quantity, color, and odor)

Fluid intake (what, how much, hot/cold)

Infections

Nocturia

Haematuria

Past stones

Concomitants

Modalities

Genitalia and sexuality:

Male system:

Libido

Pain

Impotence

Emissions

Prostate

Swellings

Lesions

STD's

Concomitants

Modalities

Female system:

Contraception

For how long

Past history of

Libido

Coital pain

Pain (other)

Bloating

Cysts

PMS

Menstrual cycle

- Interval
- No. of days
- Amount of flow
- Colour of blood
- Clots
- Pain
- Menarche

Menopause

Discharge

Breast pain

Check ups

PAP smear

Last gynae appointment

Pregnancy

Labour

Infections

STD's

Concomitants

Modalities

Musculoskeletal system:

Muscle pain/ stiffness

Joints

- pain
- stiffness
- inflammation

Concomitants

Modalities

Extremities:

Upper:

Lower:

Skin:

General appearance

Eruptions

Dryness

Turgor

Concomitants

Modalities

Hair and nails:

Other:

Mental:

Please describe your mental and emotional state as it is at this present time

Physical Examination:

Physical description:

Hair color:

Hair texture:

Eye color:

Frame size/ build:

Complexion:

Skin texture and type:

Vital signs:

Blood pressure: (RHS, seated)

Pulse rate:

Respiratory rate:

Temperature:

Weight (any recent change):

Height:

General examination:

Capillary refill:

Cyanosis:

Anaemia:

Jaundice:

Clubbing:

Oedema:

Lymphadenopathy:

Dehydration:

Dyspnoea:

Cursory examination:

Brief head to toe examination of all systems

- skin
- Head and neck
- Respiratory
- CVS
- Abdomen
- Extremities
 - reflexes
 - range of motion
 - muscle tone

Any relevant findings on examination:

APPENDIX F:

Homeopathy wants



**... THIS IS YOUR CHANCE TO BE A PART OF HISTORY.
TAKE PART IN OUR HOMEOPATHIC RESEARCH AND
HELP US DISCOVER A NEW REMEDY THAT COULD
BENEFIT MANKIND FOR CENTURIES**

Applicants should be between the ages of 18 and 60 years and should be in general good health.

For information please contact:

Natasha Wallace (031) 767 2895/ 083 254 8665

Tamara Rabinowitz 083 388 8700

Homeopathic Day clinic (031) 373 2041

APPENDIX G:

The CD contains the full symptom picture. It includes all the symptoms experienced by provers during the proving period as well as repertorization of these symptoms and a table and graph illustrating the total number of rubrics that appeared in the repertory sections.

4.2.3. SYMPTOMS of *Yam ha-Melach*

4.2.3.1. MIND

Irritability and frustration

Little bit irritable.
01M:07:XX:XX

Feeling really tired and irritable. 08:00 am.
02F: 05:XX:XX

Feeling really irritated. 23:00pm.
02F: 06:XX:XX

My mood is really irritable and annoyed. 12:00pm.
02F:14:XX:XX

Feeling irritated by people, probably due to being sleepy.
03M:04:XX:XX

Irritable, moody, sad, feeling a sense of loneliness – poor me. Nobody understands.
05F:04:XX:XX

Still feeling Irritable, short tempered.
05F:05:XX:XX

Think I was more irritated for a change, maybe with my surroundings or just with myself.
06M:14:XX:XX

Highly agitated and irritable. But it evens out as the day progresses.
07F:12:XX:XX

Very agitated and snappy with everybody. Feeling a bit aggressive and frustrated.
07F:13:XX:XX

Mood is highly irritable in the morning but improves toward the afternoon. Emotions are stable.
07F:19:XX:XX

Annoyed with people at work – stupid internal politics.
08M:00:XX:XX

Mood is ok, annoyed with my nose but ok otherwise.
08M:02:XX:XX

Very annoyed with one person at work who is being an ass. Just bitchy for stupid reasons.
08M:03:XX:XX

Annoyed with work, not in the mood for it. Very tired.
08M:04:XX:XX

Mood really improved, annoyed that I had to work night shift again, very tired.
08M:12:XX:XX

Tired and irritable. Have to do another night shift. Hopefully the last one in this string.
08M:13:XX:XX

Feel irritable, grumpy, just want to relax and do fun stuff.
10F:00:XX:XX

Woke up at 10am in a better mood. Was irritable and impatient, rushed on way to work.
10F:03:XX:XX

Feeling irritable, harassed, anxious > exercise.
10F:05:XX:XX

Irritable in the morning, take ages to wake up, very annoyed at people driving slowly in front of me, and overtook them like a savage.
10F:10:XX:XX

Aversion to being held close unless I want it. Irritable, impatient.
10F:13:XX:XX

Feeling annoyed at writing in the journal, feel like I have a lot of other things to do that is more important than doing this as a favor to a friend. Concerned about patient numbers for the first time this whole year.
10F:15:XX:XX

Impatient, can't stand to be contradicted. Can't be stopped doing what I want to, else I get anxious, get palpitations and react by lashing out.
10F:19:XX:XX

Irritable, very sleepy, worried and anxious about trifles, wanted to clean the whole house.
10F:20:XX:XX

Very tired, need a break from work. Getting annoyed with people easily and making mistakes at work.
08M:07:XX:XX

Went out with my friend, for her birthday to a club, felt like it at first but when I got there suddenly developed claustrophobia and felt angry.
07F:05:XX:XX

During a class presentation started getting really irritated for no reason, people talking.

10:30.

18M:00:00:30

The slightest breeze irritates me.

09:20.

15F:00:01:20

Getting really irritated, a patient cancelled, feeling irate, can't seem to think straight.

11:45.

18M:00:01:45

Very irritated with everyone, to the point of wanting to scream.

11:00.

17F:00:03:30

Got a new patient but didn't give a shit. He kept moaning, I felt it was overboard, I was ready to smack him. I told him that I can't help him and he needs to leave.

14:00.

18M:00:04:00

Getting pissed off about what I don't know.

16:30.

18M:00:06:30

Waiting is irritating me.

12:05.

18M:01:02:XX

Was very irritated but after ranting and raving with my digs mate I'm feeling better and have the feeling of a good study session coming on.

18:48.

18M:01:08:XX

Irate because I was woken up by a phone call.

09:10

18M:01:23:XX

Got really annoyed with my patient. The language and culture barrier was really driving me mad.

13:30.

18M:02:XX:XX

My boyfriend said that I was grumpy today, I have been very snappy, it is like I have PMS.

23:00.

20F:02:XX:XX

Lecturer is really irritating me, it's all such bullshit.

09:10.

18M:03:XX:XX

Wow I am irritable, lecturer is really pissing me off.

10:30.

18M:03:XX:XX

My blood is boiling and I just cannot shake it!!!! Really angry.

11:00.

18M:03:XX:XX

Anger > eating.

12:05.

18M:03:XX:XX

Getting highly irritated again, feel like smashing someone's head in.

13:30.

18M:03:XX:XX

Feeling very frustrated with my dad for not phoning.

16:00.

17F:03:XX:XX

Just want to sit around and do nothing, no thinking involved, everything and I mean everything is becoming an intense effort. This is pissing me off, I feel like I am going to burst if I don't let some of the anger out.

17:05.

18M:03:XX:XX

So frustrated with lecturers, find myself swearing, so irritated.

17F:04:XX:XX

I am getting super duper, ultra god damn, fucking pathetically irritated and frustrated with this situation. I feel like smashing everyone's heads in including my own. Just not able to manage anything at the moment, don't even have the strength for a wank to possibly calm me down. Even feel like ripping this book apart.

AAAAAAAAAAAAAAAAARRRRRRRRRRRGGGHHHH.

18:00.

18M:04:XX:XX

Feeling frustrated, heavy and burdened.

16:00.

19F:05:XX:XX

Getting really irritated with myself again.

21:00.

18M:05:XX:XX

Feeling very irritable and emotional.

23:30.

20F:05:XX:XX

Feeling very irritable and short tempered resisting the urge to just snap at everyone.

09:00.

17F:06:XX:XX

So agitated and irritated with mom because she is sick and expects me to know what to do.

11:00.

17F:06:XX:XX

Feeling really grumpy.

11:00.

20F:06:XX:XX

Very irritable today.

14:00.

16F:06:XX:XX

Ooooooooooooooh am very irate, feels like the walls are closing in on me. My ears are ringing, my face hurts, my chest hurts.

19:21.

18M:06:XX:XX

Feeling really crabby, going home cause I can't handle people just talking.

10:00.

17F:07:XX:XX

Had breakfast with my gran and found myself getting really irritated by little things like leaving the fridge open for too long.

13:00.

18M:07:XX:XX

Just shouted at my parents for bickering over petty stuff, they must just get the fuck over it.

18:00.

18M:07:XX:XX

Increasingly irritable having to listen to mom's symptoms.

20:30.

17F:07:XX:XX

Irritable with lady in front of me at the movies. Wanted to rip her head off. Then the girl next to me for slurping, then the guy who pushed in front of us.

21:00.

12F:07:XX:XX

Extreme irritability. Wanna KILL.
12F:08:XX:XX

Got really upset and frustrated with my dad today because he wouldn't go see a dr.
I've got a knot in my chest and can't stop crying.
11:00.
16F:09:XX:XX

Getting very very irate.
15:40.
18M:09:XX:XX

Trying to watch news but my parents are pissing me off, what is going on, I love them, but am just feeling so frustrated.
19:00.
18M:09:XX:XX

Wasn't in a very good mood today, was very irritable. I was very snappy and people got on my nerves very easily.
19:45.
20F:10:XX:XX

Feeling impatient with people.
13:30.
17F:14:XX:XX

Loneliness and isolation

I feel isolated with where I am in my stage of life.
03M:10:XX:XX

Irritable, moody, sad, feeling a sense of loneliness – poor me. Nobody understands.
05F:04:XX:XX

Feeling very alone.
05F:06:XX:XX

Still feeling very alone.
05F:06:XX:XX

Cried and very sad. Sad and angry. Can't stop thinking about my cat. Withdrawn; alone.
05F:07:XX:XX

Sad, angry and alone. Only got to bed late because I was up all night thinking about my cat.
05F:08:XX:XX

I just wanted to be alone.

17:30

18M:00:07:30

Started feeling really emotional again, feel like I'm coming down from a bad trip, just depressed and alone.

10:00

18M:01:00:00

I feel very quiet and withdrawn, just want to be alone.

13:00.

13M:01:04:20

Don't want to speak to anyone, feeling sad and lonely and tired.

16:30.

19F:02:XX:XX

Hiding in my room, "go away and LEAVE ME ALONE".

17:00.

19F:02:XX:XX

Feeling very lonely, need to get out of this house.

18:00.

12F:03:XX:XX

Feeling quite sorry for myself, quite needy for affection.

18:30.

14F:03:XX:XX

Feeling sad and lonely.

22:00.

19F:04:XX:XX

Felt pangs of loneliness that came over me like waves even though I wasn't alone.

17:00.

17F:05:XX:XX

Depression and hopelessness

Feeling strangely depressed for no reason. Feels like a dark blanket has settled upon me. I feel hopeless like there is no light left in the world. 10:00 am.

02F 02:51:XX

I felt a bit down today, questioning people's deeds and motives and general attitude.

03M:10:XX:XX

If I don't get a good sleep I feel doom and gloom.

05F:03:XX:XX

Was from time to time a bit off beat, maybe a bit down towards 11pm.
06M:01:36:XX

Evening: mood is very low but difficulty crying. Feelings of failure, incompetence, rejection and hopelessness.
07F:02:XX:XX

Still dealing with my feelings of sadness quietly, but I spend most of my day thinking about it, which is proving to be very distracting.
07F:09:XX:XX

Extremely emotional in the evening, feeling hopeless but after a good cry, I feel a lot better and life seems good again.
07F:20:XX:XX

A bit down in the morning.
09M:00:XX:XX

Feeling down.
09M:06:XX:XX

Good mood in the morning but it deteriorates as the day carries on. Feelings of hopelessness, easily upset, can cry at any moment for any situation.
07F:01:24:XX

Feeling a bit down, but hopeful, not really doing the emotion thing today, it's too likely that I'll burst and let the crap that I've been bottling up come out and very likely scare my friends in the process. Cruising, getting very good at faking the fact that I'm actually crying inside. But at least everyone around me is content and not noticing anything. Feeling a strange need to be around people.
07F:08:XX:XX

Feeling a little depressed, feeling blue.
16:00.
12F:00:05:30

Feeling of poor me, mood is low.
05:30.
19F:00:16:00

Hopeless feeling. I don't feel I can cure the situation. Whatever it is.
08:00.
19F:00:18:30

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything restless and irritated.
11:00.
19F:00:21:30

Started feeling really emotional again, feel like I'm coming down from a bad trip, just depressed and alone.

10:00.

18M:01:00:XX

Feeling very depressed, like I'm all alone in the world and no one can understand my plight, just want to sleep.

18:00.

12F:01:07:XX

Feeling very sorry for myself.

21:40.

17F:02:XX:XX

I have no interest in this day. Feel like I am spiraling fast into a deep sea of depression.

09:30.

19F:03:XX:XX

I feel awful, black clouds, just want to run away.

17:00.

19F:04:XX:XX

I find myself with thoughts of ending it all. Just plotting the ways.

17:30.

19F:04:XX:XX

I just feel like I'm in a hopeless situation and I just can't fix it. No one understands.

21:00.

12F:04:XX:XX

This may sound cynical, but perhaps death would have been easier than dealing with this shit life.

14:30.

18M:05:XX:XX

Fuck I feel pathetic.

22:40.

18M:07:XX:XX

Suicidal thought are getting me bad.

23:30.

18M:09:XX:XX

I feel pathetically helpless, I just want to feel normal.

13:35.

18M:10:XX:XX

Emotionally overwhelmed and crying

Very depressed, cry all the time but mostly controlled crying, not ugly crying like the day before. Still feeling overwhelmed with difficulty concentrating.

07F:01:30:XX

Emotions are relatively stable till a friend says something silly to upset me then everything spills out again. Cry uncontrollably again for about 40 minutes then managed to pick myself up and carry on. But can't shake the feeling of sadness all day.

07F:10:XX:XX

As the morning progresses, my mood lifts and I feel quite excited. Overly emotional still though, saw my sister and cried once again uncontrollably. This is so unlike me it's starting to get irritating.

07:11:XX:XX

Feeling good, positive and gladly unemotional for most of the morning, then my family had to go back home. I'm reverting back to feeling depressed and in the evening I feel terribly down and then start crying again. Seriously, this has got to stop!

07F:14:XX:XX

Felt very overwhelmed, everyone expects emotional support from me and I feel like I have no more to give. I gave to all my friends, my patients, and my family and feel overwhelmed. I feel like I'm just one person.

10F:01:XX:XX

Moody, feel overwhelmed like a kid lost in a shopping mall away from parents, everything around me moves so fast and I just want to curl into a ball or start wailing till someone nice helps me find my parents.

10F:05:XX:XX

Very concerned about friends, stressed about work, want to work hard, study and get good marks but decreased concentration. Feel overwhelmed, too much I need to do.

10F:18:XX:XX

Had an emotional feeling about being privileged in life. Overwhelmed. 17:30.

03M:02:56:XX

Watched a sad movie and balled my eyes out.

05F:03:XX:XX

Very sad day. Found my cat dead on the side of the road. Seeing my daughter crying was even more heartbreaking. Trying to understand why but also know there must be a reason why he had to leave.

Cried.

05F:06:XX:XX

Bly 1:30 pm I was crying uncontrollably. A small incident made me feel overwhelmed and I felt like I couldn't cope. I became dizzy and lost control of my emotions. Felt emotional the rest of the afternoon but managed to keep it together.
07F:00:06:30

Want to go out and relax, tired of work, study, and feels like it is too much even though it's not.
10F:16:XX:XX

Feeling really emotional, crying for all sorts of things that usually wouldn't affect me.
16:00.
16F:00:06:15

Feeling quite tearful.
14:30.
14F:00:06:30

Felt really emotional, went and had some wine and cried for 6 hours, just wanted to be alone.
17:30.
18M:00:07:30

Very teary today, I have cried 3 times for things I wouldn't usually get upset about. Cried after getting a test back and after watching Oprah, episode about starving kids.
16:00.
14F:02:07:30

Feeling so emotional like my heart is being ripped out and stomped on.
18:00.
18M:02:08:00

Feeling emotional.
21:00.
12F:02:10:30

Feel completely emotionally drained, couldn't wait for the day to end. Built up throughout the day and eventually just felt like I needed to sit down and have a good cry and be alone.
22:00.
14F:02:13:30

Just walked into spar and started crying. Crying for little things.
12:00.
18M:03:02:00

Feel like having a good cry, feeling tender.
12:30.
19F:02:23:00

Feel vulnerable, weak and miserable. Can feel the tears coming.

14:30.

19F:04:01:30

Feeling very emotional again, just gets worse as the day goes on.

19:00.

14F:04:10:30

Feeling frustrated and alone. Just want to cry, I'm crying pulling at my hair and rocking back and forth. I just feel like I'm in a hopeless situation and I just can't fix it. No one understands.

21:00.

12F:04:10:30

Got very tearful about a patient we saw on our hospital rounds.

20:00.

14F:04:11:30

Still feeling very emotional and on edge.

14F:05:XX:XX

Feeling very emotional and tearful.

14F:06:XX:XX

Was very emotional because I heard my ex boyfriend was lonely. It upset me to the point of crying. I don't want him to be unhappy.

11:45.

15F:08:XX:XX

Feel sad, weepy and overwhelmed.

19F:12:XX:XX

I just feel like crying.

18M:16:XX:XX

I feel like I want to cry all the time.

18M:20:XX:XX

Need affection, missing friends

Feel an intense need to receive affection – became needy and clingy.

07F:00:6:30

Feeling a strange need to be around people.

07F:08:XX:XX

Feeling a bit tired from work and missing my friends.
08M:01:XX:XX

Feeling good, a bit clingy – just want to hold my partner.
08M:19:XX:XX

It's my birthday and people are being stupid and lazy. Very annoying. Missing my friends from Pretoria.
08M:20:XX:XX

Discrimination and lack of faith in people

I was watching the Jewish fathers come to pick up their children and I suddenly got this feeling of anger towards them. I realized that they were irritating me because they are weak. "I hate weakness" I thought to myself.
12:00.
15F:01:04:XX

Today at gym I was leaving to go home and two Jewish men came out of the synagogue. I got so angry and immediately thought of them as being weak. Very unusual for me to react that way.
12:00.
15F:01:04:XX

Feel like I have no faith in humanity, they are stupid and cruel.
22:00.
19F:02:XX:XX

I felt a bit down today, questioning people's deeds and motives and general attitude.
03M:10:XX:XX

Mood swings

Felt a bit down, but in the afternoon had a sudden flip in mood where I felt silly and happy.
03M:11:XX:XX

I have contradicting feelings today: I feel confident and good about myself yet I feel like the most terrible person to have ever walked the planet. Not sure what to make of it. So I go back to cruise-and-don't think about it mode.
07F:06:XX:XX

Mood swings up and down, very erratic.
09:30.
19F:00:08:30

Euphoria , now exhaustion, when will the rollercoaster end?

21:56.

18M:01:11:XX

Very moody, no confidence.

22:00.

12F:08:XX:XX

My mind seems to be getting back on track. The problem is my ability to trust this state of stability. Why do I not relish in the state of normality. Have I just become too used to the manic swings of moods my mind is currently going through?

23:00.

18M:11:XX:XX

Oversensitive

Feel quite over sensitive and edgy.

14:15.

14F:00:05:45

Feeling really edgy, I know I'm being over-sensitive but I can't help it.

14F:02:XX:XX

Self actualization

It feels like I have a lot on my mind, and I am taking time out to think about it.

13:00.

13M:01:05:XX

Sudden feeling that I really need to re-evaluate my life. I need to take a step back and sort out my true desires and needs, my true dreams, my true talents and how I can use them to my best ability to benefit both me and those around me. I feel like I am going to burst if I do not do so in earnest, soon. If I don't do this seriously and make pro-active, not reactive choices, I will continue to waste away on the inside. I may as well then take my own life, cause fuck, it feels like I'm wasting it right now. I have things to offer the world. I can achieve great things. I need to find out what is stopping me from going out and doing what I want. Is it fear of failure? Is it fear of humiliation? Fear of disappointment, mostly of myself? And again, why do I place what people think and say about me so high up on my concerns list. THIS IS ME! Fuck I wish I could live it. To be free and respected is what I desire. To be knowledgeable and have the ability to practically endorse it.

May the universe guide me to accept and achieve its offerings.

13:20.

18M:10:XX:XX

Open and a lot of thoughts and ideas going through my head, including relationship, future plans and finances.

06M:09:XX:XX

WHAT I WANT

I want to dance, play guitar, I want to love completely, I want to share this, infuse it into society, and people can heal with only love. I want to teach them this, I want to start a meditation circle for peace in the Middle East, I want to stop being afraid of my own destiny, I want to be ambitious and not lazy. I want to believe in myself as I did as a child when there was no doubt to greatness. Anything can be achieved, anything, just do it. Stop pondering and hoping it will somehow materialize. Just get up and make it happen. If you believe it will come to you.

I believe.

How to get there. I need to finish my degree.

I want to do midwifery at some stage and just feel that if I don't do it now then I won't have another opportunity to take a year or two off.

I want to just go, start a new, start me, be me, be who I want to, be my best friend and be that to the world. Where is that taking me, where do I go? I need to lift my energy, free my spirit, embrace my soul, paint, release, learn to embrace. Utilize all my opportunities. So many missed, so many scared they may suffer the same fate. Don't regret what you haven't seized but don't continue the trend. Take control, it's time to be all you are. Don't be afraid of the glory of it.

I want to be successful, I want to just love and be happy. I want to spoil and have the means to do so. I want to embrace my world, my life. I want to celebrate it.

I need to take a time out every day. I seem to be better in the mornings and so I must wake early and spend a quiet hour with myself and connect with my higher self to find direction and peace. Connect with the wisdom of the universe, learn to embrace our power and infuse the world with its divinity. Follow my path, find my path, and find a direction at least...

I will be so kind to everyone, they are feeling as insecure as I am, why should I wait for them to greet me. Always be kind. You don't know the background. People first recognize what they know, something from childhood, take head of that.

Physically, I want to bring my body to its optimum, I want to express myself through it, I want to be fit, supple, strong and agile.

I am moving next year and thus have the rest of this year to get myself to where I want to be physically mentally emotionally...

I will go to the gym every day. I will run 3 times a week at least and follow the running program. Get to running 10km before I get to wherever I am going. I will have flat over stretch splits and my back will be more supple than it has ever been. I will find contemporary dance classes and will be good. Phone Gregg his girlfriend might help... I will lose a little more off my bum and thighs...

I want a man who I adore and who adores me. We must bring out the best in each other. We must want to spend every minute together because we love the same things and no one can understand it like we can. We understand and respect each other through everything. We love to be with each other. My best friend.

Just a humble shy nerdy guy, mine, with no doubt, who likes to dance and will sing for me and we don't mind making fools of ourselves in front of each other because we love each other's fool. I don't have to constantly try and be the perfect girl for him because I just am.

A pure childlike love and trust never to be challenged. Complete understanding. Slightly alternative... likes rock and emo people but with ambition and security. Likes arty movies and theater. Can just stay home all day and both love it.

I want to always learn from him and him from me.

Sweet soft tender love
15F 10:XX:XX

Anxiety

Feeling irritable, harassed, anxious > exercise.
10F:05:XX:XX

Impatient, can't stand to be contradicted. Can't be stopped doing what I want to, else I get anxious, get palpitations and react by lashing out.
10F:19:XX:XX

Irritable, very sleepy, worried and anxious about trifles, wanted to clean the whole house.
10F:20:XX:XX

Feeling really anxious. Its physical, an uneasy feeling in my stomach.
16:00.
12F:00:05:30

Feeling really excited and anxious, not sure why. Butterflies in my stomach.
20:30.
13M:00:12:50

Starting to feel very worried in my epigastrium building up to my TMJ. Like the uneasy energy is accumulating there.
20:35.
18M:01:10:35

Feels like food calms me down.
12:55.
18M:03:XX:XX

Feel very nervous not only mentally but physically. Too much unstable energy building up in my solar plexus then moves up and culminates in my cheek bones which makes me feel like I want to cry and in my TMJ like I am blushing

uncontrollably. It is almost unbearable and I have to look away. I blush for others embarrassment. It hurts.

17:00.

12F:03:XX:XX

Woke up feeling very anxious, had a knot in my stomach.

07:35.

15F:04:XX:XX

Feeling very anxious, butterflies return to my tummy. Am I good enough, do I know enough?

15:00.

17F:04:XX:XX

Feeling really anxious, as if there is pent up energy building up in my solar plexus toward my jaw making it clench and behind my eyes to the outer corners of my eyes causing me to want to cry.

15:00.

18M:04:XX:XX

I had an anxious feeling when I got home from work. Thinking about all the things I needed to do but hadn't.

16:30.

15F:04:XX:XX

Feeling anxious.

17F:04:XX:XX

Feeling very anxious and uncertain about the future.

22:00.

13M:06:XX:XX

Feeling anxious. Have butterflies in my solar plexus, tension in my jaws.

11:30.

17F:07:XX:XX

Paranoia

Tried to get to sleep but I kept hearing noises and I was paranoid.

22:00.

16F:05:XX:XX

I am scared that I have a terminal illness. Feels like the oxygen is just not getting into my blood or is not being carried due to a blockage. I would imagine chemotherapy or radiation therapy feeling like this. I don't know why. I just want to lie down and close my eyes but I'm scared that if I do I won't wake up.

10:15.

15F:07:XX:XX

Got scared after a coughing fit that left a great pain in my heart, that I was having a heart attack.

18:45.

15F:07:XX:XX

I walked around my house because I got paranoid that someone was inside.

03:00.

15F:08:XX:XX

Still dark stools, worried it might be something terminal, going to see dr. again.

10:00.

18M:10:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.

13:35.

18M:10:XX:XX

My ears are ringing quite badly, should I be worried?

23:00.

18M:11:XX:XX

Worried about family, friends

Worried about the health of my parents.

10F:04:XX:XX

Happy, but still worried about my parents.

10F:05:XX:XX

Worried about friends, family, patients – very acutely – was in tears about one of my friends problems. Really want to help, feel helpless, annoyed that I can't do anything to help – also annoyed cause they are not doing anything about their situation and don't listen to me.

10F:14:XX:XX

Manic phase

Felt a bit down, but in the afternoon had a sudden flip in mood where I felt silly and happy.

03M:11:XX:XX

Became very emotional and angry in the afternoon and said some regrettable things yet no feelings of guilt, strange, I thrive on guilt. Feeling strangely empowered and good about myself.

07F:20:XX:XX

Full of energy and very confident.

17:00.

13M:01:09:XX

Feeling of confidence, like I have a great self belief and my self esteem is very high. I can achieve anything, like I have some sort of superhuman power.

19:00.

13M:01:11:XX

Jumped up and down my room doing ballet, feeling happier now.

21:10.

18M:01:11:XX

Feeling very confident in myself and my diagnosis.

13:30.

13M 02:XX:XX

So energized, so happy from teaching. It's like giving a performance. I feel so fulfilled afterwards.

12:30.

18M:04:XX:XX

Feeling quietly confident about a competition tomorrow.

14:00.

13M:04:XX:XX

Feeling very bubbly and happy with life, pulled pants up to under breasts and ran around like a crazy person laughing and shouting.

23:00.

12F:05:XX:XX

Named breasts Heidi and Helga.

23:00.

12F:05:XX:XX

Feel revitalized and energized. I can attack anything that today brings.

07:00.

12F:07:XX:XX

Very crazy mood. Singing weird songs at the top of my voice in the common room. Everyone thinks I'm crazy.

10:00.

12F:08:XX:XX

Feeling very confident treating patients

11:00.

13M:09:XX:XX

Rebellion and spontaneity

Been very spontaneous.

23:00.

15F:01:15:XX

Really want to get a tattoo. The thought has briefly crossed my mind before, but now I really want it. Going to hold off till after proving. I think it's the remedy.

20:00.

12F:06:XX:XX

I had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.

10:00

12F:09:XX:XX

Escapism

Got a strange feeling of needing freedom, I act out in uncharacteristic ways.

07F:19:XX:XX

I feel trapped and NEED to get away.

09:30.

19F:03:XX:XX

Feeling like I have to break out of this house aaarrrrrrrrrrghhhhh.

12F:11:XX:XX

False front

It feels like I am putting on a mosaic front for everyone. This irritated me more.

00:30.

18M:03:XX:XX

Keeping up pretences and smiling for the outsiders.

07F:05:XX:XX

Cruising, getting very good at faking the fact that I'm actually crying inside. But at least everybody around me is content and not noticing anything.

07F:08:XX:XX

Happiness, Good mood

Felt in a good mood the whole day.

01M:05:XX:XX

Was in a good mood.
01M:10:XX:XX

Very good mood.
01M:14:XX:XX

Good mood.
01M:15:XX:XX

Good mood from 11am till 23:00.
01M:08:XX:XX

Woke up in a good mood.
01M:09:XX:XX
01M:16:XX:XX
01M:17:XX:XX
01M :18:XX:XX

Woke up feeling bright.
01M:12:XX:XX

Woke up bright and awake.
01M:15:XX:XX

Woke up relatively fresh.
01M:XX:XX:XX

My mood is happy.
02F:01:33:XX

I'm feeling rested and happy.
02F: 02:48:XX

I'm feeling happy.
02F:03:XX:XX

Feeling happy and positive. 07:10am.
02F:06:XX:XX

Feeling happy and calm.
02F:07:XX:XX

Feel rested, energy levels are up and mood is good.
02F:08:XX:XX

Feeling happy today. Generally feeling well.
02F:10:XX:XX

Feel well and happy.
02F:12:XX:XX

Feeling more on top of things. Talking more about how I feel. Really helps to talk.
05F:09:XX:XX

Feeling positive.
05F:10:XX:XX

Feeling great today, had a very good sleep. Feel like I can take on the day with full
fury.
06M:09:XX:XX

In the evening I felt happy, content and decisive. Life makes sense again, and I feel
like I have made the right decisions and that I have no reason to feel guilty even
though I probably should. Very sleepy in the evening – difficulty staying awake but
when awake I feel very energized and positive.
07F:03:XX:XX

Feeling happy mostly, mood mostly stable.
07F:04:XX:XX

Good mood, feeling confident, blocking out negative thoughts. Excited that my
family is coming to visit.
07F:07:XX:XX

Good mood lasting the whole day.
07F:15:XX:XX

Feeling happy, got a high libido and besides for a runny nose I feel good.
07F:20:XX:XX

Feeling happy and lighthearted today despite a stuffy head.
08M:18:XX:XX

Feeling unusually chirpy today, tapping my foot to the music.
10:00.
17F:00:02:30

Feeling really good today, in such an awesome mood. Happy and carefree.
15:15.
20F:00:05:45

Have a sensation that I am surrounded by a positive energy.
08:30.
19F:02:XX:XX

Feel so happy with my little niece and nephew, their energies make me feel so
rejuvenated, such innocence is a true breath of fresh air.
18:00.
18M:06:XX:XX

Very good mood.
18:30.
12F:07:XX:XX

In a much better mood, feeling good.
20F:08:XX:XX

Woke up feeling inspired and ready to face the day.
06:30.
13M:09:XX:XX

Feeling very bubbly.
12F:18:XX:XX

Relaxed and calm

Excited early in the morning and at the same time relaxed.
06M:11:XX:XX

Nice and relaxed, woke up a bit later than usual because of last night's party – had an awesome time, but do have a bit of work to catch up on. A bit drowsy, can still manage to do work.
06M:13:XX:XX

Very tired, emotionally exhausted but optimistic for test. Feeling a strange calmness. Mood has lifted since yesterday.
07F:02:XX:XX

Strange feelings of calm resolution. Was feeling down in the morning but at around 11 am suddenly felt better and almost excited, feeling like I want to jump up and down, which subsequently I did and then I felt ecstatically happy. Very strange as I've been feeling down in the dumps for endless weeks.
07F:03:XX:XX

Felt very relaxed and at peace all day.
17:00.
13M:00:09:20

Mind is very calm. Things that usually bug me don't now.
12:00.
15F: 01:04:XX

Mind is very calm. Happy to just go with the flow. Very unusual.
23:00.
15F:01:15:XX

Feeling incredibly relaxed.
11:00.
16F:02:XX:XX

My mind is so calm and peaceful, really enjoying just being. Nothing seems to worry me.

12:10.

15F: 02:XX:XX

I just want some peace and calm and a head that can think clearly.

23:30.

18M:03:XX:XX

Sun

Intense desire to lie on a big rock and absorb all the heat from the sun and the rock and fall asleep there like a lazy lizard.

12:55.

15F:01:04:XX

Just want to lie in the sun and fall asleep there. It is so calming.

12:15.

15F:03:XX:XX

Loving the mid day sun. it feels nutritious and rich with goodness, almost as if my being cannot live without it. It strengthens me.

13:00.

15F:04:XX:XX

Empty and neutral

Mood very good and had a pretty packed day as well. Felt a bit 'neutral' in the afternoon, happy but almost like there was nothing going on in my head. Interesting psychological moment.

06M:07:XX:XX

Neutral mood till 11am.

01M:08:XX:XX

Feeling of emptiness. Better when around friends, worse when around husband.

07F:00:7:30

Even and mild mood, no specific feelings, a bit numb. Feel strangely detached from a decision I made – like it was a head decision more than a heart decision. Then why don't I feel right about it? Don't think, just cruise. Giving myself an emotional holiday. Keeping up pretences and smiling for the outsiders.

07F:05:XX:XX

Spaced out and floating

Drowsy, phased out feeling.

03M:03:XX:XX

Feeling very spaced out, floating around.

08:24.

15F:00:00:24

Spaced out feeling very intense, feel like I'm on really strong pain killers. All drugged up.

08:45.

15F:00:00:45

Time has slowed down, in a haze.

08:45.

15F:00:00:45

Feel like I'm gliding when walking.

08:45.

15F:00:00:45

Head is floating in the clouds.

21:00.

18M:00:11:00

Feeling spacey, Really clumsy, keep dropping things, getting lost.

13:30.

19F:02:00:XX

A sense of being out of it, mind is fuzzy.

18:30.

12F:02:08:XX

Feel clumsy, keep dropping things. Really forgetful and keep losing things, feel very disorganized.

10:00.

19F:04:XX:XX

Can't shake this cloudy feeling in my head.

21:00.

18M:09:XX:XX

Drugged and trippy

Eyes are not coordinated with my mind. I will see objects but it takes time to register what it is.

<looking up, changing direction of gaze, Movement and walking.

08:45.

15F:00:00:45

Eyes are flitting between scenes, like either my mind or my eyes are too slow to coordinate. Like I'm on a hallucinogen .

10:00.

18M:01:00:XX

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything, restless and irritated.

11:00.

19F:01:01:XX

Feeling really nauseas and tripped out.

23:19.

18M:02:XX:XX

The joy of life is getting the better of me, feeling a little trippy to be honest.

12:30.

18M:04:XX:XX

Very spaced out feeling, as if drugged.

15:30.

15F: 06:XX:XX

Poor concentration and lack of motivation; procrastination

Severely down and unable to concentrate. This sucks as I need to study.

07F:00:7:30

Feeling very tired and confused and difficulty concentrating.

07F:01:24:XX

Still feeling overwhelmed with difficulty concentrating.

07F:01:30:XX

Feelings of the morning became more subdued and I feel less edgy. More in control of my feelings. Almost numb. Very tired, still difficulty concentrating but its improving.

07F:01:36:XX

Feeling exceptionally tired, like I've had the life sucked out of my brain. My head feels a bit fuzzy, like I have difficulty remembering things and concentrating – needless to say it is a bad day for me to drive.

07:10:XX:XX

Can't concentrate, daydream. Worry about ever growing list of things I have to do. Don't feel like writing in this bloody journal.

10F:11:XX:XX

Battling to concentrate. Mind wanders.
10F:12:XX:XX

Difficulty concentrating, keep losing my train of thought.
08:24.
15F:00:00:24

Unmotivated.
16:00.
12F:00:05:30

So exhausted, should be learning but just don't care. Head is floating in the clouds.
21:00.
18M:00:11:00

Head feels really stuffy and I don't want to think.
09:00.
18M:00:23:00

Don't feel like eating breakfast; just don't have the motivation to even make oats.
09:20.
18M:00:23:20

Head is feeling really cloudy around my pterion, just can't seem to focus. I don't care about learning, normally I would be shitting myself, but I just couldn't be bothered.
10:30.
18M:01:00:XX

Difficulty concentrating.
12:00.
17F:01:04:XX

Procrastination. I have a lot of work but don't want to do it.
Watch movie instead, not stressed about not working.
12:00.
17F:01:04:XX

Head still very cloudy and don't feel like studying.
17:15.
18M:01:07:XX

Serious lack of concentration and absolutely no motivation.
14F:01:08:XX

Very tired and bored.
13:00.
17F: 02:XX:XX

Difficulty concentrating.

17:00.

17F: 02:XX:XX

Don't want to work, just really want to chill.

18:00.

16F: 02:XX:XX

Tried to do some reading for test but can't concentrate, went to bed.

22:00.

17F: 02:XX:XX

Don't feel like going to music lessons, don't feel like doing anything at all.

10:30.

18M:03:XX:XX

Still can't concentrate. Procrastinating.

15:00.

17F: 03:XX:XX

Just want to sit around and do nothing, no thinking involved, everything and I mean everything is becoming an intense effort. This is pissing me off, I feel like I am going to burst if I don't let some of the anger out.

17:05.

18M:03:XX:XX

Can't kick my head into gear.

08:00.

18M:04:XX:XX

Can't concentrate, battled to keep up in Sys path today.

14:20.

16F:04:XX:XX

Feeling unmotivated and a little tired.

15:00.

16F:04:XX:XX

Trying to force yourself to concentrate but just don't care enough.

17F:04:XX:XX

Can't get into the right frame of mind to do constructive work.

14:00.

17F:05:XX:XX

Really needed to do work but was feeling really tired and went back to bed.

15:00.

16F:05:XX:XX

Was supposed to work, but instead I sat on the couch and watched TV the whole day.

19:00.

16F:05:XX:XX

Procrastination is the order of the day despite due dates rapidly approaching, not worried.

11:00.

17F:06:XX:XX

Took a 5min break from studying and just never went back.

13:00.

16F:06:XX:XX

Very little concentration in class today.

10:00.

16F:07:XX:XX

Should be doing something productive but choose to watch a movie instead.

19:30.

17F: 07:XX:XX

Don't feel like doing anything today.

19F: 09:XX:XX

Struggled to stay awake and concentrate during lectures.

13:00.

17F: 09:XX:XX

Couldn't make myself do any work today.

20:00.

16F:10:XX:XX

Really battling to stay awake.

14:00.

17F:11:XX:XX

So hard to concentrate.

13:30.

20F:12:XX:XX

Can't sit for more than 30min before having to get up and move around.

12:00.

17F:13:XX:XX

Very aware of the fact I have limited time but am working very slowly.

08:00.

17F:15:XX:XX

Really need someone to slap me and tell me to wake up to the fact that I have an enormous amount of work and pressure at the moment but I'm just messing around.

20:00.

17F:15:XX:XX

Academic work

A feeling of urgency today to start to do academic work. I have indeed been lazy this past week.

03M:13:XX:XX

The academics are heaping up, so workload and natural response is growing more focused.

03M:18:XX:XX

Indifference

I don't care about anything, can't even make up my mind about what I want to eat, I just don't care.

19:30.

18M:00:09:30

So exhausted, should be learning but just don't care. Head is floating in the clouds.

21:00.

18M:00:11:00

Head is feeling really cloudy around my pterion, just can't seem to focus. I don't care about learning, normally I would be shitting myself, but I just couldn't be bothered.

10:30.

18M:01:00:XX

Memory

My memory is much better than normal, I'm just flying through mental activities, everything is just flowing.

13:00.

13M :02:XX:XX

Short term memory loss, quite marked.

15:00.

12F: 06:XX:XX

Forgot to set alarm.

07:15.

17F: 08:XX:XX

Detached

Head ache really bad, feels like someone has put a hook into my scalp and is pulling me out of my world.

17:00.

19F: 01:03:XX

Feel detached as if not part of anything at all.

18:30.

19F: 01:05:XX

Woke up with no idea where I was, who I was and what I was doing. It was like I had been somewhere completely different... astral traveling? My feet and hands were sweating profusely, my heart is palpitating and I cannot get the thought of my family friends divorce out of my head.

09:10.

18M:02:XX:XX

Feeling really out of touch with reality again.

11:23.

18M: 02:XX:XX

Felt really detached during the funeral today, just floating.

15:30.

19F: 02:XX:XX

Not concerned about anything at all, feel like I am watching myself, but not quite.

13M:12:XX:XX

Clear mind

Open and fresh, want to take on new things. Very happy.

06M:03:XX:XX

Mind very clear today, did some exercise to clear my mind and increase vitality, felt like I had a lot of energy.

06M:08:XX:XX

Open and a lot of thoughts and ideas are going through my head – including relationship, future plans and finances.

06M:09:XX:XX

Head clear and relaxed.

06M:11:XX:XX

Head nice and clear with a couple of ideas popping up now and then – this is when I know I'm reenergized and ready for the day.

06M:15:XX:XX

Putting on weight

Feeling like I'm putting on weight, my own fault, been eating whatever I felt like, have very little control over my food cravings.

07F:07:XX:XX

Car accidents

Had an accident on my bike last night, this stupid bitch just turned in front of me, my bike is a write off. Landed in hospital. Stitches in my chin and gloved my finger. Feel like a wreck, thank god I was able to cry it out at the hospital. Don't quite think I have realized the severity of it yet. Everything hurts, my whole body feels wrecked into pieces.

18M:05:XX:XX

**Almost fell asleep behind the wheel.

01M:XX:XX:XX

Intuition

Intuition has been unbelievable. I can predict statements and events with phenomenal accuracy.

19:00.

18M:03:XX:XX

Premonition. I pictured myself in a silver/grey car, love that color. Just then my mom phoned me to tell me I can have her silver Corsa.

12:00.

12F:09:XX:XX

4.2.3.2. VERTIGO

Woke up tired, nauseous and dizzy.

01M:07:XX:XX

Slight dizziness and slight nasal congestion.

01M:19:XX:XX

Had prominent sinus congestion and clear nasal discharge, associated dizziness throughout the day.

01M:20:XX:XX

I became dizzy.

07F:00:01:30

I bit dizzy.
09M:01:XX:XX

I just coughed to clear my throat and it felt like my brain moved
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly
blurry.
14:26.
15F: 05:XX:XX

I had a little dizzy spell driving home from breakfast. My cheeks were numb and
tingling as if I hadn't gotten enough oxygen. I needed to take deep breaths.
11:14.
15F: 06:XX:XX

I suddenly feel very weird! My body is weak, I am shaking and dizzy. My cheeks are
tingling as if I haven't got enough oxygen to that area. My brain is confused and I am
mixing up words e.g. "I don't have enough brain in my oxygen" I am scared that I
have a terminal illness. Feels like the oxygen is just not getting into my blood or is
not being carried due to a blockage. I would imagine chemotherapy or radiation
therapy feeling like this I don't know why. I just want to lie down and close my eyes
but I'm scared that if I do I won't wake up.
10:15.
15F: 07:XX:XX

4.2.3.3. HEAD

Pain

Was headache around 11 due to post nasal drip.
08M:06:XX:XX

Crap headache still there.
10F:10:XX:XX

Headache as before.
10F:11:XX:XX

Return of headache with 3rd powder.
Subsided in 10min.
20:00.
17F: 00:12:30

Head ache really bad, feels like someone has put a hook into my scalp and is pulling
me out of my world.
17:00.
19F: 01:03:XX

Same headache develops.
08:30.
17F: 02:XX:XX

Sensations

Dull aching

Developed a headache around 10 O'clock - got worse toward the afternoon, gone by evening. Located behind eyes, mainly on the left side. Throbbing and dull in nature.
07F:07:XX:XX

My head feels thick and I'm starting to develop a headache. Headache is dull, feels like I'm congested almost like a sinus headache. Aching. Radiating from behind my eyes to my anterior neck. Woke up with a headache.
07F:16:XX:XX

Bad headache upon waking, head feels congested and stuffy. Headache dull and throbbing, especially between my eyes, radiating down to my neck.
07F:18:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.
07F:19:XX:XX

Have a headache probably from post nasal drip. It is centered just above and to the sides of my eyes. It is a dull pain.
08M:02:XX:XX

Dull fronto-temporal headache.
< heat, >cold, cold drinks.
<hurry, irritability.
10F:03:XX:XX

Dull headache still around, <coffee.
10F:04:XX:XX

Headache fronto-temporal, very bad especially at 8.
< exercise, < leaning back.
Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.
10F:08:XX:XX

Headache mostly gone today except every now and then I feel the dull ache over the temples like it's being clamped together, a dull onward pressure.
10F:09:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.
< lying, < exercise.
10F:13:XX:XX

Mild dull constant headache over temples, like clamp.
10F:18:XX:XX

Sensation of heaviness in my left forehead alternating with a dull ache.
08:24.
15F: 00:00:24

Headache moved to across forehead and temples. Thick, dull pain.
14:00.
19F: 00:00:30

Headache returns with a dull frontal ache, subsides in 30min.
07:45.
17F: 01:00:XX

Have a very dull headache that is difficult to locate, it lingered all day.
14:00.
18M: 01:06:XX

Have a slight headache in my temples, just a dull constant pain.
19:00.
16F: 01:09:XX

Dull, temporal headache throughout most of the day with episodic increase in pain over the right eyebrow like someone pressing their thumb into it.
17F: 01:XX:XX

Woke up with dull throbbing temporal headache.
< right side.
08:30.
17F: 06:XX:XX

Thick

Sneezed and head feels a bit thick 10min after taking the remedy.
06M:00:10:22

Nose stuffy and head feels thick again.
06M:00:10:12

Head feels thick especially in the last bit of the day.
Temporally - radiating to occiput.
Dull, weary, zombie feeling.
20:00 – 22:00
Medium intensity.

Accompanying tiredness.

06M:00:09:88

Headache moved to across forehead and temples. Thick, dull pain.

14:00.

19F: 00:00:30

Head feels thick.

05:30.

19F: 00:08:00

Fuzzy

Feeling exceptionally tired, like I've had the life sucked out of my brain. My head feels fuzzy, like I have difficulty remembering things and concentrating – needless to say it is a bad day for me to drive.

07F:10:XX:XX

Head feels a bit fuzzy, probably nose related.

08M:16:XX:XX

Heavy

Head feels heavy.

05F:06:XX:XX

Sensation of heaviness in my left forehead alternating with a dull ache.

08:24.

15F: 00:00:24

Head feels really heavy.

17:00.

18M :01:07:00

My head feels full and heavy.

14:30.

15F: 06:XX:XX

Drowsy

Drowsy feeling in head.

06M:13:XX:XX

Throbbing

Throbbing sinus headache.

< lying down, movement, bending down.

Had to keep head still in vertical position.

Felt like head was going to explode if move it.

> blowing nose.

Throbbing.

04F:02:XX:XX

Developed a headache around 10 o'clock - got worse toward the afternoon, gone by evening. Located behind eyes, mainly on the left side. Throbbing and dull in nature.

07F:07:XX:XX

Bad headache upon waking, head feels congested and stuffy. Headache dull and throbbing, especially between my eyes, radiating down to my neck.

07F:18:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Woke up with dull throbbing temporal headache.

< right side.

08:30.

17F: 06:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

09:30.

16F: 10:XX:XX

Pulsating

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.

07:30.

17F: 05:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple. Mild achy pulsating feeling.

>pressure.

08:15.

17F: 08:XX:XX

Cloudy, foggy

Head feels like I haven't slept because I haven't.

05F:03:XX:XX

Head foggy, still from lack of sleep.

05F:04:XX:XX

Head foggy.

05F:05:XX:XX

Getting a headache. More of a clouded feeling. Dried out.

10:30.

18M: 00:00:30

Head is feeling really cloudy around my pterion.

10:30.

18M: 01:00:XX

Head still cloudy, feeling of a strange pressure building up behind my eyes.

12:22.

18M: 01:02:XX

My head, at the pterion again, just feels ultra tight and clouded.

13:35.

18M:10:XX:XX

Full

Head feels very congested and full.

20:00.

17F: 01:12:XX

My head feels full and heavy.

14:30.

15F: 06:XX:XX

Clogged

Head feels clogged.

06M:07:XX:XX

Feeling happy and light-hearted today despite a stuffy head.

Feels clogged up from the nose up.

08M:18:XX:XX

Clear and open

Head feels open and fresh. Want to take on new things.

06M:03:XX:XX

Head clear and open.

06M:08:XX:XX

Head clear and relaxed.

06M:11:XX:XX

Congested, stuffy

Head is feeling stuffy.

07F:16:XX:XX

Wake up with a headache, a sore throat and a cough. Feeling terribly flu –ish.

Stuffy, congested head.

07F:17:XX:XX

Bad headache upon waking, head feels congested and stuffy. Headache dull and throbbing, especially between my eyes, radiating down to my neck.

07F:18:XX:XX

Going to bed feeling stuffy headed and with a blocked nose.

07F:18:XX:XX

Have a light headache and feeling stuffy in the head.

08M:08:XX:XX

Feeling happy and light-hearted today despite a stuffy head.

Feels clogged up from the nose up.

08M:18:XX:XX

Head feels very congested and full.

20:00.

17F: 01:12:XX

Head feels congested, feels like the contents of my sinuses is getting thicker.

16F: 15:XX:XX

Head feels really stuffy and I don't want to think.

09:00.

18M:00:23:00

Head feels stuffy and painful.

19:00.

19F: 01:05:XX

Clamping or compressing

Headache fronto-temporal, very bad especially at 8.

< exercise, < leaning back.

Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.

10F:08:XX:XX

Headache mostly gone today except every now and then I feel the dull ache over the temples like it's being clamped together, a dull onward pressure.

10F:09:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.

< lying, < exercise.

10F:13:XX:XX

Mild dull constant headache over temples, like clamp.

10F:18:XX:XX

Headache in the temples and forehead, a compressing type of pain.

Slightly > for pressing on temples.

Lasted about 2 hours and spontaneously stopped.

18:30.

14F: 06:XX:XX

Headache, compressing pain around the temples and behind the eyes.

5/10 severity.

14F: 08:XX:XX

Headache, compressing pain around the temples and behind the eyes.

5/10 severity.

14F:10:XX:XX

Dehydration

Feeling slightly headachy, like a dehydration headache.

07F:06:XX:XX

Getting a headache. More of a clouded feeling. Dried out.

10:30.

18M: 00:00:30

Slight internal headache, between frontal and temporal regions bilaterally. Very mild and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a dehydration headache.

08:20.

12F: 00:02:10

Headache in vertex which usually means I'm dehydrated.

06:00.

19F: 00:07:30

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.

> firm pressure, splashing face with water.

<noise, people talking loudly, bright light.

08:00.

17F: 07:XX:XX

Sinus

Throbbing sinus headache.

< lying down, movement, bending down.

Had to keep head still in vertical position.

Felt like head was going to explode if move it.

> blowing nose.

Throbbing.

04F:02:XX:XX

My head feels thick and I'm starting to develop a headache. Headache is dull, feels like I'm congested almost like a sinus headache. Aching. Radiating from behind my eyes to my anterior neck. Woke up with a headache.

07F:16:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Sinus headache.

Worse on Right temple.

>pressure.

Feels like someone is pushing their thumbs into my temple.

13:00.

17F: 03:XX:XX

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.

07:30.

17F: 05:XX:XX

Headache shifting between temples, sinuses and around eyes.

<bright light and loud noises.

10:00.

17F: 05:XX:XX

Head feels congested, feels like the contents of my sinuses is getting thicker.
16F: 15:XX:XX

Pressure

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.

>exercise.

09:30.

17F: 00:02:00

Dull, temporal headache throughout most of the day with episodic increase in pain over the right eyebrow like someone pressing their thumb into it.

17F: 01:XX:XX

Sinus headache.

Worse on Right temple.

>pressure.

Feels like someone is pushing their thumbs into my temple.

13:00.

17F: 03:XX:XX

Pressing thumb into head

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.

>exercise.

17F: 00:09:30

Dull, temporal headache throughout most of the day with episodic increase in pain over the right eyebrow like someone pressing their thumb into it.

17F :01:XX:XX

Sinus headache.

Worse on Right temple.

>pressure.

Feels like someone is pushing their thumbs into my temple.

17F: 03:13:00.

Hormonal

Feels like a hormonal headache.

18:00.

12F: 01:07:XX

Hormonal headache.

21:00.

12F: 02:XX:XX

Pounding

Woke up with head pounding, frontal sinus is painful, even just touching the brow is sensitive. Pain goes to left ear and jaw.

05:00.

19F: 00:08:30

I just coughed to clear my throat and it felt like my brain moved

Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.

14:26.

15F: 05:XX:XX

Location

Occipital

Headache occipital and temples, same time dull ache, like a clamp.

< lying, < exercise.

10F:13:XX:XX

Temporal occipital headache.

10F:19:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.

< lying, < exercise.

10F:13:XX:XX

Severe right sided occipital headache that refers to right temple region. Moves to left occipital side.

16:00.

12F: 09:XX:XX

Severe right sided occipital headache.

12F: 11:XX:XX

Temporal

Had a little bit of a headache after taking both powders and a bit of a runny nose.

Bilateral temporal headache, mild intensity. These cleared within 10 minutes.

03M:00:09:00

03M:00:15:30

Bilateral temporal headache accompanying nasal congestion.
03M:03:09:00

Temporal occipital headache.
10F:19:XX:XX

Dull fronto-temporal headache.
< heat, >cold, cold drinks.
<hurry, irritability.
10F:03:XX:XX

Headache still hanging around. It's not that severe. I forget about it when I'm doing stuff. It's still around my temples.
10F:05:XX:XX

Headache fronto-temporal, very bad especially at 8.
< exercise, < leaning back.
Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.
10F:08:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.
< lying, < exercise.
10F:13:XX:XX

Mild dull constant headache over temples, like clamp.
10F:18:XX:XX

Headache moved to across forehead and temples. Thick, dull pain.
14:00.
19F: 00:00:30

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.
>exercise.
09:30.
17F: 00:02:00

Head is feeling really cloudy around my pterion.
10:30.
18M 01:00:XX

Have a slight headache in my temples, just a dull constant pain.
19:00.
16F: 01:09:XX

Dull, temporal headache throughout most of the day with episodic increase in pain over the right eyebrow like someone pressing their thumb into it.
17F: 01:XX:XX

Headache shifting between temples, sinuses and around eyes.

<bright light and loud noises.

10:00.

17F 05:XX:XX

Woke up with dull throbbing temporal headache.

< right side.

08:30.

17F: 06:XX:XX

Headache in the temples and forehead, a compressing type of pain.

Slightly > for pressing on temples.

Lasted about 2 hours and spontaneously stopped.

18:30.

14F: 06:XX:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.

> firm pressure, splashing face with water.

<noise, people talking loudly, bright light.

08:00.

17F: 07:XX:XX

Have a left temporal headache and my face is itching along the left oronasal crease.

03:00.

15F: 08:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple.

Mild achy pulsating feeling.

>pressure.

08:15.

17F: 08:XX:XX

Headache, compressing pain around the temples and behind the eyes.

5/10 severity.

14F: 08:XX:XX

Severe right sided occipital headache that refers to right temple region. Moves to left occipital side.

16:00.

12F: 09:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

09:30.

16F: 10:XX:XX

Headache, compressing pain around the temples and behind the eyes.

5/10 severity.

14F: 10:XX:XX

My head, at the pterion again, just feels ultra tight and clouded.
13:35.
18M :10:XX:XX

Frontal

My head is a bit sore right between my eyebrows. 12:00 pm.
> pressure.
< movement of eyes.
02F:14:XX:XX

Bad headache upon waking, head feels congested and stuffy. Headache dull and throbbing, especially between my eyes, radiating down to my neck.
07F:18:XX:XX

Headache that started around 2:30 and lasted till now. Ongoing headache in the centre and front of my head.
08M:13:XX:XX

Dull fronto-temporal headache.
< heat, >cold, cold drinks.
<hurry, irritability.
10F:03:XX:XX

Headache fronto-temporal, very bad especially at 8.
< exercise, < leaning back.
Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.
10F:08:XX:XX

Headache moved to across forehead and temples. Thick, dull pain.
14:00.
19F: 00:00:30

Sensation of heaviness in my left forehead alternating with a dull ache.
08:24.
15F: 00:00:24

Headache getting worse, more frontally located now.
< right, bright light.
>lying down, sleep.
15:00.
17F: 00:07:30

Headache returns with a dull frontal ache, subsides in 30min.
07:45.
17F: 01:00:XX

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.

07:30.

17F: 05:XX:XX

Headache in the temples and forehead, a compressing type of pain.

Slightly > for pressing on temples.

Lasted about 2 hours and spontaneously stopped.

18:30.

14F: 06:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple.

Mild achy pulsating feeling.

>pressure.

08:15.

17F: 08:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

09:30.

16F: 10:XX:XX

Orbital

Developed a headache around 10 O'clock - got worse toward the afternoon, gone by evening. Located behind eyes, mainly on the left side. Throbbing and dull in nature.

07F:07:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Have a headache, probably from post nasal drip. It is centered just above and to the sides of my eyes. It is a dull pain.

08M:02:XX:XX

Head still cloudy, feeling of a strange pressure building up behind my eyes.

12:22.

18M: 01:02:XX

Dull, temporal headache throughout most of the day with episodic increase in pain over the right eyebrow like someone pressing their thumb into it.

17F: 01:XX:XX

Headache shifting between temples, sinuses and around eyes.

<bright light and loud noises.

10:00.
17F: 05:XX:XX

Head pain moves to right eyebrow. Pain is much sharper.
>pressure.

09:15.
17F: 07:XX:XX

Headache, compressing pain around the temples and behind the eyes.
5/10 severity.
14F: 08:XX:XX

Headache, compressing pain around the temples and behind the eyes.
5/10 severity.
14F: 10:XX:XX

Vertex

Headache in vertex which usually means I'm dehydrated.
06:00.
19F: 00:16:30

Internal

Headache fronto-temporal, very bad especially at 8.
< exercise, < leaning back.
Steady dull ache, like a clamp over temples – like a clamp over temples. Pain
centralizing between my eyes deep in my head.
10F:08:XX:XX

Slight internal headache, between frontal and temporal regions bilaterally. Very mild
and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a
dehydration headache.

08:20.
12F: 00:22:50

Difficult to locate

Slight internal headache, between frontal and temporal regions bilaterally. Very mild
and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a
dehydration headache.

08:20.
12F: 00:22:50

Have a very dull headache that is difficult to locate, it lingered all day.
14:00.
18M: 01:04:XX

Got a supra frontal head ache pain. How odd. It's like just in front of my forehead, not actually on it.

20:35.

18M :01:10:XX

Radiations

Head feels thick especially in the last bit of the day.

Temporally - radiating to occiput.

Dull, weary, zombie feeling.

20:00 – 22:00.

Medium intensity.

Accompanying tiredness.

06M:00:09:88

My head feels thick and I'm starting to develop a headache. Headache is dull, feels like I'm congested almost like a sinus headache. Aching. Radiating from behind my eyes to my anterior neck. Woke up with a headache.

07F:16:XX:XX

Bad headache upon waking, head feels congested and stuffy. Headache dull and throbbing, especially between my eyes, radiating down to my neck.

07F:18:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.

>exercise.

09:30.

17F: 00:02:00

Woke up with head pounding, frontal sinus is painful, even just touching the brow is sensitive. Pain goes to left ear and jaw.

05:00.

19F: 01:16:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.

> firm pressure, splashing face with water.

<noise, people talking loudly, bright light.

08:00.

17F: 07:XX:XX

Head pain moves to right eyebrow. Pain is much sharper.

>pressure.

09:15.

17F: 07:XX:XX

Eruptions

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itching

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

14:00.

12F: 07:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F:10:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Modalities

Ameliorations

My head is a bit sore right between my eyebrows. 12:00 pm.

> pressure.

< movement of eyes.

02F:14:XX:XX

Throbbing sinus headache.

< lying down, movement, bending down.

Had to keep head still in vertical position.

Felt like head was going to explode if move it.

> blowing nose.

Throbbing.

04F:02:XX:XX

Dull fronto-temporal headache.

< heat, > cold, cold drinks.

< hurry, irritability.

10F:03:XX:XX

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.

> exercise.

09:30.

17F: 00:02:00

Headache getting worse, more frontally located now.

< right, bright light.

> lying down, sleep.

15:00.

17F: 00:07:30

Sinus headache.

Worse on Right temple.

> pressure.

Feels like someone is pushing their thumbs into my temple.

13:00.

17F: 03:XX:XX

Headache in the temples and forehead, a compressing type of pain.

Slightly > for pressing on temples.

Lasted about 2 hours and spontaneously stopped.

18:30.

14F: 06:XX:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.

> firm pressure, splashing face with water.

<noise, people talking loudly, bright light.

08:00.

17F: 07:XX:XX

Head pain moves to right eyebrow. Pain is much sharper.

>pressure.

09:15.

17F: 07:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple.

Mild achy pulsating feeling.

>pressure.

08:15.

17F: 08:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

09:30.

16F: 10:XX:XX

Aggravations

My head is a bit sore right between my eyebrows. 12:00 pm.

> pressure.

< movement of eyes.

02F:14:XX:XX

Throbbing sinus headache.

< lying down, movement, bending down.

Had to keep head still in vertical position.

Felt like head was going to explode if move it.

> blowing nose.

Throbbing.

04F:02:XX:XX

Dull fronto-temporal headache.

< heat, >cold, cold drinks.

<hurry, irritability.

10F:03:XX:XX

Dull headache still around, <coffee.

10F:04:XX:XX

Headache fronto-temporal, very bad especially at 8.

< exercise, < leaning back.

Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.

10F:08:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.

< lying, < exercise.

10F:13:XX:XX

Headache < exercise.

10F:17:XX:XX

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.

>exercise.

09:30.

17F: 00:02:00

Headache getting worse, more frontally located now.

< right, bright light.

>lying down, sleep.

15:00.

17F: 00:07:30

Headache shifting between temples, sinuses and around eyes.

<bright light and loud noises.

10:00.

17F: 05:XX:XX

Woke up with dull throbbing temporal headache.

< right side.

08:30.

17F: 06:XX:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.

> firm pressure, splashing face with water.

<noise, people talking loudly, bright light.

08:00.

17F :07:XX:XX

Temperature

Head feels like it is heating up.

18M :01:20:54

4.2.3.4. EYES

Pain

Sore eyes.
09M:06:XX:XX

Eyes a bit sore.
09M:07:XX:XX

Sensations

Dry

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.
03M:03:XX:XX

Eyes feel quite dry and burny.
<late afternoon.
17:00.
14F: 00:08:30

Eyes been really dry all day.
14F 00:XX:XX

Eyes are very dry and itchy.
16:00.
12F: 02:XX:XX

Eyes are so dry and burning.
09:00.
14F: 03:XX:XX

Eyes red, dry and burning.
16:00.
14F: 04:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.
07:00.
12F: 06:XX:XX

Very dry itchy eyes.
07:00.
12F: 07:XX:XX

Red eyes, dry and itchy.
07:30.
12F: 07:XX:XX

Eye feels as if it is on fire, dry and hot.

18:00.

19F: 11:XX:XX

Eyes feel very dry and scratchy.

19F: 12:XX:XX

Burning

Eyes feel quite dry and burny.

<late afternoon.

17:00.

14F: 00:08:30

Eyes are so dry and burning.

09:00.

14F: 03:XX:XX

Eyes red, dry and burning.

16:00.

14F: 04:XX:XX

My eyes are burning and watering and crying.

15:00.

15F: 08:XX:XX

Eye feels as if it is on fire, dry and hot.

18:00.

19F: 11:XX:XX

Hot

Eye feels as if it is on fire, dry and hot.

18:00.

19F: 11:XX:XX

Scratchy

Eyes feel scratchy from lack of sleep.

05F:05:XX:XX

Eyes feel very dry and scratchy.

19F: 12:XX:XX

Itchy

Itchy under both my eyes, wanted to scratch it but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:12:XX:XX

Eyes are a bit itchy.

09M:00:XX:XX

09M:11:XX:XX

09M:14:XX:XX

Eyes itchy from lack of sleep.

10F:13:XX:XX

Itchy eyes, around margins of lids and sclera.

22:00.

12F: 00:11:30

Itchy eyes.

07:30.

12F: 02:XX:XX

Eyes are very dry and itchy.

16:00.

12F: 02:XX:XX

My eyes have started getting itchy and red.

20:00.

16F: 02:XX:XX

Wake up with itchy, red eyes.

10:00.

12F: 04:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.

07:00.

12F: 06:XX:XX

Very dry itchy eyes.

07:00.

12F: 07:XX:XX

Red eyes, dry and itchy.

07:30.

12F: 07:XX:XX

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

15:30.

17F: 07:XX:XX

Photophobia

Light sensitivity of eyes during lectures this morning. Both eyes sensitive to bright light. Blurry, have to focus more, vague. Constant awareness.

03M:01:XX:XX

Eyes sensitive to light or computer screens or television

> rubbing or avoidance, itchy and watery. Had it for the past week. Today at 14:35.

03M:13:XX:XX

Eyes sensitive to light or wind.

10F:11:XX:XX

Eyes very photophobic.

12:00.

19F: 11:XX:XX

Heaviness

Eyes feel heavy from lack of sleep.

05F:03:XX:XX

Eyes feel heavy.

09:00.

19F: 00:19:30

Pressure

Feeling of a strange pressure building up behind my eyes.

12:22.

18M: 01:02:00

Watery

Eyes very watery.

21:00.

17F: 02:XX:XX

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

15:30.

17F: 07:XX:XX

My eyes are burning and watering and crying.

15:00.

15F: 08:XX:XX

Red

Eyes got a bit tired, but do feel better than they would usually- went to a seminar for 1 and a half hours where my eyes would usually be stuffed and tired afterwards.

Eyes appear hyperemic at night.

06M:03:XX:XX

Eyes itchy and red < lack of sleep.

10F:15:XX:XX

Eyes itchy, red, not that bad now.

10F:20:XX:XX

My eyes have started getting itchy and red.

20:00.

16F: 02:XX:XX

Wake up with itchy, red eyes.

10:00.

12F: 04:XX:XX

Eyes red, dry and burning.

16:00.

14F: 04:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.

07:00.

12F: 06:XX:XX

Red eyes, dry and itchy.

07:30.

12F: 07:XX:XX

Strained and tired

Eyes got a bit tired, but do feel better than they would usually- went to a seminar for 1 and a half hours where my eyes would usually be stuffed and tired afterwards.

Eyes appear hyperemic at night.

06M:03:XX:XX

Eyes got a bit tired towards the end of the day, played rugby and sight wasn't too good, maybe due to previous nights party.

06M:09:XX:XX

Eyes a bit painful and strained tonight – tired.
06M:15:XX:XX

Eyes feel strained and tired. Itching and watery.
<wearing glasses and rubbing.
15:30.
17F: 07:XX:XX

Eyelids

Swollen

Right eye is all droopy, upper lid is swollen.
07:30.
19F: 04:XX:XX

Eyes feel puffy and heavy.
19:00.
19F: 01:06:XX

Right eyelid swollen and droopy.
19F :12:XX:XX

Sty

Thought I might be getting a sty but nothing happened. Never had a sty before but I felt a throbbing pain on my left lower lid.
05F:01:XX:XX

Eyelid on Right hand side feels like it is making a sty on the bottom lid more laterally.
< rubbing or touch.
10F:19:XX:XX

Drooping

Eyes feel droopy.
17:05.
18M: 03:XX:XX

Right eye is all droopy, upper lid is swollen.
07:30.
19F: 04:XX:XX

Eye lid drooping on right.
12:00.
19F: 11:XX:XX

Right eyelid swollen and droopy.
19F: 12:XX:XX

Heavy

Eyes feel heavy.
09:00.
19F: 00:20:00

Eyes feel puffy and heavy.
19:00.
19F: 01:06:00

Twitching

Upper lid of right eye is twitching, feel like I'm winking at people. Lid vibrates for a few seconds.
19F: 14:XX:XX

Itchy

Itchy eyes, around margins of lids and sclera.
22:00.
12F: 00:11:30

Itchy eyes, lower outer corners.
08:20.
12F: 01:02:XX

Eruptions

Redness at corner of right eye, looks like eczema, burning, itching sensation.
19:00.
12F: 05:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.
07:00.
12F: 06:XX:XX

Right sided

Right eye is all droopy, upper lid is swollen.
07:30.
19F: 04:XX:XX

Redness at corner of right eye, looks like eczema, burning, itching sensation .

19:00.

12F: 05:XX:XX

Eye lid drooping on right.

12:00.

19F: 11:XX:XX

Right eyelid swollen and droopy.

19F: 12:XX:XX

Upper lid of right eye is twitching, feel like I'm winking at people. Lid vibrates for a few seconds.

19F: 14:XX:XX

Modalities

Ameliorations

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M:03:XX:XX

Eyes sensitive to light or computer screens or television

> rubbing or avoidance, itchy and watery. Had it for the past week. Today at 14:35.

03M:13:XX:XX

Aggravations

Eyes itchy and red < lack of sleep.

10F:15:XX:XX

Eyelid on Right hand side feels like it is making a sty on the bottom lid more laterally.
< rubbing or touch.

10F:19:XX:XX

Eyes feel quite dry and burny.

<late afternoon.

17:00.

14F: 00:08:30

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

15:30.

17F: 07:XX:XX

4.2.3.5. VISION

Poor

Battling to see far a bit more than usual today.
10F:14:XX:XX

Vision got weak towards end of night.
06M:01:XX:XX

Poor tonight, fine during the day.
06M:04:XX:XX

Decreased, cause had to concentrate when driving for 4hours.
06M:05:XX:XX

Decreased later at night.
06M:06:XX:XX

Vision a bit better, did a bit of exercise so it usually gets better.
06M:07:XX:XX

Was straining a bit when I watched school rugby today.
06M:12:XX:XX

Bit weak due to last night's sleep deprivation.
06M:13:XX:XX

Blurry

Vision blurry, have to focus more, vague.
03M:01:XX:XX

I just coughed to clear my throat and it felt like my brain moved
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly
blurry.
14:26.
15F: 05:XX:XX

Unable to focus

Vision of distant things is blurry.
09:20.
15F: 00:01:20

Eyes feel unbalanced and unfocused.
18:00.
12F: 01:07:XX

Eyes battling to stay focused.

20:54.

18M :01:10:XX

Disconnected

Vision and mind are unattached. Takes a long time to focus on an object.

08:45.

15F: 00:00:45

Finding it hard to write, can't focus, pen seems too thick, my hand won't listen.

10:30.

19F: 02:XX:XX

Trippy

I had a weird experience with my rear view mirror. When I got into the car I didn't have a clear view it was as if someone had moved it but it hadn't moved. No matter how I adjusted it I couldn't get I clear view. My reflection was distorted if I touched my nose in the mirror it looked like I was touching my chin. It was very confusing.

10:30.

15F: 00:02:30

Feeling really nauseas and tripped out.

23:19.

18M: 02:XX:XX

Feel like I'm coming off an acid trip. Seeing flashes of everything. Can't keep my eyes steady on one thing. Notice every time I move my eyes. Focus focus focus!!!

22:00.

18M :03:XX:XX

4.2.3.6. EAR

Stuffy

Right middle or outer ear felt a bit stuffy.

06M:00:00:00

Right middle or outer ear felt a bit stuffy as well.

06M:00:XX:XX

Ears feels as if cotton wool has been stuffed into them. Hearing is muffled.

14:30.

19F: 00:01:30

Clogged and blocked

Right middle ear feels much better but still a bit cloggy.

06M:01:XX:XX

Ears are very blocked. I have difficulty hearing.

07F:20:XX:XX

Right middle ear feels much better but still a bit cloggy.

06M:01:XX:XX

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.

08:31.

15F: 00:00:01

Woke up with right ear feeling blocked.

06:00.

16F: 00:19:45

Ears feel blocked, congested.

No pain just a feeling of unbalanced pressure.

< right.

>popping the ears.

20:00.

17F: 01:12:XX

Blocked on waking up and left Eustachian tube was slightly uncomfortable.

16:00.

15F: 07:XX:XX

Ears have been really blocked all day, can't equalize them.

21:20.

16F: 08:XX:XX

Ears are ringing and blocked, cannot equalize them.

13:20.

18M :10:XX:XX

My ears are feeling really blocked, it's making me feel nauseous.

18:00.

16F: 13:XX:XX

Ears are blocked and muffled.

16F: 15:XX:XX

Itching

Right ear was tickling or itching – external ear.

> when I palpate my tragus.

< if I wiggle my ear.

10:00 – 15:00.

06M:08:XX:XX

Right ear was a bit itchy; almost feel like it is my middle ear.

06M:09:XX:XX

*Ears itching more than before.

10F:00:XX:XX

10F:02:XX:XX

Ears still itching, no change.

10F:04:XX:XX

Ears itchy the same as before.

10F:05:XX:XX

10F:09:XX:XX

10F:10:XX:XX

10F:11:XX:XX

10F:12:XX:XX

10F:14:XX:XX

10F:15:XX:XX

10F:17:XX:XX

10F:18:XX:XX

10F:19:XX:XX

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F:13:XX:XX

Ears itch, want to scratch them voluptuously, but it seems I just can't reach it.

10F:16:XX:XX

Ears: itchy, yellow watery wax.

10F:20:XX:XX

Difficulty equalizing

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.

08:31.

15F: 00:00:31

Ears feel blocked, congested.

No pain just a feeling of unbalanced pressure.

< right.

>popping the ears.

20:00.

17F: 01:12:XX

Difficulty equalizing the ears.

20:00.

17F: 01:12:XX

Ears have been really blocked all day, can't equalize them.

21:20.

16F: 08:XX:XX

Ears are ringing and blocked, cannot equalize them.

13:20.

18M :10:XX:XX

Modalities

Ameliorations

Right ear was tickling or itching – external ear.

> when I palpate my tragus.

< if I wiggle my ear.

10:00 – 15:00.

06M:08:XX:XX

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F:13:XX:XX

Ears feel blocked, congested.

No pain just a feeling of unbalanced pressure.

< right.

>popping the ears.

20:00.

17F: 01:12:XX

Aggravations

Right ear was tickling or itching – external ear.

> when I palpate my tragus.

< if I wiggle my ear.

10:00 – 15:00.

06M:08:XX:XX

Ears feel blocked, congested.

No pain just a feeling of unbalanced pressure.

< right.

>popping the ears.

20:00.

17F: 01:12:XX

4.2.3.7. HEARING

Muffled as if through water

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.

08:31.

15F: 00:00:01

Ears feels as if cotton wool has been stuffed into them. Hearing is muffled.

14:30.

19F: 00:01:30

Right ear has an added muffled sound as if it is under water.

19:00.

18M: 12:XX:XX

Ears are blocked and muffled.

16F :15:XX:XX

Tinnitus

Ringin in right ear. Not severe but not normal.

19:00.

12F: 06:XX:XX

Ears are ringing again.

12:05.

18M :10:XX:XX

Ears are ringing and blocked, cannot equalize them.

13:20.

18M :10:XX:XX

My ears are ringing quite badly, should I be worried?

23:00.

18M :11:XX:XX

My ears are ringing loudly now, a high pitched constant sound.

19:00.

18M:12:XX:XX

Can hear own voice

I can hear my own voice when I talk.

18:00.

19F: 02:XX:XX

I can hear myself talk.

18M :02:XX:XX

4.2.3.8. NOSE

Pain

My nose, at the bridge, between my eyes was achy due to a pressure build up.

>closing eyes and applying pressure by squeezing the bridge with my fingers.

08:00.

15F: 07:XX:XX

Stuffy

Stuffy nose.

03M:01:26:XX

A bit of a stuffy nose.

03M:10:XX:XX

Have a stuffy nose today.

03M:13:XX:XX

Stuffy nose 9:00 but has cleared now at 12:00.

03M:14:XX:XX

Bit of a stuffy nose again.

03M:17:XX:XX

Nose is a bit stuffy.

06M:01:21:88

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating.

Dull stuffiness. Morning only till 10am.

06M:01:XX:XX

Nose wasn't as stuffy during the day, but this morning it was. Also sneezed a bit tonight.

06M:02:XX:XX

Nose a lot more stuffy in the morning, sneeze, runny.
06M:03:XX:XX

Started off stuffy in the morning and really started running after we went to the hospital, might have been due to increased germs.
06M:04:XX:XX

Slightly stuffy in the mornings.
10F:05:XX:XX

Coryza

Nose a lot stuffier in the morning, sneeze, runny.
06M:03:XX:XX

Nose runny in the mornings now, blocked but runny nose, after I wake up.
06M:07:XX:XX

Was a bit runny in the morning again at 19:30 ish.
06M:16:XX:XX

Nose a bit runny in the morning.
06M:18:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous. Associated slight nasal congestion.
01M:00:11:30

Slight runny nose. Clear. Right side.
01M:01:XX:XX

Very Slight runny nose. Clear mucous. Disappeared at 8:30. Slight nasal congestion.
01M:02:XX:XX

Runny nose. Clear mucous. Nasal congestion associated. Stopped at 9:00am.
01M:03:XX:XX

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.
01M:20:XX:XX

Had a little bit of a headache after taking both powders and a runny nose. These cleared within 10minutes.
03M:00:09:00
03M:00:15:30

Runny nose, quite severe.
03M:15:XX:XX

My body was detoxing today. After a late night I had a discomforted head, and constant sneezing and runny nose. In the evening after sufficient food and sleep the runny nose was exacerbated.

03M:20:XX:XX

Runny nose now and then.

06M:05:XX:XX

Nose a bit runny now and again especially at night after supper for a short while.
<when I blow my nose. > When I sniff. Irritating. 18:30.

06M:11:XX:XX

Nose a bit runny tonight for about 20 minutes, that was it, all good now.

06M:13:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F:17:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Feeling happy, got a high libido and besides for a runny nose I feel good. Nasal discharge is turning a bit yellow and becoming thicker.

07F:20:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M:02:XX:XX

Still very drippy in the morning from the left side. Really annoying.

08M:03:XX:XX

Nose still bad in the mornings.

08M:04:XX:XX

Nose still leaking like a tap. Much annoying – woke me up early and could not fall asleep again.

08M:05:XX:XX

Nose same as before.

08M:06:XX:XX

08M:10:XX:XX

08M:16:XX:XX

08M:17:XX:XX

08M:18:XX:XX

08M:19:XX:XX

Nose same as before, all leaky.

08M:07:XX:XX

Nose still drippy in the morning.

08M:09:XX:XX

Nose was bad again, same as in the past.

08M:14:XX:XX

Nose not so bad today, it behaved quite well, was just leaky in the morning for about 30 minutes.

08M:20:XX:XX

Nose feels better for lying down with my head back so it can't be drippy.

08M:08:XX:XX

Nose still leaked in the morning but lasted longer than usual. It is still see through but leaking from the right side.

08M:11:XX:XX

Nose still leaky and bad post nasal drip.

08M:13:XX:XX

Nose still leaky in the morning.

08M:15:XX:XX

Nose runny.

09:06:XX:XX

09:07:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

12:00.

16F: 00:02:15

Runny nose, clear watery mucous.

<left side.

12:00.

17F: 00:04:30

Runny nose, clear salty fluid, rhinitis.

22:00.

12F: 00:11:30

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

09:00.

18M :00:23:00

Woke up sneezing.

Excessive watery mucous.

08:00.

17F: 00:23:30

Constant sneezing and blowing nose.

12:00.

17F: 01:04:30

Nose completely blocked but with very watery clear discharge, constantly running.

04:30.

17F: 02:XX:XX

Blocked nose.

Mucous is viscous and white and thick.

06:30.

17F: 02:XX:XX

Nose is running again.

22:00.

12F: 02:XX:XX

Nose has been running constantly for most of the day, and can't stop sneezing.

16:00.

16F: 04:XX:XX

Woke up with runny nose.

07:00.

12F: 06:XX:XX

Runny nose.

07:30.

12F: 07:XX:XX

My nose is running with clear salty water, but completely blocked.

13:35.

18M :10:XX:XX

Blocked and congested

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous. Associated slight nasal congestion.

01M:00:11:30

Slight runny nose. Clear. Right side.

01M:01:XX:XX

Very Slight runny nose. Clear mucous. Disappeared at 8:30. Slight nasal congestion.

01M:02:XX:XX

Runny nose. Clear mucous. Nasal congestion associated. Stopped at 9:00am.
01M:03:XX:XX

Slight nasal congestion with slight dizziness.
01M:19:XX:XX

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.
01M:20:XX:XX

Nasal congestion especially when horizontal.
Bilateral, frontal and maxillary sinuses.
> being vertical; pressure of the head.
Associated drowsy feeling phased out feeling.
Associated bilateral temporal headache.
From waking up 8:00 onwards.
03M:02:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset.
Associated sneezing.
> blowing nose.
Afternoon and evening.
03M:05:XX:XX

Nose very blocked this morning, improved the afternoon.
Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.
03M:06:XX:XX

My nose is completely blocked, first on the left and then on the right, then both sides.
Difficulty breathing through my nose. Watery discharge from nose, the fluid is clear and colorless. Go to bed feeling stuffy headed and with a blocked nose.
07F:18:XX:XX

Nose a bit congested in the mornings.
10F:04:XX:XX

Slightly stuffy in the mornings.
10F:05:XX:XX

Realized that my very blocked nose had cleared, it felt like the air was moving right to the middle of my brain- cool air.
19:00.
19F: 00:05:30

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.
05:00.

19F: 00:15:30

Nose feels stuffy and thick, blowing is ineffectual.

05:30.

19F: 00:16:00

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

09:00.

18M: 00:23:00

Nose completely blocked but with very watery clear discharge, constantly running.

04:30.

17F: 02:XX:XX

Blocked nose.

Mucous is viscous and white and thick.

06:30.

17F: 02:XX:XX

Dry cough with blocked nose.

06:30.

17F: 03:XX:XX

Discharge

Clear, watery, salt water

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous. Associated slight nasal congestion.

01M:00:11:30

Slight runny nose. Clear. Right side.

01M:01:XX:XX

Very Slight runny nose. Clear mucous. Disappeared at 8:30. Slight nasal congestion.

01M:02:XX:XX

Runny nose. Clear mucous. Nasal congestion associated. Stopped at 9:00am.

01M:03:XX:XX

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.

01M:20:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F:17:XX:XX

My nose is completely blocked, first on the left and then on the right, then both sides. Difficulty breathing through my nose. Watery discharge from nose, the fluid is clear and colorless. Go to bed feeling stuffy headed and with a blocked nose.

07F:18:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M:02:XX:XX

Nose still leaked in the morning but lasted longer than usual. It is still see through but leaking from the right side.

08M:11:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

12:00.

16F: 00:02:15

Runny nose, clear watery mucous.

<left side.

12:00.

17F: 00:04:30

Runny nose, clear salty fluid, rhinitis.

22:00.

12F: 00:11:30

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

09:00.

18M: 00:23:00

Woke up sneezing.

Excessive watery mucous.

08:00.

17F: 01:00:XX

Nose completely blocked but with very watery clear discharge, constantly running.

04:30.

17F: 02:XX:XX

My nose is running with clear salty water, but completely blocked.

13:35.

18M :10:XX:XX

Thick, viscous

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Feeling happy, got a high libido and besides for a runny nose I feel good. Nasal discharge is turning a bit yellow and becoming thicker.

07F:20:XX:XX

Nose: itchy left nostril. Gray crusted mucous when blow nose.

10F:11:XX:XX

Blocked nose.

Mucous is viscous and white and thick.

06:30.

17F: 02:XX:XX

Dry

Nose started drying out.

10:30.

18M: 00:00:30

Nose is so dry, mucous membranes.

16:00.

12F: 01:05:XX

Wake up several time because nose is so dry.

12F: 05:XX:XX

Post nasal drip

Nose still leaky and bad post nasal drip.

08M:13:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset.

Associated sneezing.

> blowing nose.

Afternoon and evening.

03M:05:XX:XX

PND, salty taste in back of throat.

13:20.

19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol.

>sitting standing.

20:00.

15F: 01:12:XX

Sneezing

Nose very blocked this morning, improved the afternoon.
Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.
03M:06:XX:XX

A bit sneezy this morning and late afternoon and late evening.
03M:18:XX:XX

My body was detoxing today. After a late night I had a discomforted head, and constant sneezing and runny nose. In the evening after sufficient food and sleep the runny nose was exacerbated.
03M:20:XX:XX

Sneezed and head feels a bit thick 10minutes after the remedy.
06M:00:10:22
06M:00:21:05

Sneezing this morning.
10F:16:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.
07F:17:XX:XX

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating.
Dull stuffiness. Morning only till 10am.
06M:01:XX:XX

Nose wasn't as stuffy during the day, but this morning it was. Also sneezed a bit tonight.
06M:02:XX:XX

Nose a lot stuffier in the morning, sneeze, runny.
06M:03:XX:XX

Nose itchy, sneezing in the mornings.
10F:10:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.
12:00.
16F: 00:02:15

Sneezing.
12:00.
17F: 00:04:30

Woke up sneezing.

Excessive watery mucous.

08:00.

17F: 01:00:XX

Constant sneezing and blowing nose.

12:00.

17F: 01:04:XX

Many bouts of sneezing today, powerful, uncontrollable.

12:05.

18M :03:XX:XX

Itchy

Nose itchy, sneezing in the mornings.

10F:10:XX:XX

Nose: itchy left nostril. Gray crusted mucous when blow nose.

10F:11:XX:XX

Nose very itchy, rub the whole time, no relief.

10F:18:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F:17:XX:XX

Nose is itching on the right side.

08:20.

20F: 15:XX:XX

Of salt water

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

05:00.

19F: 00:10:XX

Still have salt water feeling in left nostril.

05:00.

19F: 00:10:XX

Talking through the nose

I feel like I am talking through my nose, I sound like an American.

06:00.

19F: 02:XX:XX

I am talking up my nose, through my nose, I want to clear it.

08:00.

18M :02:XX:XX

Modalities

Ameliorations

Nose a bit runny now and again especially at night after supper for a short while.

<when I blow my nose. > When I sniff. Irritating. 18:30.

06M:11:XX:XX

Nose feels better for lying down with my head back so it can't be drippy.

08M:08:XX:XX

Nasal congestion especially when horizontal.

Bilateral, frontal and maxillary sinuses.

> being vertical; pressure of the head.

Associated drowsy feeling phased out feeling.

Associated bilateral temporal headache.

From waking up 8:00 onwards.

03M:02:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset.

Associated sneezing.

> blowing nose.

Afternoon and evening.

03M:05:XX:XX

Nose very blocked this morning, improved the afternoon.

Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.

03M:06:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol.

>sitting standing.

20:00.

15F: 01:12:XX

My nose, at the bridge, between my eyes was achy due to a pressure build up.

>closing eyes and applying pressure by squeezing the bridge with my fingers.

08:00.

15F: 07:XX:XX

Aggravations

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating.
Dull stuffiness. Morning only till 10am.

06M:01:XX:XX

Nose a bit runny now and again especially at night after supper for a short while.
<when I blow my nose. > When I sniff. Irritating. 18:30.

06M:11:XX:XX

Runny nose, clear watery mucous.

<left side.

12:00.

17F: 00:04:30

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol.

>sitting standing.

20:00.

15F: 01:12:XX

4.2.3.9. FACE

Lips

Lips are very dry with increased tendency to lick lips.

15:00.

17F: 03:XX:XX

Felt a tingling on my left upper lip. It was like a sore that had come into contact with salty food and burning.

13:00.

13M: 09:XX:XX

Have a fever blister or something. My lip is very swollen and full of yellow puss. It feels like it is constantly oozing, but nothing is coming out. The head is yellow, the rest of my lip is very red and swollen. It is stinging!

06:30.

13M :10:XX:XX

Blister is gone, healed very quickly, a miracle.

06:00.

13M :11:XX:XX

Pain

Sensations:

Aching

Sinuses are aching.

15:40.

18M: 09:XX:XX

Sharp

Sharp pain under right eyebrow alternating with a light pulsing sensation.

14:30.

17F: 02:XX:XX

Neuralgic pain

Woke up with the whole right side of my face on fire, like a neuralgic pain. Right eye painful to touch , scratchy and twitchy. Can trace the facial nerve. Eye, below nose, upper lip and chin, really painful, throbbing with an occasional bolt of lightning.

>cool hands laid on face.

05:00.

19F: 11:XX:XX

Pressure

Pain over left eyebrow very tender.

> pressure.

09:00.

19F: 00:20:00

Build up of pressure in the frontal and maxillary sinuses.

<right side.

>popping ears.

14:30.

17F: 02:XX:XX

Detached

Face seems skew and unattached.

07:30.

19F: 04:XX:XX

Sinuses

Sinus congestion accompanying nasal congestion and dizziness.

01M:19:XX:XX

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.

01M:20:XX:XX

Sinuses are starting to fill up, getting full and sore.

12:05.

18M: 01:02:05

Sore heavy sinuses.

17:00.

18M :01:07:XX

Maxillary sinuses are really sore now, almost unbearable, like a pressure imbalance that I need to equalize.

20:35.

18M: 01:10:XX

Sinuses are very full and blocked.

07:30.

12F: 02:XX:XX

Right maxillary sinus is really hurting again.

11:23.

18M :02:XX:XX

Build up of pressure in the frontal and maxillary sinuses.

<right side.

>popping ears.

14:30

17F: 02:XX:XX

Really bad jaw pain, can't sleep on it. Mainly on left but moves to the right. Dull deep bone pain.

18:00.

12F: 11:XX:XX

Full

Sinuses are starting to fill up, getting full and sore.

12:05

18M :01:02:XX

Heavy

Sore heavy sinuses.

17:00.

18M :01:07:XX

Sore

Sinuses are starting to fill up, getting full and sore.

12:05.

18M: 01:02:XX

Sore heavy sinuses.

18M: 01:07:XX

Jaw

Pain

Jaw pain, stiffness of the TMJ.

12F 05:XX:XX

Increased tension in jaw.

10:00

17F: 05:XX:XX

Jaw pain, very mild bilateral over Masseter.

< opening wide.

Has happened previously on 3 occasions.

07:00.

12F: 06:XX:XX

Swollen glands

Right and left submandibular glands swollen.

06M:02:XX:XX

Submandibular glands still swollen, the right one especially shows signs of marked enlargement.

06M:03:XX:XX

Submandibular gland still swollen.

06M:05:XX:XX

Still have right enlarged tonsil and an increased submandibular size, somewhat decrease in their size though.

06M:06:XX:XX

Right tonsil still enlarged and at the same time, right submandibular also still enlarged, might be due to a wisdom tooth on the right but not a 100% sure.

06M:14:XX:XX

That tonsil and submandibular enlargement still persists and I think the cause will be the same.

06M:17:XX:XX

Itching

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:13:XX:XX

Crease that runs from my nose to my mouth on the left was very itchy. I had to scratch it many times and rub it to get some relief. It helped temporarily but kept coming back.

16:00.

15F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

10:30.

15F: 08:XX:XX

Eruptions

Just woke up (06:30 am). There are tiny white pimples on my forehead at my hairline. They are not very sore. I have not had pimples in this location before. They are itchy and when I scratch them they come off with the root. There is no blood.

02F:01:23:30

Pimple on right chin. A bit painful. Appeared in the afternoon.

03M:03:XX:XX

Sore spots on my lips have become inflamed and look like blind pimples. Sore spots under my nose have grown and become big blind pimples. I try to squeeze them but with mild success. They look terrible! They feel hot and swollen.

07F:01:30:XX

Skin is looking terrible on my face, especially around my mouth and nose area as previously described. Small pimples, very tender and hot and even though I keep squeezing stuff out of it, it doesn't seem to get any better.

07F:03:XX:XX

Skin is improving but lesions are still visible and very hard to cover up.

07F:05:XX:XX

Developing more pimples, this time on my chin, great! The lip and nose stuff has cleared up but now I'm back to square 1. Found a weird pimple on my cheek next to my nose. I never get them there. It's very tender and feels hot.

07F:06:XX:XX

Skin is breaking out on my chin still but the rest is clearing up nicely.

07F:08:XX:XX

Got a blind pimple on my forehead between my eyes.

08M:00:XX:XX

**Rash on forehead: bumpy.

09M:XX:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F:20:XX:XX

Little tiny pimples with white heads on right nasal nare. Very tender to the touch.

18:00.

12F: 07:XX:XX

Dryness

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.

06M:13:XX:XX

Oily

My skin feels oily in my face, usually only happens in summer.

07F:20:XX:XX

Modalities

Ameliorations

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.

06M:13:XX:XX

Build up of pressure in the frontal and maxillary sinuses.

<right side.

>popping ears.

14:30.

17F: 02:XX:XX

Crease that runs from my nose to my mouth on the left was very itchy. I had to scratch it many times and rub it to get some relief. It helped temporarily but kept coming back.

16:00.

15F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

10:30.

15F: 08:XX:XX

Aggravations

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.

06M:13:XX:XX

Build up of pressure in the frontal and maxillary sinuses.

<right side.

>popping ears.

14:30.

17F: 02:XX:XX

4.2.3.10. MOUTH

Sensations

Dry

My Mouth has been dry.
02F:07:XX:XX

My mouth is not feeling so dry today. I have been drinking cold water throughout the day.
02F:08:XX:XX

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.
06M:09:XX:XX

Woke up with a very dry mouth tongue was stuck to the roof of my mouth.
05:00.
19F: 00:08:30

Mouth is very dry, very thirsty.
06:00.
19F: 00:09:30

Lips feel crusty and tongue feels dry.
08:00.
19F: 00:11:30

Tongue

A 'Pimple on the tongue'. On the left lateral anterior aspect of the tongue. Persistent. Irritation.
03M:02:52:XX

I woke up in the middle of the night and was biting the tip of my tongue. I woke up from the pain.
23:55.
15F: 00:15:55

I woke up from the pain in the tip of my tongue I had bitten down on it until I woke from the pain. Now it feels like I have an ulcer there but I don't.
23:30.
15F: 01:15:XX

Have a small lump that developed today on the middle of my tongue. It tingles ever now and again.
22:25.
20F: 08:XX:XX

I had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.

10:00.

12F: 09:XX:XX

The lump on my tongue is really bothering me this morning. It feels as if I've had a tongue piercing. Quite sore.

<talking.

09:00.

20F: 10:XX:XX

Lump on my tongue is stinging it feels like I burned it.

11:00.

20F: 10:XX:XX

Eruptions

Ulcer on top palate on the left.

<orange juice.

15:00.

12F: 06:XX:XX

Have a small lump that developed today on the middle of my tongue. It tingles ever now and again.

22:25.

20F: 08:XX:XX

The lump on my tongue is really bothering me this morning. It feels as if I've had a tongue piercing. Quite sore.

<talking.

09:00.

20F: 10:XX:XX

Lump on my tongue is stinging it feels like I burned it.

11:00.

20F: 10:XX:XX

Taste

I have a really salty taste in my mouth. Drank some water but it didn't take the taste away. 14:00pm.

02F:04:XX:XX

I find that my sense of taste is severely decreased, so I find myself adding lots of salt and chilies to food.

07F:17:XX:XX

Hungry but don't feel like anything everything tastes funny, like salt and oil.

13:00.

19F: 00:23:30

Modalities

Ameliorations

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.

06M:09:XX:XX

Aggravations

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.

06M:09:XX:XX

4.2.3.11. TEETH

Sensitivity

Increased teeth sensitivity mostly the anterior surfaces of the incisors and canines upper and lower. Cold aching sensation.

<hot drinks but they sooth moments later.

12:00.

17F: 06:XX:XX

Generalized tooth sensitivity.

<from hot drinks but sooths.

<lower incisors and canines.

08:30.

17F: 07:XX:XX

Pain

Thirst and toothache accompanying sore throat and right tonsillar enlargement – hyperemic. Wisdom tooth coming out – a bit infected.

06M:16:XX:XX

Wisdoms

Thirst and toothache accompanying sore throat and right tonsillar enlargement – hyperemic. Wisdom tooth coming out – a bit infected.

06M:16:XX:XX

Right tonsil enlarged, might be due to wisdom tooth coming out on the right side of my mouth. Associated submandibular glands swelling especially on the right.

06M:14:XX:XX

4.2.3.12. THROAT

Pain

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.

07F:15:XX:XX

Go to bed very early but have a terrible night's sleep, constantly waking up and having to drink water throat is very sore.

07F:15:XX:XX

Sore throat today in the morning from a cigarette, made me feel nauseous.

10F:14:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.

07F:17:XX:XX

Dry sore throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

15:00.

17F: 01:07:XX

Pain on swallowing moved to right side.

19:00.

17F: 01:11:XX

Sore throat, dry, burning.

Right tonsillar region..

>warm drinks.

08:00.

17F: 02:XX:XX

My throat is raw and very sore and dry. When I breathe in the air dries my throat and makes me cough.

14:30.

15F: 06:XX:XX

Inflammation

Right tonsil hypertrophied and the area surrounding it is hyperemic. Associated Right and left submandibular gland swelling. No sensation, just feeling the presence of the swelling. Only realized it at 19:00.

06M:02:XX:XX

Right tonsil still hypertrophied. Colors alternate from purple to dark pink and red. Irregular edges. It's quite large. Throat feeling a lot better than yesterday, but my submandibular glands are still swollen. The right one especially shows signs of marked enlargement.

06M:03:XX:XX

Tonsil still present, but doesn't irritate me at all. Looks the same as yesterday, maybe lost a bit of its purpleness.

06M:04:XX:XX

Throat not scratchy at all, but submandibular gland still swollen. Right tonsil still enlarged – no associating symptoms.

06M:05:XX:XX

Still have right enlarged tonsil and increased submandibular gland size.

06M:06:XX:XX

Tonsil is still a bit hypertrophied.

06M:08:XX:XX

Right tonsil still enlarged and at the same time right submandibular also still enlarged, might be due to a wisdom tooth on the right of my mouth, but not 100% sure.

06M:14:XX:XX

06M:17:XX:XX

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth

ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

Sensations:

Scratchy

Woke up with a throat, constant.

01M:19:XX:XX

Had a scratchy throat. No relieving factors. Throughout the day.

01M:20:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

Throat is still a bit scratchy tonight, but during the day it is fine.

06M:02:XX:XX

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

Dryness

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

Woke up with dry, burning sensation in the throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

06:15.

17F: 00:22:45

Raw, dry sensation in right nasopharynx and left oropharynx.

>drinking warm water.

11:45.

17F: 01:04:XX

Dry sore throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

15:00.

17F: 01:07:XX

Sore throat, dry, burning.

Right tonsillar region.

>warm drinks.

08:00.

17F: 02:XX:XX

Throat is very dry.

> warm water.

04:30.

17F: 03:XX:XX

My throat is raw and very sore and dry. When I breath in the air dries my throat and makes me cough.

14:30.

15F: 06:XX:XX

Stitching

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

Throat got a bit scratchy again.

06M:04:XX:XX

Burning

Woke up with dry, burning sensation in the throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

06:15.

17F: 00:22:45

Sore throat, dry, burning.

Right tonsillar region.

>warm drinks.

08:00.

17F: 02:XX:XX

Constriction

Sensation near thymus of a lump or constriction causing a dry cough.

18:30.

19F: 00:05:00

Throat feels like its closing, feels tight.

13:30.

19F: 00:00:00

Difficulty swallowing

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

Difficulty swallowing.

06:15.

17F: 00:22:45

Slight discomfort on swallowing.

11:45.

17F: 01:03:00

Pain on swallowing moved to right side.

19:00.

17F: 01:11:XX

Raw

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

My throat feels worse toward the evening and very raw before bed. Have to wake up during the night multiple times to drink water to calm my throat down.

07F:14:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.

07F:15:XX:XX

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat.

Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.

07F:16:XX:XX

Raw, dry sensation in right nasopharynx and left oropharynx.

>drinking warm water.

11:45.

17F: 01:04:XX

My throat is raw and very sore and dry. When I breath in the air dries my throat and makes me cough.

14:30.

15F: 06:XX:XX

Swollen

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets

worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

Sensation near thymus of a lump or constriction causing a dry cough.

18:30.

19F: 00:05:00

Tickle

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat.

Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.

07F:16:XX:XX

Modalities

Ameliorations

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

Woke up with dry, burning sensation in the throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

06:15.

17F: 00:22:45

Raw, dry sensation in right nasopharynx and left oropharynx.

>drinking warm water.

11:45.

17F: 01:04:XX

Dry sore throat.
Left nasopharynx.
<swallowing.
>drinking warm water.
15:00.
17F: 01:08:XX

Sore throat, dry, burning.
Right tonsillar region.
>warm drinks.
08:00.
17F: 02:XX:XX

Throat is very dry.
> warm water.
04:30.
17F: 03:XX:XX

I woke up on a few occasions last night to drink water to try soothe my throat.
08:00.
15F: 07:XX:XX

Aggravations

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.
<with the drinking of water.
Dry, scratchy, difficult to swallow. 06:00 – 08:00.
06M:20:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.
06M:01:XX:XX

Woke up with dry, burning sensation in the throat.
Left nasopharynx.
<swallowing.
>drinking warm water.
06:15.
17F: 00:22:45

Dry sore throat.
Left nasopharynx.
<swallowing.
>drinking warm water.

15:00.
17F: 01:08:XX

4.2.3.13. LARYNX

Hoarseness

My throat is feeling better but my voice is still very hoarse and I have difficulty speaking. But at least I'm in a good mood.
07F:18:XX:XX

My throat is substantially better yet my voice is still hoarse.
07F:19:XX:XX

Voice is still hoarse but not painful.
07F:20:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.
07F:15:XX:XX

4.2.3.14. COUGH

Started coughing after eating salmon and mayonnaise. The coughing got quite bad and I started retching and then I was walking to the lounge and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. . I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile.

Etiology: coughing, bending over, standing up.
13:45.
15F: 06:XX:XX

Had a coughing fit that suddenly caused a great pain in my heart, around the apex beat area.
18:45.
15F: 07:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.
< on deep inspiration.
00:10.
15F: 08:XX:XX

Woke up coughing, very intense. I want to be antidoted now!!

19F: 09:XX:XX

Unproductive, dry

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat. Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.

07F:16:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.

07F:17:XX:XX

Coughing is getting worse, more productive but I'm not coughing up anything. I'm just unable to control the coughing and it sounds harsh and barking.

07F:18:XX:XX

Still coughing periodically, but it's controllable and not productive.

07F:20:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum.

Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, I eyes were streaming with water.

08:00.

15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.

08:16.

19F: 00:18:46

Dry cough with blocked nose.

06:30.

17F: 03:XX:XX

Cough dry to begin with but got progressively productive.

Soft sputum with white pieces resembling coarse salt.

06:30.

17F: 04:XX:XX

Dry cough started last night.

07:00.

12F: 07:XX:XX

Dry cough.
07:30.
12F: 08:XX:XX

Productive

Some coughing.
Soft sputum with white pieces resembling coarse salt.
11:30.
17F: 03:XX:XX

Cough dry to begin with but got progressively productive.
Soft sputum with white pieces resembling coarse salt.
06:30.
17F: 04:XX:XX

I just coughed to clear my throat and it felt like my brain moved.
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.
14:26
15F: 05:XX:XX

Productive cough.
Sputum whitish with yellow and white soft broken up pieces.
06:30.
17F: 05:XX:XX

Coughing up white stringy phlegm.
14:30.
15F: 06:XX:XX

Have been coughing all day with phlegm that I swallow down. Chest burns with each cough.
18:45.
15F: 07:XX:XX

Retching

Had an intense coughing spell that was accompanied by a burning sensation behind the sternum.
Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, I eyes were streaming with water.
08:00.
15F: 00:00:00

Started coughing after eating salmon and mayonnaise. The coughing got quite bad and I started retching and then I was walking to the lounge and I just vomited on the

wall. Strange because I didn't feel like vomiting. I had no control over it. . I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile.

Etiology: coughing, bending over, standing up.

13:45.

15F: 06:XX:XX

Harsh and barking

Coughing is getting worse, more productive but I'm not coughing up anything. I'm just unable to control the coughing and it sounds harsh and barking.

07F:18:XX:XX

Sputum

With White Flecks

Some coughing.

Soft sputum with white pieces resembling coarse salt.

11:30.

17F: 03:XX:XX

Cough dry to begin with but got progressively productive.

Soft sputum with white pieces resembling coarse salt.

06:30.

17F: 04:XX:XX

Productive cough.

Sputum whitish with yellow and white soft broken up pieces.

06:30.

17F: 05:XX:XX

Salty

Had an intense coughing spell that was accompanied by a burning sensation behind the sternum.

Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, I eyes were streaming with water.

08:00.

15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.

08:16.

19F: 00:18:46

Other

Coughed up some yellow-green sputum.

08:15.

15F: 00:00:15

Coughing up white stringy phlegm.

14:30.

15F:06:XX:XX

Hawk up mucous in the morning, grey color.

10F:20:XX:XX

Etiology

Etiology of cough: any movement or build up of phlegm.

00:10.

15F: 08:XX:XX

Started coughing after eating salmon and mayonnaise. The coughing got quite bad and I started retching and then I was walking to the lounge and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. . I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile.

Etiology: coughing, bending over, standing up.

13:45.

15F: 06:XX:XX

4.2.3.15. EXTERNAL THROAT

Swollen glands

All the glands in my neck were sore when I woke up this morning which made my neck feel stiff.

08:00.

15F: 07:XX:XX

Right sided submandibular lymphadenopathy.

12F: 11:XX:XX

4.2.3.16. STOMACH

Ravenous hunger

More hungry at 18:00.

01M:01:33:XX

Had supper, have a good appetite.
01M:03:XX:XX

Felt really hungry at 9am and at 20.30pm.
01M:06:XX:XX

Felt hungry at 15:30.
01M:09:XX:XX

Felt hungry at 13:30, ate a huge lunch.
01M:13:XX:XX

Generally I had an urge to eat (increased appetite). Maybe due to remedy or just being keen to eat.
03M:14:XX:XX

Good appetite.
03M:18:XX:XX

Had a nice large meal tonight, so feeling a bit uncomfortable.
06M:03:XX:XX

Very hungry at about 9pm for KFC with lot of salt. Craving it.
07F:02:62:XX

Craving oily food and salt. Overeat terribly. Now I'm feeling bad about myself again. My stomach is adverse to the sudden overload and starts bloating and cramping.
07F:05:XX:XX

Feeling like I'm putting on weight, my own fault, been eating whatever I like, have very little control over my food cravings.
07F:07:XX:XX

Very hungry and thirsty, crave salty food and carbonated drinks.
07F:12:XX:XX

Appetite is very increased and I stuff myself with salty food. Yum, not helping the bloating though. I'm starting to look like a small elephant.
07F:15:XX:XX

Very hungry.
15:45.
19F:00:04:45

So ravenous, made myself 2 snackwiches and a peanut butter sandwich.
14:00 .
18M:01:04XX

Ravenous, just want to stuff my face.
Cr. Biltong, cheese, ice cream.
15:00.
12F:04:XX:XX

Appetite has greatly increased.
09:00.
14F:05:XX:XX

Very hungry cr. Chilies.
09:30.
15F:07:XX:XX

Appetite decreased

Feeling a need for warm comfort food but have no appetite.
07F:00:06:30

No appetite. No hunger but I need warm drinks, have lots of tea.
07F:00:13:00

No appetite but have breakfast, craving warm tea.
07F:01:XX:XX

No appetite but around 11:30 I was shaky and feeling a bit faint after which I had something to eat and I felt better almost straight after.
07F:02:52:XX

No appetite.
09M:02:XX:XX
09M:03:XX:XX
09M:04:XX:XX
09M:05:XX:XX
09M:12:XX:XX

Decreased appetite.
10F:02:XX:XX
10F:03:XX:XX
10F:10:XX:XX
10F:13:XX:XX
10F:15:XX:XX
10F:17:XX:XX
10F:18:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.
10F:12:XX:XX

Easy satiety. Decreased appetite. Vague nausea < eating.
10F:19:XX:XX

Easy satiety. Decreased appetite.
10F:20:XX:XX

Hungry but once I start eating, I can't get much down before feeling full.
17:30.
19F:00:04:00

No appetite at all.
07:30.
12F:02:XX:XX

No hunger at all.
08:30.
19F:02:XX:XX

Loss of appetite, don't feel like eating at all.
21:30.
17F:02:XX:XX

No appetite in the evenings anymore.
19:45.
17F:04:XX:XX

I couldn't finish my dinner, very strange.
22:00.
13M:04:XX:XX

Complete loss of appetite.
19:00.
14F:06:XX:XX

Still very little appetite.
19:00.
14F:07:XX:XX

Still can't eat no appetite.
20:00.
17F:13:XX:XX

Thirst increased

Feeling really thirsty. Drank 2 glasses of cold water, one after the other. 16:00 pm.
02F:01:33:XX

Feeling really thirsty for cold water. Haven't really been feeling thirsty for past few days. My mouth has been dry though.
02F:07:XX:XX

Feeling thirsty for cold water.
02F:13:XX:XX

Feeling a bit thirsty.
03M:04:XX:XX

Increased thirst.
06M:01:XX:XX

Increased thirst especially at night for water.
06M:03:XX:XX

Increased thirst today. Accompanying dry mouth and dry itchy eyes. < with drink of water; >with no water. May be due to last night's party. 15:00.
06M:09:XX:XX

Thirst increased, probably due to party last night.
06M:13:XX:XX

Thirsty tonight, probably due to rugby.
06M:16:XX:XX

Increased levels of thirst in the evening after supper. Thirsty only for water, nothing else.
07F:08:XX:XX

Very hungry and thirsty, crave salty food and carbonated drinks.
07F:12:XX:XX

Thirsty.
09M:07:XX:XX
09M:13:XX:XX
09M:20:XX:XX

Thirst: Don't really want anything cold, just hot drinks; don't want water, drink cause I have to.
10F:09:XX:XX

Marked increased thirst for cold water.
12:00.
15F:01:04:XX

Marked increase in thirst just downed 2 glasses of water.
17:00.
18M:01:07:XX

Thirst increase dramatically, gulping down water.
16:00.

12F:02:XX:XX

Nausea and vomiting

Woke up tired, nauseous and dizzy.

01M:07:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F:12:XX:XX

Sore throat today in morning from a cigarette, made me feel nauseous.

10F:14:XX:XX

Easy satiety. Decreased appetite. Vague nausea < eating.

10F:19:XX:XX

Got very nauseous of some ROH and too much coffee and overeating.

10F:20:XX:XX

Threw up twice, head spun, sudden nausea, threw up easily, felt much better afterwards.

10F:20:XX:XX

I was walking to the lounge after eating salmon and mayonnaise and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile.

Etiology: coughing, bending over, standing up.

13:45.

15F:06:XX:XX

Feeling nauseas.

21:17.

18M:07:XX:XX

Gaseous

Stomach full of air.

09M:02:XX:XX

Craving oily food and salt. Overeat terribly. Now I'm feeling bad about myself again. My stomach is adverse to the sudden overload and starts bloating and cramping.

07F:05:XX:XX

Stomach is bloated and feeling full.

23:19.

18M:02:XX:XX

Eructation's

Flatulent, very noxious, silent but violent, like sulphur egg smell.

10F:15:XX:XX

Very bloated, left epigastric region, very uncomfortable, lots of wind. Passed in 5 min.

12:00.

12F: 01:01:XX

Have been having a lot of wind, smelly like egg.

21:30.

19F: 02:XX:XX

Bloated, relieved by flatulence.

20:00.

12F: 06:XX:XX

Pain

Pain in left hypochondriac region.

> pressure.

11:30.

12F: 00:01:00

Epigastric pain on waking.

<eating.

About a 7/10 pain severity.

07:30.

14F:07:XX:XX

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down.

All due to a drink of cold water.

07:30.

17F:12:XX:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy.

>lying down, closing eyes, taking a deep breath.

Relief in about 5 min.

12:00.

17F:12:XX:XX

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad its taking my breath away.

13:45.
20F: 00:04:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.
> bending over forwards.
06:00.
20F: 03:XX:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.
06M:08:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.
10F:12:XX:XX

Sensations:

Cramping, colic

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.
07F:01:XX:XX

Craving oily food and salt. Overeat terribly. Now I'm feeling bad about myself again. My stomach is adverse to the sudden overload and starts bloating and cramping.
07F:05:XX:XX

Sharp

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down. All due to a drink of cold water.

07:30.
17F:12:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.
> bending over forwards.
06:00.
20F: 03:XX:XX

Squeezing and twisting

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad its taking my breath away.

13:45.

20F: 00:04:15

Dull

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Compression

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Tender

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F:12:XX:XX

Tension

My stomach is really tight, feels like my rectus abdominus is aching.

08:00.

20F 01:22:XX

Easy satiety

Easy satiety. Decreased appetite. Vague nausea < eating.

10F:19:XX:XX

Easy satiety. Decreased appetite.

10F:20:XX:XX

Hungry but once I start eating, I can't get much down before feeling full.

17:30

19F: 00:04:00

I couldn't finish my dinner, very strange.

22:00.

13M:04:XX:XX

Modalities

Ameliorations

Threw up twice, head spun, sudden nausea, threw up easily, felt much better afterwards.

10F:20:XX:XX

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.

07F:01:XX:XX

Pain in left hypochondriac region.

> pressure.

11:30.

12F: 00:01:00

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy.

>lying down, closing eyes, taking a deep breath.

Relief in about 5 min.

12:00.

17F: 12:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight.

Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.

> bending over forwards.

06:00.

20F: 03:XX:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Aggravations

Easy satiety. Decreased appetite. Vague nausea < eating.

10F:19:XX:XX

Epigastric pain on waking.

<eating.

About a 7/10 pain severity.

07:30.

14F: 07:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight.

Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.

> bending over forwards.

06:00.

20F: 03:XX:XX

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down.

All due to a drink of cold water.

07:30.

17F:12:XX:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy.

>lying down, closing eyes, taking a deep breath.

Relief in about 5 min.

12:00.

17F:12:XX:XX

4.2.3.17. ABDOMEN

Pain

Menses

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).

07F:14:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1st/2nd day of my period which has not yet happened (CURED).

07F:15:XX:XX

Location

Left hypochondriac

Pain in left hypochondriac region.

> pressure.

11:30.

12F: 00:01:00

Epigastric

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad it's taking my breath away.

13:45.

20F:00:04:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.

> bending over forwards.

06:00.

20F: 03:XX:XX

Epigastric pain on waking.

<eating.

About a 7/10 pain severity.

07:30.

14F: 07:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F:12:XX:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down. All due to a drink of cold water.

07:30.

17F:12:XX:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy.

>lying down, closing eyes, taking a deep breath.

Relief in about 5 min.

12:00.
17F:12:XX:XX

Lower right quadrant

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.
< sitting bent over.
08:50.
15F: 00:00:50

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure.
< walking.
09:00.
15F: 00:01:00

Pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen
> applying a hot water bottle, lying in fetal position.

10:00.
14F: 00:01:30

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants.

> hunching over.
16F: 00:18:00.

Getting a vague lower right quadrant abdominal pain.

18:00.
18M: 07:XX:XX

Right sided lower abdominal pain, mild stabbing pain.

22:00.
12F: 09:XX:XX

Lower right abdominal pain is not making any sense. It refers to the top iliac crest and then to my back and into my iliac region.

It is getting worse as the day progresses.

12:05.
18M :10:XX:XX

Right abdominal pain is getting bad.

23:00.
18M :11:XX:XX

Lower left quadrant

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure.

< walking.

09:00.

15F: 00:01:00

Pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen

> applying a hot water bottle, lying in fetal position.

10:00.

14F: 00:01:30

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants.

> hunching over.

18:00.

16F: 00:08:15

Abdominal pain descending down colon.

<pressure.

>standing erect and passing stool.

22:00.

17F: 04:XX:XX

Wow, left lower quadrant is hurting now too, just can't get comfortable.

22:40.

18M: 07:XX:XX

Sensations:

Cramping

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.

07F:01:XX:XX

Craving oily food and salt. Overeat terribly. Now I'm feeling bad about myself again. My stomach is adverse to the sudden overload and starts bloating and cramping.

07F:05:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F:12:XX:XX

Bloatedness with notable intestinal muscle contraction.

>after stool, sitting upright.

16:45.
17F: 02:XX:XX

My stomach started to hurt towards the end of the touch rugby game. Still feels muscular like my muscles are aching made me feel irritable.

20:00.
20F: 02:XX:XX

Abdominal discomfort, cramping bloated and gassy.

20:00.
17F: 04:XX:XX

Abdominal pain descending down colon.

<pressure.
>standing erect and passing stool.
22:00.
17F: 04:XX:XX

Stomach cramps.

Left lower quadrant.

Feel bloated.

>lying down and standing straight, exercise.

14:00.
17F: 05:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1st/2nd day of my period which has not yet happened (CURED).

07F:15:XX:XX

Stabbing

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.
< sitting bent over.

08:50.
15F: 00:00:50

Pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen

> applying a hot water bottle, lying in fetal position.

10:00.
14F: 00:01:30

Woke up with such a bad stomach pain this morning. I couldn't stand up straight.

Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.
> bending over forwards.

06:00.
20F: 03:XX:XX

Right sided lower abdominal pain, mild stabbing pain.
22:00.
12F: 09:XX:XX

Sharp

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.
< sitting bent over.
08:50.
15F: 00:00:50

Pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen
> applying a hot water bottle, lying in fetal position.
10:00.
14F: 00:01:30

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants.
> hunching over.
18:00.
16F: 00:08:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.
<eating.
> bending over forwards.
06:00.
20F: 03:XX:XX

Tightness

Feeling of tightness in and around my abdomen.
07F:01:30:XX

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.
>pressure.
< walking.
09:00.
15F: 00:01:00

My stomach is really tight, feels like my rectus abdominus is aching.
08:00.

20F: 01:22:XX

Squeezing

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad its taking my breath away.

13:45.

20F: 00:04:15

Twisting

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad its taking my breath away.

13:45.

20F: 00:04:15

Cramp in lower gastric region as if my gut wants to twist and turn. Like a bubble or something growing inside me.

12:00.

19F: 02:XX:XX

Pinching

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure.

< walking.

09:00.

15F: 00:01:00

Dull, aching

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Mild dull aching pain in lower abdomen.

Lasted about 2 hours.

14:30.

15F: 00:06:30

Aching sensation in my lower abdomen as if my stomach muscles are contracting.
<sitting up straight.

21:00.

20F: 01:11:XX

Compression

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Discomfort

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F:12:XX:XX

Little bit of abdominal discomfort and bloating.

12:00.

17F: 15:XX:XX

Live thing inside

Stomach is feeling weird, feeling like I honestly have a baby kicking inside of me. It's just below my umbilicus and is like a throbbing sensation. Not painful just uncomfortable like pulsations.

20F: 00:03:30

Cramp in lower gastric region as if my gut is wanting to twist and turn. Like a bubble or something growing inside me.

19F: 02:12:00.

Feels like someone is poking me from the inside every now and again.

23:00.

20F: 02:XX:XX

Feeling wind moving around in my gut like a little creature.

14:00.

19F: 04:XX:XX

Gaseous

Flatulent, very noxious, silent but violent, like sulphur egg smell.

10F:15:XX:XX

Craving oily food and salt. Overeat terribly. Now I'm feeling bad about myself again. My stomach is adverse to the sudden overload and starts bloating and cramping.

07F:05:XX:XX

Stomach full of air.

09M:02:XX:XX

Appetite is very increased and I stuff myself with salty food. Yum, not helping the bloating though. I'm starting to look like a small elephant.

07F:15:XX:XX

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants.

> hunching over.

18:00.

16F: 00:08:15

Very bloated, left epigastric region, very uncomfortable, lots of wind. Passed in 5 min.

12:00.

12F: 01:01:XX

Feeling a little bloated and uncomfortable.

08:30.

19F: 02:XX:XX

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines.

<left lower quadrant.

>straightening up.

13:30.

17F: 02:XX:XX

I've had a bloated sore stomach all day, feel really full of air.

16:00.

16F: 02:XX:XX

Bloatedness with notable intestinal muscle contraction

>after stool, sitting upright.

16:45.

17F: 02:XX:XX

Have been having a lot of wind, smelly like egg.

21:30.

19F: 02:XX:XX

Stomach pain, feel colicky and full of wind, bloated.

07:30.

19F: 03:XX:XX

Feeling wind moving around in my gut like a little creature.

14:00.

19F: 04:XX:XX

Bloated all day, lots of gas.

18:00.

12F: 04:XX:XX

Abdominal discomfort, cramping bloated and gassy.

20:00.

17F: 04:XX:XX

Stomach cramps.

Left lower quadrant.

Feel bloated.

>lying down and standing straight, exercise.

14:00.

17F: 05:XX:XX

BLOATED.

19:00

12F: 05:XX:XX

Bloated, relieved by flatulence.

20:00.

12F: 06:XX:XX

Feeling very bloated and full of air.

20:00.

14F: 06:XX:XX

BLOATED.

07:00.

12F: 07:XX:XX

Still feeling bloated.

20:30.

14F: 07:XX:XX

Feel really bloated.

14:00.

16F:13:XX:XX

Feeling even more bloated now may be a bit constipated.

16:30.

16F:13:XX:XX

Little bit of abdominal discomfort and bloating.

12:00.

17F:15:XX:XX

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).

07F:14:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1st/2nd day of my period which has not yet happened (CURED).

07F:15:XX:XX

Clogged up

No movement today, feel all clogged up. If I sit there is an urge but feel no relief.

19F: 01:18:30

Radiations

Abdominal pain is radiating down my inguinal region into my right scrotal area.

20:15.

18M:07:XX:XX

Lower right abdominal pain is not making any sense. It refers to the top iliac crest and then to my back and into my iliac region.

It is getting worse as the day progresses.

12:05.

18M:10:XX:XX

Eruptions

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.

03M:16:XX:XX

Modalities

Ameliorations

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.

< sitting bent over.

08:50.

15F: 00:00:50

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure.

< walking.

09:00.

15F: 00:01:00

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants.

> hunching over.

18:00.

16F: 00:08:15

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines.

<left lower quadrant.

>straightening up.

13:30.

17F: 02:XX:XX

Bloatedness with notable intestinal muscle contraction.

>after stool, sitting upright.

16:45.

17F: 02:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.

> bending over forwards.

06:00.

20F: 03:XX:XX

Stomach cramps.

Left lower quadrant.

Feel bloated.
>lying down and standing straight, exercise.
14:00.
17F: 05:XX:XX

Bloated, relieved by flatulence.
20:00.
12F: 06:XX:XX

Aggravations

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.
< sitting bent over.
08:50.
15F: 00:00:50.

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure.
< walking.
09:00.
15F: 00:01:00

Aching sensation in my lower abdomen as if my stomach muscles are contracting.

<sitting up straight.
21:00.
20F: 01:11:XX

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines.

<left lower quadrant.
>straightening up.
13:30.
17F: 02:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.
> bending over forwards.
06:00.
20F: 03:XX:XX

4.2.3.18. RECTUM

Diarrhea

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief after passing and a feeling of 'cleanness' on the inside (weird not sure how to describe). Feeling of tightness in and around abdomen.

07F:01:30:XX

Suddenly develop diarrhea, very watery, pungent smell, and yellow brown color. Very urgently need to go. Went 10 times.

07F:12:XX:XX

Still have diarrhea, same as yesterday but less watery, abdominal cramps precede urgency to go to the bathroom.

07F:13:XX:XX

Runny stomach.

09M:05:XX:XX

09M:06:XX:XX

Runny, upset from Tai curry. Small volumes but runny, mucous, urgency.

10F:04:XX:XX

Slimy diarrhea, brown green color, offensive.

10F:20:XX:XX

Towards the end of my run my stomach felt very strange. I was passing a lot of wind. I had to stop a couple of times because I thought I was going to have the runs. I managed to find a toilet on the promenade. Had very bad diarrhea. Was very fluid with a yellow tinge. Not a bad smell. Left me feeling very weak.

17:00.

20F: 00:07:30

Constipation

Constipation. <pushing, straining. > relaxing, > bigger meals.

10F:00:XX:XX

Constipation, daily, small amount, tenesmus.

10F:01:XX:XX

Still constipated, no change.

10F:13:XX:XX

Constipation. Not difficulty, just small volume, feel not done after. Would feel much better if I could just have a decent stool.

10F:16:XX:XX

Bowel movement was hard and difficult, don't feel complete.

09:55.

19F: 00:15:35

No movement today, feel all clogged up. If I sit there is an urge but feel no relief.

18:30.

19F: 01:05:00

Stomach still hasn't gone.

08:30.

19F: 02:XX:XX

Feeling even more bloated now may be a bit constipated.

16:30.

16F: 13:XX:XX

Tried going to the loo but nothing happened.

21:15.

16F: 13:XX:XX

Still constipated, been 3 days since last stool.

06:00.

16F: 14:XX:XX

Tenesmus

Digestive system returns to normal, have a good nr2 three times, great quantities, good consistency (solid but not hard), normal color, feeling of satisfaction afterwards.

1st time in weeks that my bowels are functioning normally and that I feel like I'm 'finished' afterwards. (CURED).

07F:04:XX:XX

Constipation, daily, small amount, tenesmus.

10F:01:XX:XX

I still feel I can't go properly, like I'm not done. I don't have difficulty or pain or straining but I just don't feel done.

10F:09:XX:XX

Peanut buttery dark stool. No straining, just like it's incomplete, probably because I'm impatient.

10F:11:XX:XX

Constipation. Not difficulty, just small volume, feel not done after. Would feel much better if I could just have a decent stool.

10F:16:XX:XX

Bowel movement was hard and difficult, don't feel complete.

09:55.

19F: 00:15:35

No movement today, feel all clogged up. If I sit there is an urge but feel no relief.

18:30.

19F: 01:05:00

Tried going to the loo but nothing happened.

21:15.

16F: 13:XX:XX

4.2.3.19. STOOL

Digestive system returns to normal, have a good nr2 three times, great quantities, good consistency (solid but not hard), normal color, feeling of satisfaction afterwards.

1st time in weeks that my bowels are functioning normally and that I feel like I'm 'finished' afterwards (CURED).

07F:04:XX:XX

Loose: yellow, brown, green watery

Yellow, watery stool

07F:01:30:XX

Suddenly develop diarrhea, very watery, pungent smell, yellow brown color.

Very urgently need to go. Went 10 times.

07F:12:XX:XX

Slimy diarrhea, brown green color, offensive.

10F:20:XX:XX

Towards the end of my run my stomach felt very strange. I was passing a lot of wind.

I had to stop a couple of times because I thought I was going to have the runs. I managed to find a toilet on the promenade. Had very bad diarrhea. Was very fluid with a yellow tinge. Not a bad smell. Left me feeling very weak.

17:00.

20F: 00:07:30

Stool slightly loose.

14:00.

17F: 05:XX:XX

Stool has a much looser consistency.

09:00.

17F: 06:XX:XX

Dark

Peanut buttery dark stool, no straining just like its incomplete.

10F:11:XX:XX

Stool is dark and compact, must drink more water.

18:30.

19F: 00:05:00

Had a really black and dark stool.

09:00.

18M 06:XX:XX

Dark stool again.

11:00.

18M: 06:XX:XX

Had another black stool, solid.

15:30.

18M :06:XX:XX

Another dark stool.

08:30.

18M: 09:XX:XX

Still dark stools, worried it might be something terminal, going to see dr. again.

10:00.

18M :10:XX:XX

Hard and compact

Stool is dark and compact, must drink more water.

18:30.

19F: 00:05:00

Stool is hard, knotty and not much.

21:30.

19F: 02:XX:XX

Small volume and amount

Constipation, daily, small amount, tenesmus.

10F:01:XX:XX

Constipation. Not difficulty, just small volume, feel not done after. Would feel much better if I could just have a decent stool.

10F:16:XX:XX

4.2.3.20. BLADDER

Frequent urination

Had mild chills and frequent urination last night before going to bed for about an hour. Went four times.
03M:11:XX:XX

Frequency of urination increased.
14F: 00:XX:XX

Increased frequency of urination.
17F: 02:XX:XX

Seem to be weeing a lot more.
18:30.
19F: 02:XX:XX

Had to run to wee as soon as I woke up.
06:50.
16F: 03:XX:XX

Extreme increase in frequency of urination throughout the day.
14F: 09:XX:XX

Nocturia

Woke up to urinate, very unusual.
04:30.
17F: 03:XX:XX

4.2.3.21. URINE

Color

Urine is thick and dark. Need to drink more water.
15:50.
19F: 00:02:20

Urine is a stronger color with a stronger smell than usual.
06:30.
17F: 02:XX:XX

Odor

Sweet smell of wee, like asparagus.
10F:19:XX:XX

Urine is a stronger color with a stronger smell than usual.

06:30.

17F: 02:XX:XX

Consistency

Urine is thick and dark. Need to drink more water.

15:50.

19F: 00:02:20

4.2.3.22. KIDNEYS

Pain

I started to feel a slight dull aching sensation in my left kidney area. Level of T12 – L2 on the left side of my spine. Afternoon – 17:00.

06M:07:XX:XX

4.2.3.23. FEMALE GENITALIA/SEX

Breast tenderness

Boobs feel very full and heavy, like PMS without the period.

07:00

19F: 00:18:30

Slight breast sensitivity, tender to any movement or touch.

18:00.

12F: 01:07:XX

Lower back pain

Started getting lower back pain. Dull niggling, aching, feels pre-menstrual.

20:00

16F: 02:XX:XX

Started getting lower back pain. Dull niggling, aching, feels pre-menstrual.

20:00.

16F: 02:XX:XX

My period started today with Lower back pain and discomfort.

Can't get comfortable.

16F: 07:XX:XX

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).
07F:14:XX:XX

Ovarian pain

Right ovary pain as if ovary is pinched in a clamp.
15F: 00:12:15

Lower abdominal pain

Period pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen.

> applying a hot water bottle, lying in fetal position.

10:00.

14F: 00:01:30

Aching sensation in my lower abdomen as if my stomach muscles are contracting.

<sitting up straight.

21:00.

20F: 01:11:XX

Period pain is much worse than usual.

Cramping in lower left and right quadrants.

>hunching over, lying down.

<standing upright.

14:00.

17F: 03:XX:XX

Abdominal cramps move to the right.

20:30.

17F: 03:XX:XX

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).

07F:14:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1st/2nd day of my period which has not yet happened (CURED).

07F:15:XX:XX

Spotting

Had spotting of light colored blood, period finished 2 days ago.

20:00.

14F:05:XX:XX

Menses

Bright red

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).

07F:14:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1st/2nd day of my period which has not yet happened (CURED).

07F:15:XX:XX

My menstrual bleed is very light this month, and still light in color.

07F:17:XX:XX

Menses began a few days early, dark, brownish, clotted, scanty. Usually starts of scanty but red not dark(CURED).

10F:09:XX:XX

Leucorrhoea

Leucorrhoea.

10F:00:XX:XX

Leucorrhoea, thick, white, yellow, copious.

10F:02:XX:XX

Thick, white, yellow leucorrhoea.

10F:03:XX:XX

Leucorrhoea, thick opaque white, itching.

10F:10:XX:XX

10F:11:XX:XX

10F:15:XX:XX

Opaque, yellow white leucorrhoea.

10F:12:XX:XX

Increased leucorrhoea, clear.
10F:16:XX:XX

Sexual desire increased

Aversion to sex/ sexual contact but increased libido.
07F:04:XX:XX

Very high libido, the first time in days/weeks.
07F:11:XX:XX

Libido very high.
07F:12:XX:XX

High libido.
07F:13:XX:XX

High libido especially in the afternoon.
07F:17:XX:XX

Libido is high and its bothering me.
07F:19:XX:XX

Feeling happy, got a high libido and besides for a runny nose I feel good.
07F:20:XX:XX

Increased libido.
10F:10:XX:XX

Increased desire.
10F:11:XX:XX

Increased sexual drive.
10F:12:XX:XX

Increased drive.
10F:13:XX:XX

Still increased drive.
10F:14:XX:XX

Increased sex drive.
10F:15:XX:XX

Increased libido.
10F:17:XX:XX
10F:18:XX:XX
10F:19:XX:XX

Very horny, amorous.

10:00.

12F: 09:XX:XX

Feeling so turned on... I better stay indoors.

10:00.

14F: 10:XX:XX

Feeling very sexually excited... wow.

10:30.

16F: 10:XX:XX

Sexual desire diminished

Libido non-existent.

07F:00:13:00

No libido.

07F:15:XX:XX

Libido is way down, no interest whatsoever.

07F:14:XX:XX

Libido is very low.

07F:16:XX:XX

4.2.3.24. MALE GENITALIA/SEX

Sexual desire increased

Good libido.

03M:18:XX:XX

Increased libido.

06M:09:XX:XX

My sex drive feels very high today.

08M:01:XX:XX

Libido is back.

15:00.

18M: 01:05:00

Sexual desire decreased

Didn't even have my normally raised libido, fell asleep with a semi I didn't even care to use.

00:00.

18M:00:14:00

4.2.3.24. RESPIRATION

Hawk mucous difficult in morning, feel like I hyperventilate, can't breathe in deep enough with anxiety like weight on chest.

10F:19:XX:XX

4.2.3.25. CHEST

Anxiety

Hawk mucous difficult in morning, feel like I hyperventilate, can't breathe in deep enough with anxiety like weight on chest.

10F:19:XX:XX

Pain

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

00:10.

15F: 08:XX:XX

Chest pain <lying down .

>sleep propped up on pillows on the left side.

10:50.

15F: 08:XX:XX

Woke up due to chest pain and need to cough. Twice during the night.

15F: 08:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.

13:35.

18M :10:XX:XX

Breast tenderness

Boobs feel very full and heavy, like PMS without the period.

07:00

19F: 00:18:30

Slight breast sensitivity, tender to any movement or touch.

18:00.

12F: 01:07:XX

Sensations:

Musculoskeletal

Pain in right lower intercostals muscles.

<full inhalation.

11:00.

17F: 01:03:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement.

>standing still, not breathing.

18:45.

15F: 07:XX:XX

Chostochondritis. Aching pain in 5th intercostal space.

<right.

>firm pressure.

10:30.

17F: 17:XX:XX

Burning

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum.

Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, my eyes were streaming with water.

08:00.

15F: 00:00:00

My chest is burning.

14:30.

15F: 06:XX:XX

Have been coughing all day with phlegm that I swallow down. Chest burns with each cough.

18:45.

15F: 07:XX:XX

Squeezing

Really painful squeezing sensation in the right upper lung. Unbearable pain.

20:35.
18M: 01:10:XX

Heart

Impatient, can't stand to be contradicted. Can't be stopped doing what I want to, else I get anxious, get palpitations and react by lashing out.
10F:19:XX:XX

Very aware of my heart beat, reminds me of a moth hitting a light, slow, methodical.
12F: 00:16:00

Have felt a funny palpitation in the centre of the chest. Quite noticeable, a pressure and bubbling sensation.
19F: 02:XX:XX

Very aware of my heart beat, regular and slow but noticeable.
12F: 02:XX:XX

Had a coughing fit that suddenly caused a great pain in my heart, around the apex beat area.
15F: 07:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.
15F: 08:XX:XX

Itching

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot..

Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.
15:30 and again at 18:30. Severity 6/10.
06M:11:XX:XX

Axillae are still a bit itchy, like I mentioned yesterday.
06M:12:XX:XX

Underarm or axillae was a bit itchy as well this afternoon.
06M:16:XX:XX

Eruptions

Pimples

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Pustule on my superior anterior left thorax this morning. Productive.

03M:07:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.

06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.

06M:03:XX:XX

Notice a strange hot bump on my chest approximately 4cm below my left clavicle.

Tender to touch.

07F:01:36:XX

The bump on my chest has become a very sore pimple. Tried squeezing it but it was very tender and didn't deliver anything.

07F:02:XX:XX

Pimples now also on chest.

10F:01:XX:XX

Modalities

Ameliorations

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement.

>standing still, not breathing.

18:45.

15F: 07:XX:XX

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

00:10.

15F: 08:XX:XX

Chest pain <lying down.

>sleep propped up on pillows on the left side.

10:50.

15F: 08:XX:XX

Chostochondritis. Aching pain in 5th intercostal space.

<right.

>firm pressure.

10:30.

17F: 17:XX:XX

Aggravations

Pain in right lower intercostals muscles.

<full inhalation.

11:00.

17F: 01:03:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement.

>standing still, not breathing.

18:45.

15F: 07:XX:XX

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

00:10.

15F: 08:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.

< on deep inspiration.

00:10.

15F: 08:XX:XX

Chest pain .

<lying down .

>sleep propped up on pillows on the left side.

10:50.

15F: 08:XX:XX

Chostochondritis. Aching pain in 5th intercostal space.
<right.
>firm pressure.
10:30.
17F: 17:XX:XX

4.2.3.26. BACK

Pain

Back a bit sore.
09M:09:XX:XX
09M:10:XX:XX
09M:12:XX:XX
09M:13:XX:XX
09M:14:XX:XX

Cervical

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.
06M:07:XX:XX

Back and neck feeling pretty stiff and sore.
Muscle ache and decreased motion.
Dull ache, more severe sensitive pain; may be due to rugby.
08:00.
06M:10:XX:XX

Back and neck: same ache still persists but the intensity has increased though.
06M:11:XX:XX

Had a good night's sleep with only mild discomfort in my neck.
07F:20:XX:XX

Shoulders and neck hurting a bit today. Pain is towards centre of body.
08M:00:XX:XX

Shoulders and neck hurt.
08M:10:XX:XX

Neck is hurting so much need a massage.
08M:19:XX:XX

Back and neck a lot better than usual, Pain from the left neck moved a bit towards the right.

06M:13:XX:XX

Have a bit of neck stiffness and pain.

19:00.

16F: 01:09:15

Pain in neck muscles and traps .

<stretching but better afterwards.

07:30.

17F: 06:XX:XX

Stiff neck with niggling burning pain in muscles.

13:00.

12F: 06:XX:XX

Woke up with pain and tension in neck muscles.

<stretching.

>after stretching.

08:30.

17F :07:XX:XX

Neck stiffness, comes on early afternoon.

>stretching.

Dull persistent pain.

14F :17:XX:XX

Thoracic

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.

06M:07:XX:XX

Back and neck feeling pretty stiff and sore.

Muscle ache and decreased motion.

Dull ache, more severe sensitive pain; may be due to rugby.

08:00.

06M:10:XX:XX

Back and neck: same ache still persists but the intensity has increased though.

06M:11:XX:XX

Back and neck a lot better than usual, Pain from the left neck moved a bit towards the right.

06M:13:XX:XX

Midthoracic back pain, paravertabral muscles, as if bruised.

<pressure and touch.

> adjustment.

11:00.

17F :05:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.

21:00.

20F :01:11:XX

Pain in rhomboids.

worst on right over rib heads.

20:00.

17F :07:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

08:30.

17F :09:XX:XX

Lumbar

My lower back is hurting very much. The muscles around the spine hurts.

08M:01:XX:XX

Lower back still hurting a bit.

08M:05:XX:XX

Was sitting in front of my computer and stood up and got this sharp shooting pain. I couldn't stand up properly. The pain is on the left side of my spine, just above my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the pain.

19:30.

20F :00:10:00

Back is feeling really stiff today, not unbearable though. The pain on the left is still there but more localized to about 3 cm above my PSIS and on my spinus process and 5 cm laterally. Still feels like a bruise when I press on it.

16:20.

20F :01:06:XX

Bad lower back pain, muscular type pain in my quadratus lumborum

Started late morning and got progressively worse.

17:00.

14F :02:XX:XX

Started getting lower back pain. Dull niggling, aching, feels pre-menstrual.

20:00.

16F :02:XX:XX

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially.

>sitting, lying down.

<standing for long periods.

21:30.

17F :05:XX:XX

My lower back is really tender.

18:00.

20F :06:XX:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

08:45.

20F :07:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my groin.

20:00.

20F :07:XX:XX

I started to feel a slight dull aching sensation in my left kidney area. Level of T12 – L2 on the left side of my spine. Afternoon – 17:00.

06M:07:XX:XX

My period started today with Lower back pain and discomfort.

Can't get comfortable.

16F: 07:XX:XX

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).

07F:14:XX:XX

Buttocks

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.

< on right.

> stretching.

19:30.

20F :07:XX:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.

10F:20:XX:XX

Stiffness

Stiff shoulders tension from studying.

10F:12:XX:XX

Cervical

Back and neck feeling pretty stiff and sore.

Muscle ache and decreased motion.

Dull ache, more severe sensitive pain; may be due to rugby.

08:00.

06M:10:XX:XX

Back and neck feeling a bit stiff again.

06M:12:XX:XX

Back and neck a bit stiff from the rugby, as well as my left rhomboid is starting to flare up again.

06M:19:XX:XX

Woke up with a stiff neck.

06:30.

16F :00:20:45

Have a bit of neck stiffness and pain.

19:00.

16F :01:09:15

Bilateral neck stiffness.

16:00.

12F 02:XX:XX

Neck is very stiff again.

22:00.

12F:02:XX:XX

Stiff neck with niggling burning pain in muscles.

13:00.

12F :06:XX:XX

Woke up with pain and tension in neck muscles.

<stretching.

>after stretching.

08:30.

17F :07:XX:XX

My neck and whole back feel really stiff and it feels like it is moving to the base of my skull.

14:15.

16F :07:XX:XX

Neck stiffness.

>stretching.

14F :11:XX:XX

Have a lot of muscle tension in my neck. Pain is generalized and dull.

08:30.

16F :13:XX:XX

Suffering from neck stiffness that worsens throughout the day.

14F :14:XX:XX

Muscle in my neck and traps are a bit stiff.

08:20.

20F :15:XX:XX

Neck muscles very tight.

>stretching.

15:00.

17F :15:XX:XX

Neck stiffness, comes on early afternoon.

>stretching.

Dull persistent pain.

14F :17:XX:XX

Thoracic

Back and neck feeling pretty stiff and sore.

Muscle ache and decreased motion.

Dull ache, more severe sensitive pain; may be due to rugby.

08:00.

06M:10:XX:XX

Back and neck feeling a bit stiff again.

06M:12:XX:XX

Back and neck a bit stiff from the rugby, as well as my left rhomboid is starting to flare up again.

06M:19:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.

21:00.

20F :01:11:30

My neck and whole back feel really stiff and it feels like it is moving to the base of my skull.

14:15.

16F :07:XX:XX

Back felt stiff and immobile all day.

16F :14:XX:XX

Back is really stiff today.

16F :15:XX:XX

Lumbar

Back: Lower lumbar stiffness.

10F:00:XX:XX

Back pain, lower lumbar, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.

10F:09:XX:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.

10F:20:XX:XX

Back is feeling really stiff today, not unbearable though. The pain on the left is still there but more localized to about 3 cm above my PSIS and on my spinus process and 5 cm laterally. Still feels like a bruise when I press on it.

16:20.

20F :01:06:XX

Back is really stiff, feels like all the muscles in my back are contracting. Stiff aching pain.

21:00.

20F :01:11:XX

Lower back is stiff, but not painful.

08:50.

19F :02:XX:XX

My whole back is also quite tight especially on the right and in the middle, feels ropey to the touch.

10:20.

20F :02:XX:XX

My quadratus lumborum and gluteus are very tight.

14:00.

20F :07:XX:XX

My neck and whole back feel really stiff and it feels like it's moving to the base of my skull.

14:15.

16F :07:XX:XX

Back felt stiff and immobile all day.

16F :14:XX:XX

Back is really stiff today.

16F :15:XX:XX

Buttocks

My quadratus lumborum and gluteus are very tight.

14:00.

20F :07:XX:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.

10F:20:XX:XX

Sensations:

Burning

Stiff neck with niggling burning pain in muscles.

13:00.

12F :06:XX:XX

Dull

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.

06M:07:XX:XX

Back and neck feeling pretty stiff and sore.

Muscle ache and decreased motion.

Dull ache, more severe sensitive pain; may be due to rugby.

08:00.

06M:10:XX:XX

Back pain, lower lumbar, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.

10F:09:XX:XX

Started getting lower back pain. Dull niggling, aching, feels pre-menstrual.
20:00.
16F :02:XX:XX

Have a lot of muscle tension in my neck. Pain is generalized and dull.
08:30.
16F :13:XX:XX

Neck stiffness, comes on early afternoon.
>stretching.
Dull persistent pain.
14F :17:XX:XX

I started to feel a slight dull aching sensation in my left kidney area. Level of T12 – L2 on the left side of my spine. Afternoon – 17:00.
06M:07:XX:XX

Aching

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.
06M:07:XX:XX

Back and neck feeling pretty stiff and sore.
Muscle ache and decreased motion.
Dull ache, more severe sensitive pain; may be due to rugby.
08:00.
06M:10:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.
21:00.
20F :01:11:XX

Started getting lower back pain. Dull niggling, aching, feels pre-menstrual.
20:00.
16F :02:XX:XX

I started to feel a slight dull aching sensation in my left kidney area. Level of T12 – L2 on the left side of my spine. Afternoon – 17:00.
06M:07:XX:XX

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).
07F:14:XX:XX

Numbing

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.

06M:07:XX:XX

Sharp

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.

10F:20:XX:XX

Was sitting in front of my computer and stood up and got this sharp shooting pain. I couldn't stand up properly. The pain is on the left side of my spine, just above my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the pain.

19:30.

20F :00:10:00

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially.

>sitting, lying down.

<standing for long periods.

21:30.

17F :05:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. When pressed on the pain is sharp and shoots to my groin.

20:00.

20F :07:XX:XX

Sensitive

Back and neck feeling pretty stiff and sore.

Muscle ache and decreased motion.

Dull ache, more severe sensitive pain; may be due to rugby.

08:00.

06M:10:XX:XX

Itchy

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

23:00pm.

02F:06:XX:XX

Back itchy between shoulder blades – wanders with scratching.
10F:10:XX:XX

Shooting

Was sitting in front of my computer and stood up and got this sharp shooting pain. I couldn't stand up properly. The pain is on the left side of my spine, just above my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the pain.

19:30.

20F :00:10:00

The two very tender trigger points bilaterally on the lateral aspects of L2. When pressed on the pain is sharp and shoots to my groin.

20:00.

20F :07:XX:XX

Throbbing

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual. (CURED).

07F:14:XX:XX

Bruised and tender

Was sitting in front of my computer and stood up and got this sharp shooting pain. I couldn't stand up properly. The pain is on the left side of my spine, just above my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the pain.

19:30.

20F :00:10:00

Back is feeling really stiff today, not unbearable though. The pain on the left is still there but more localized to about 3 cm above my PSIS and on my spinus process and 5 cm laterally. Still feels like a bruise when I press on it.

16:20.

20F :01:06:XX

My lower back is really tender.

18:00.

20F :06:XX:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

08:45.

20F :07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.
< on right.

> stretching.

19:30.

20F :07:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my groin.

20:00.

20F :07:XX:XX

Muscular

Bad lower back pain, muscular type pain in my quadratus lumborum
Started late morning and got progressively worse.

17:00.

14F :02:XX:XX

Stiff neck with niggling burning pain in muscles.

13:00.

12F :06:XX:XX

Radiations

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

08:45.

20F :07:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my groin.

20:00.

20F :07:XX:XX

Eruptions

Pimples

Cervical

Back of my neck, pustule. Prominent.
03M:09:XX:XX

Thoracic

Starting to develop more little pimples than usual on my superior chest and back.
06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.
06M:03:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.
10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.
10F:14:XX:XX

Lumbar

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.
10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.
10F:14:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.
10F:20:XX:XX

Dry patches

Cervical

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.
02F:06:XX:XX

Lumbar

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F:05:XX:XX

Modalities

Ameliorations

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially.

>sitting, lying down.

<standing for long periods.

21:30.

17F :05:XX:XX

Woke up with pain and tension in neck muscles.

<stretching.

>after stretching.

08:30.

17F :07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.

< on right.

> stretching.

19:30.

20F :07:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

08:30.

17F :09:XX:XX

Neck stiffness.

>stretching.

14F :11:XX:XX

Neck muscles very tight.

>stretching.

15:00.

17F :15:XX:XX

Neck stiffness, comes on early afternoon.

>stretching.

Dull persistent pain.

14F :17:XX:XX

Aggravations

Bad lower back pain, muscular type pain in my quadratus lumborum
Started late morning and got progressively worse.

17:00.

14F :02:XX:XX

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse
radially.

>sitting, lying down.

<standing for long periods.

21:30.

17F :05:XX:XX

Pain in neck muscles and traps .

<stretching but better afterwards.

07:30.

17F :06:XX:XX

Woke up with pain and tension in neck muscles.

<stretching.

>after stretching.

08:30.

17F :07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.

< on right.

> stretching.

19:30.

20F :07:XX:XX

Suffering from neck stiffness that worsens throughout the day.

14F :14:XX:XX

4.2.3.27. EXTREMITIES

Pain

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Right knee feels wobbly. Joints are aching a little today.

10:00.

19F: 03:XX:XX

All joints are aching.

15:40.

18M: 09:XX:XX

Upper limb:

Shoulder

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain.

<early morning, with movement.

07:00.

14F: 00:22:30

My right shoulder is tender today, got a nasty trigger point on my proximal attachment of my tricep.

08:20.

20F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

08:30.

17F: 09:XX:XX

Elbow

Left Sacro-iliac joint pain. I rolled onto my SI joint during karate. Also my left elbow sore due to karate. This has been present for 4/5 days but due to the mechanics of it I thought this unnecessary to mention.

03M:07:XX:XX

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Elbow less swollen but still acute (Olecranon bursitis). Seem to bump it accidentally all the time.

03M:11:XX:XX

Elbow still limited in function. Swelling has gone down. Painful on contact.
03M:12:XX:XX

Elbow more painful due to teaching karate last night.
03M:15:XX:XX

Wrist

Left wrist pain, very dull achy pain.
< circular motion and pronation / supination.
09:20.
15F: 00:01:20

Left wrist painful.
< movement.
12:15.
15F: 01:04:15

Fingers

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.
07F:07:XX:XX

My finger joints are also a little sore today and very stiff.
10:00.
19F: 03:XX:XX

Lower limb:

Hip

Left Sacro-iliac joint pain. I rolled onto my SI joint during karate. Also my left elbow sore due to karate. This has been present for 4/5 days but due to the mechanics of it I thought this unnecessary to mention.
03M:07:XX:XX

Sacro iliac joint discomfort - left side. Shoulder also stiff. This shoulder has been chronic since 1998 – had thoracic outlet syndrome – the joint is very lax.
03M:20:XX:XX

My right hip joint is painful.
<walking, stretching it back.
14:30.
15F: 00:06:30

Joints in legs are very painful, and stiff.

Difficulty in moving joints.

21:40.

17F: 02:XX:XX

My hips and knees are so sore I can't get up, aching like I have arthritis.

08:00.

12F: 03:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.
> movement.

20:00.

17F: 05:XX:XX

Knee

Knees hurting > rubbing thighs, lying down.

10F:01:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.

> rubbing temporarily.

10F:12:XX:XX

Knees aching hot > temporarily from rubbing/bath.

10F:20:XX:XX

Left knee pain, achy.

09:20.

15F: 00:01:20

Joints in legs are very painful, and stiff.

Difficulty in moving joints.

21:40.

17F: 02:XX:XX

My hips and knees are so sore I can't get up, aching like I have arthritis.

08:00.

12F: 03:XX:XX

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers (CURED).

13M :13:XX:XX

Ankle

Ankle hurt a bit in the morning.

08M:10:XX:XX

Ankle pain.
09M:01:XX:XX
09M:02:XX:XX
09M:05:XX:XX
09M:06:XX:XX
09M:08:XX:XX
09M:09:XX:XX
09M:11:XX:XX
09M:13:XX:XX
09M:14:XX:XX
09M:15:XX:XX

Joints in legs are very painful, and stiff.
Difficulty in moving joints
21:40.
17F: 02:XX:XX

Ankles and legs feel very sore and stiff.
06:30.
17F: 03:XX:XX

Muscular

Mild cramping discomfort in left calf.
09:20.
15F: 00:01:20

Legs felt very heavy during my run and I battled with cramps.
17:00.
20F: 00:07:30

Dull pain in calf muscles.
<left.
08:00.
17F: 02:XX:XX

Dull pain in right trapezius muscle.
08:00.
17F: 02:XX:XX

Pain in right trapezius.
<stretching.
Causes a headache.
13:00.
17F: 02:XX:XX

Cramping pain in left leg, feels like muscle stiffness.
Glut, calf and quads.

>stretching, massage, movement.

17:30.

17F: 02:XX:XX

Ankles and legs feel very sore and stiff.

06:30.

17F: 03:XX:XX

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.

13M:13:XX:XX

Stiffness

Upper limb:

Joints in arms and legs feel stiff.

23:00.

12F: 08:XX:XX

Shoulder

Sacro iliac joint discomfort - left side. Shoulder also stiff. This shoulder has been chronic since 1998 – had thoracic outlet syndrome – the joint is very lax.

03M:20:XX:XX

Stiffness in trapezius muscles as well as suprascapular muscles.

Felling of stiffness<right.

08:15.

17F: 01:00:XX

My left shoulder feels stiff.

16:00.

20F: 04:XX:XX

Elbow

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

Fingers

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.

07F:07:XX:XX

My finger joints are also a little sore today and very stiff.

10:00.

19F: 03:XX:XX

Lower Limb

Joints in arms and legs feel stiff.

23:00.

12F 08:XX:XX

Hip

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.
> movement.

20:00.

17F: 05:XX:XX

Ankle

Ankles and legs feel very sore and stiff.

06:30.

17F: 03:XX:XX

Muscular

No muscle stiffness after bike ride, usually feel very stiff after a ride.

17:00.

13M:00:09:20

Cramping pain in left leg, feels like muscle stiffness.

Glut, calf and quads.

>stretching, massage, movement.

17:30.

17F: 02:XX:XX

Ankles and legs feel very sore and stiff.

06:30.

17F: 03:XX:XX

Had some stiffness in my quads and in my legs.

14:00.
14F: 14:XX:XX

Wringing Hands

Hands are very restless, need to move them constantly and feel things, wring things, fingers feel more sensitive.

18:00.
18M:03:XX:XX

Seem to be wringing my hands uncontrollably, feel the need to rub the skin on the hands hard to release some sort of tension, much more feeling in the hands than usual.

20:00.
15F: 04:XX:XX

I have an increased sensitivity in my hands, mainly the fingers and I'm constantly rubbing and wringing them.

15:00.
12F: 06:XX:XX

Sensations

Cold

I realized that my hands are a bit colder than usual > if I put my hands in my pockets, cold aching sensation. Mornings, afternoons and evenings.

06M:08:XX:XX

Skin feels cold and clammy, especially my extremities.

07F:13:XX:XX

Hot

Knees aching hot > temporarily from rubbing/bath.

10F:20:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.

10F:12:XX:XX

Aching

Knees aching hot > temporarily from rubbing/bath.

10F:20:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.

10F:12:XX:XX

Left knee pain, achy.

09:20.

15F: 00:01:20

Left wrist pain, very dull achy pain.

< circular motion and pronation / supination.

09:20.

15F: 00:01:20

Throbbing

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Red

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Swelling

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Perspiration

Creases

Perspiration has been increased today. Mainly in my joints creases and between my breasts, under arms and groin. Also in places that my clothing clings closely to my skin.

09:30.

15F: 04:XX:XX

Hands and Feet

Hands and feet are sweating terribly.

11:40.

18M :13:XX:XX

My feet are sweating profusely.

23:49.

13M: 20:XX:XX

Weakness

Muscles feel very weak. Have to rest every 5 words because my arm and hand is tired.

18:00.
12F: 03:XX:XX

*My thighs are killing me from walking up the stairs to my house, I had to rest. Very strange.
15F: 04:XX:XX

Muscular

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain.
<early morning, with movement.
07:00.
14F: 00:22:30

Dull

Left wrist pain, very dull achy pain.
< circular motion and pronation / supination.
09:20.
15F: 00:01:20

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain.
<early morning, with movement.
07:00.
14F: 00:22:30

Dull pain in calf muscles.
<left.
08:00.
17F: 02:XX:XX

Dull pain in right trapezius muscle.
08:00.
17F: 02:XX:XX

Unstable

Right knee feels wobbly. Joints are aching a little today.
10:00.
19F: 03:XX:XX

Heaviness

Legs felt very heavy during my run and I battled with cramps.

17:00.

20F: 00:07:30

Arms and legs feel heavy, can't lift them, can't play violin.

17:05.

18F: 03:XX:XX

Numbness, tingling, pins and needles

My fingertips are numb.

02F:09:XX:XX

Fingertips are supersensitive/ pins and needles. Hands are almost itchy.

06M:01:22:13

I realized that my fingertips appeared more sensitive than usual. Just appeared for 10minutes and disappeared again. Stitching pins and needles feeling. 8:25.

06M:01:22:13

Fingertips were sensitive again today.

06M:03:XX:XX

Fingertips starting to be hypersensitive now and then.

06M:05:XX:XX

Fingertips are still sensitive throughout the day.

06M:07:XX:XX

Were today not as super sensitive as yesterday, but did experience slight tingling at 14:30.

06M:02:52:XX

Tender

My right shoulder is tender today, got a nasty trigger point on my proximal attachment of my tricep.

08:20.

20F: 08:XX:XX

Twitching

Twitching of vastus lateralis near knee attachment lasted about 30seconds.

10:00.

17F: 06:XX:XX

Twitching of all muscle fibers.

16:00.

17F: 06:XX:XX

Quad muscle fibers twitching again with increasing frequency of episodes.

20:00.

17F: 06:XX:XX

Twitching of quad fibers.

09:15.

17F: 07:XX:XX

Cramping

Mild cramping discomfort in left calf.

09:20.

15F: 00:01:20

Cramping pain in left leg, feels like muscle stiffness.

Glut, calf and quads.

>stretching, massage, movement.

17:30.

17F: 02:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads

> movement.

20:00.

17F: 05:XX:XX

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.

13M: 13:XX:XX

Itchy

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.

02F:02:61:XX

Hands are almost itchy.

06M:01:22:13

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Itching sole of foot, couldn't get to it through thick sole.
10F:16:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.
18:30.
19F: 02:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.
18:00.
19F: 03:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.
18:00.
12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.
12:00.
12F: 07:XX:XX

Dry

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.
07:30 – 9:00.
06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.
06M:13:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.
18:00.
12F: 05:XX:XX

My skin is really dry this morning especially on my arms.
11:11.
15F: 03:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.
07:00.
12F: 06:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12:00.

12F: 07:XX:XX

Eruptions

Dry patches:

Upper limb

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.

19F: 05:XX:XX

Lower limb

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Have slight eczema on my legs around my knees.

08M:03:XX:XX

Eczema still there but no longer itching.

08M:05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat.

Rough.

10F:01:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

18:30.

19F: 02:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.

Skin is also peeling off the back of my heels.

18:00.

14F: 05:XX:XX

Skin very dry and peeling off toes.

Under left big toe.

On left big toe.
Tip of left middle toe.
Side of right middle toe.
Top of right 5th metacarpal.
12F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.
18:00.
12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.
12:00.
12F: 07:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.
12F: 08:XX:XX

Skin eroding from my head of my 1st metacarpal on left foot and big toe.
22:00.
12F: 08:XX:XX

Pimples:

Upper limb

*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.
18M :15:XX:XX

Increased Sensitivity

Extremities more sensitive than usual, especially my thumbs.
06M:20:XX:XX

Hands are very restless, need to move them constantly and feel things, wring things, fingers feel more sensitive.
18:00.
18M :03:XX:XX

Seem to be wringing my hands uncontrollably, feel the need to rub the skin on the hands hard to release some sort of tension, much more feeling in the hands than usual.
20:00.
15F: 04:XX:XX

I have an increased sensitivity in my hands, mainly the fingers and am constantly rubbing and wringing them.

15:00.

12F: 06:XX:XX

Injuries

Left Sacro-iliac joint pain. I rolled onto my SI joint during karate. Also my left elbow sore due to karate. This has been present for 4/5 days but due to the mechanics of it I thought this unnecessary to mention.

03M:07:XX:XX

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Elbow less swollen but still acute (Olecranon bursitis). Seem to bump it accidentally all the time.

03M:11:XX:XX

Dislocated my pinky finger, traumatized and very painful.

06M:10:XX:XX

Elbow still limited in function. Swelling has gone down. Painful on contact.

03M:12:XX:XX

Elbow more painful due to teaching karate last night.

03M:15:XX:XX

Sacro iliac joint discomfort - left side. Shoulder also stiff. This shoulder has been chronic since 1998 – had thoracic outlet syndrome – the joint is very lax.

03M:20:XX:XX

Movement

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.

07F:07:XX:XX

Clumsiness

Feeling spacey, Really clumsy, keep dropping things, getting lost.

13:30.

19F: 02:00:XX

Feel clumsy keep dropping things. Really forgetful and keep losing things, feel very disorganized.

10:00.

19F: 04:XX:XX

Radiations

Increased tension in hip flexors bilaterally with mild cramping radiating to quads > movement.

20:00.

17F: 05:XX:XX

Modalities

Ameliorations

Increased tension in hip flexors bilaterally with mild cramping radiating to quads > movement.

20:00.

17F: 05:XX:XX

Pain in left trap and right rhomboids and levator scap

> movement and rubbing.

08:30.

17F: 09:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

08:30.

17F: 09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.
> movement.
20:00.
17F: 05:XX:XX

Knees hurting > rubbing thighs, lying down.
10F:01:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.
10F:12:XX:XX

Knees aching hot > temporarily from rubbing/bath.
10F:20:XX:XX

Cramping pain in left leg, feels like muscle stiffness.
Glut, calf and quads.
>stretching, massage, movement.
17:30.
17F: 02:XX:XX

I realized that my hands are a bit colder than usual > if I put my hands in my pockets,
cold aching sensation. Mornings, afternoons and evenings.
06M:08:XX:XX

Skin feels very dry, especially my face, also arms and hands. > applying cream – a
lot though.
07:30 – 9:00.
06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as
well. Sat in the sun today and can feel it is starting to become a bit drier than
normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.
06M:13:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally
throughout the day. > rubbing/ scratching.
03M:05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat.
Rough.
10F:01:XX:XX

Aggravations

Left wrist pain, very dull achy pain.
< circular motion and pronation / supination.
09:20.

15F: 00:01:20

My right hip joint is painful.
<walking, stretching it back.

14:30.

15F: 00:06:30

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain.

<early morning, with movement.

07:00.

14F :00:22:30

Left wrist painful.

<movement.

12:15.

15F: 01:04:XX

Pain in right trapezius.

<stretching.

Causes a headache.

13:00.

17F: 02:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain.

<early morning, with movement.

07:00.

14F: 00:22:30

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.

03M:09:XX:XX

Left wrist pain, very dull achy pain.

< circular motion and pronation / supination.

09:20.

15F: 00:01:20

Left wrist painful.

< movement.

12:15.

15F: 01:04:15

My right hip joint is painful.
<walking, stretching it back.
14:30.
15F: 00:06:30

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.
10F:12:XX:XX

Dull pain in calf muscles.
<left.
08:00.
17F: 02:XX:XX

Pain in right trapezius.
<stretching.
Causes a headache.
13:00.
17F: 02:XX:XX

Stiffness in trapezius muscles as well as suprascapular muscles.
Felling of stiffness<right.
08:15.
17F: 01:00:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.
02F:02:61:XX

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.
06M:13:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat.
Rough.
10F:01:XX:X

4.2.3.28. SLEEP

Waking up unrefreshed

Woke up tired.
01M:02:XX:XX
01M:03:XX:XX
01M:05:XX:XX
01M:11:XX:XX

Woke up tiredish.

01M:04:XX:XX
01M:08:XX:XX

Woke up tired and groggy.
01M:06:XX:XX

Woke up tired, nauseous and dizzy.
01M:07:XX:XX

Woke up really tired.
01M:10:XX:XX

Sleep very well, woke up a bit tired.
06M:01:XX:XX

Slept really well. Didn't dream. As soon as my head hit my pillow, I was fast asleep and I only woke up now (06:30 am). I feel a bit tired though.
02F:03:XX:XX

Woke up feeling very tired and drained but doing ok.
07F:11:XX:XX

Sleep: like ass, keep waking up from 5 ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person).
10F:06:XX:XX

Sleep better last night, woke unrefreshed though.
10F:11:XX:XX

Woke unrefreshed, dream half wake up, lighter sleep in morning can't sleep in anymore, desire sleep!! Proper deep from 10pm – 10am!
10F:12:XX:XX

No matter how much I try to organize my life I can't get to bed before 11, need to go to bed at 10 just 1 night to recharge, feel so much better if I can have a good night sleep. Wake up feeling like as stakes whole morning, to gain hold of faculties.
10F:13:XX:XX

Woke unrefreshed, just wanted to sleep whole day, very grumpy.
10F:14:XX:XX

Woke up in early hours of the morning, probably about 3/4am, couldn't go back to sleep, sounds kept me awake, couldn't relax, woke up feeling very grumpy.
10F:16:XX:XX

Wake up feeling really tired, could sleep another few hours.
10F:17:XX:XX

Feeling a bit tired as I woke up this morning, but had a busy morning ahead so woke up eventually.
06M:06:XX:XX

Wake up feeling really tired, could sleep another few hours.
10F:17:XX:XX

Did NOT sleep well.
18M :02:XX:XX

Refreshing sleep

Woke up fresh.
01M:01:XX:XX

Woke up in a good mood.
01M:09:XX:XX
01M:16:XX:XX
01M:17:XX:XX
01M:18:XX:XX

Wake up feeling bright.
01M:12:XX:XX

Woke up relatively fresh.
01M:13:XX:XX

Woke up bright and awake.
01M:15:XX:XX

Slept really well last night. Didn't have any dreams. Didn't wake up during the night. Slept like a log. I am feeling rested and happy. (7:00 am).
02F:02:48:XX

Slept really well. Not feeling tired. No dreams.
02F:06:XX:XX

Very sleepy in the evening (difficulty staying awake) but when I awake I feel very energized and positive.
07F:03:XX:XX

Sleep was very refreshing, woke up before my alarm, usually takes me an hour or so to get up, this morning I jumped out of bed ready for the day.
06:00.
13M :00:22:20

Sleeping really well, more than usual: like a 'log' or a 'rock'

Slept really well last night. Didn't have any dreams. Didn't wake up during the night. Slept like a log. I am feeling rested and happy. (7:00 am).

02F:02:48:XX

Still sleeping really well. Slept throughout the night.

02F:04:XX:XX

Slept really well last night. No dreams.

02F:09:XX:XX

02F:10:XX:XX

Slept really well from day 7 onwards.

05F:07:XX:XX

Like a big rock.

06M:00:XX:XX

Sleep tighter than normal, almost as if I just close my eyes and when I open them I feel like I've been sleeping for 10min, but was actually a decent 7-8 hours.

06M:03:XX:XX

No dreams, is kind of weird because I usually remember small parts but, felt almost completely detached from my sleeping pattern-like a 'rock'.

06M:03:XX:XX

Sleeping more than normal, starting to ponder if it might be associated with the remedy.

06M:05:XX:XX

Sleep like the dead, fell asleep without difficulty, no dreams.

07F:00:XX:XX

07F:01:XX:XX

Sleep: like a log, no dreams.

07F:07:XX:XX

Sleep very well, like a log, don't wake up at all.

07F:13:XX:XX

Slept really well. Didn't dream. As soon as my head hit my pillow, I was fast asleep and I only woke up now (06:30 am). I feel a bit tired though.

02F:03:XX:XX

Sleep has been good, no problems falling asleep and no waking up in the middle of sleeping.

07F:08:XX:XX

Had a good night's sleep with only mild discomfort in my neck.
07F:20:XX:XX

Did little else but sleep today, just too tired to do anything. Slept, woke up then slept some more.
08M:14:XX:XX

Slept well and in, woke up around 10.
08M:17:XX:XX

Slept well, it was great to sleep in.
08M:19:XX:XX

Like a log.
10F:01:XX:XX

Slept like a log, not waking up at sparrow fart anymore.
10F:09:XX:XX

Sleep: well, like a rock.
10F:18:XX:XX
10F:20:XX:XX

I managed to go back to sleep if I woke up. Usually I struggle to fall asleep after waking during the night but I think I was so exhausted I just slept.
05F:05:XX:XX

Slept really well. Not feeling tired. No dreams.
02F:06:XX:XX

Very sleepy in the evening (difficulty staying awake) but when I awake I feel very energized and positive.
07F:03:XX:XX

Difficulty falling asleep, sleep interrupted

Go to bed early but have a terrible night's sleep, constantly waking up and having to drink water, throat is very sore.
07F:15:XX:XX

Go to bed early but sleep is interrupted from coughing and needing to use the bathroom multiple times because I've been drinking stacks of water. 9 hours of bad sleep.
07F:16:XX:XX

Sleep was ok, just woke up early in the morning due to my nose. Could not fall back asleep.
08M:03:XX:XX

Sleep was cut short due to drippy nose, but ok.

08M:05:XX:XX

Woke up early again with my stupid nose and had trouble falling asleep again.

08M:08:XX:XX

Battled to fall asleep, woke up early hours tossed turned for hrs before slept again.

10F:15:XX:XX

Just can't fall asleep, just toss and turn.

16:00.

12F: 00:05:30

Couldn't sleep until about 12. just couldn't fall asleep.

00:00.

16F: 07:XX:XX

Very early waking

Been up since 3am, mind is just walking through the days problems.

05:00.

19F: 04:XX:XX

Couldn't go back to sleep after waking up at 2am. Eventually fell asleep at 4:30 and woke up at 6:45.

05F:01:XX:XX

Woke up in early hours of the morning, probably about 3/4am, couldn't go back to sleep, sounds kept me awake, couldn't relax, woke up feeling very grumpy.

10F:16:XX:XX

Sleep: like ass, keep waking up from 5 - ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person.

10F:06:XX:XX

Woke unrefreshed, dream half wake up, lighter sleep in morning can't sleep in anymore, desire sleep!! Proper deep from 10pm – 10am!

10F:12:XX:XX

Battled to fall asleep, woke up early hours tossed turned for hrs before slept again.

10F:15:XX:XX

Waking with a start

Slept restlessly, keep waking with a start but can't remember why.

09:00.

14F: 08:XX:XX

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Slept well last night. Woke up at 3:00am feeling anxious. Feel rested though.

08:00am.

02F:08:XX:XX

Slept really well but woke up at 1:30 am with a shock. Can't remember my dream.

02F:05:XX:XX

Waking drenched in sweat

Woke up twice last night in a sea of sweat, but it was cold outside.

06:00.

13M: 00:22:20

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Restless, disruptive sleep, battling to sleep

Slept really restless last night. Scratched myself raw last night. 06:30am.

02F:07:XX:XX

Restless sleep.

05F:02:XX:XX

05F:03:XX:XX

Couldn't sleep. Probably managed two hours.

05F:06:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me.

07F:19:XX:XX

Sleep was very restless.

07:30.

15F: 00:23:30

Sleep last night was restless because I was aware of my stiff neck and sore throat. I woke up on a few occasions to drink water to try sooth my throat.

15F: 06:XX:XX

Had the worst sleep last night, kept waking up, didn't sleep much at all.

16F 07:XX:XX

Slept restlessly, keep waking with a start but can't remember why.
09:00.
14F: 08:XX:XX

Had a very disrupted sleep, woke up quite a few times during the night.
14F: 09:XX:XX

Sleeping on Back

Sleeping on my back.
12F: 07:XX:XX

Sleeping with a Pillow

Sleep in fetal position hugging the pillow to my chest on right side.
17F: 03:XX:XX

Packed a pillow under my left side and went to sleep.
03:00.
15F: 08:XX:XX

Chest pain <lying down so sleep propped up on pillows on the left side.
10:50.
15F: 08:XX:XX

4.2.3.29. DREAMS

Fertility

I was flying over a massive lake with a crocodile the size of a blue whale. It was the only crocodile left on earth so we wanted to artificially inseminate it. We put the sperm into an avocado ova to create a fetus and then implanted that into a lizard.
12F: 00:XX:XX

I was in a shopping queue and there was a mom with three kids behind me. She handed me her youngest to hold while she attended to the others. The baby started to latch on to my left nipple. I commented on this to the mom and told her that her baby was hungry. She said she liked breast feeding because it made her boobs bigger. I laughed. The baby started vomiting up thick white milk so I handed him back to mom.
Woke up with a tender left nipple.
05:00
15F: 01:XX:XX

My new boyfriend asked me to have children with him and that he would start working really hard to try and afford them. He said he only had bank accounts in India, London and South Africa and that wasn't enough. He was telling me this while

I was sitting around a pool. I kept thinking all I want to do is dive in to cool off and then sit in the sun and then dive in again. The intense urge to keep jumping into the water to cool off was the most marked part of the dream.

15F: 06:XX:XX

Stuck, struggling

What an awesome dream. My brother and I found an injured almost dead male lion on our farm. The location is very clear. My father said that the lion should be killed due to its suffering and that it is the biggest lion recorded (I can't remember in SA /Africa or in the world). There was also a pack of hyenas and cheetahs (joined) that wanted to kill the lion. I just made it into the bakkie as they attacked me, and then also got stuck with the bakkie in the mud. But I did get away. My brother and I managed to feed the lion some water and got it to just behind our house. The hyenas also broke through the barrier fence to get to the lion. I had real hope of the lion going to live – an optimistic view. I remember organizing some people to treat the lion. Thereafter I went to the lion and many people gathered, little children as well - that went carelessly close to the lion. I was angry at the people for not respecting the lion's privacy and the children getting so close. The lion got agitated and almost bit one of the children. The lion had an injury on the abdomen, skin hanging loose.

03M:01:XX:XX

Cannot remember well. Do remember that I drove with a guy that I know in his old Mercedes. He drove into the sea sand and got stuck. I asked him if I can deflate his tires. He agreed, this helped.

03M:03:XX:XX

Dreamt that I was stuck at work and couldn't leave.

08M:06:XX:XX

Dream about a friend in dames huis. We played tennis on this random shaped ground under half a building. Felt like an Arab country. There was sand, dust and wind and I could see a building with no openings for windows but no windows, broken down building with a flat roof. I was amazed after the opponents struggled to serve the ball into the square. I thought they were good. Dream jumped to a bar where the Blue Bulls hang out. Felt pretty neutral in the dreams about this. Dream shifted to a black girl in our class who is struggling to pass a subject. We sat in two lines at this bar where the Bulls hanged out and got marks back. She didn't see the back section of the one paper and lost 35 marks. I told her that it's very important to see if she answered all her questions.

03M:08:XX:XX

Territorial

My mom, my brother (passed away 2002), my gran and I are trying to get to a wedding or celebration. But we keep running into obstacles. Either we can't find it or we're stuck in traffic, or there are people marching. We eventually arrive at my old

high school(home) but it is in ruins. The neighboring schools had destroyed it. My whole family history had been destroyed
12F: 02:XX:XX

There are farm reclaims. We all have a sense that they want us out of the country. They are taking everything from us. Cutting down all the fences destroying the wildlife, everything beautiful. I find my dad drowned in blankets. He says "humans will be hunted down like carnivores"
12F: 06:XX:XX

Attack

Dream about many things. Can clearly recall however that my dad threw me with a cutting board after a clear decision to do so. It struck me, but I stood up and I was not injured. My brother and mother also sat round our kitchen table and they couldn't believe it.
03M:05:XX:XX

An ex farm worker tried to stab me with a knife. He got close but I defended successfully. My dad rushed in to help although I didn't need any. (That's how I felt in the dream as well).
03M:16:XX:XX

I dreamt that my friend Abby came to me and said that she had sent me an invite to her wedding by mistake and that I wasn't really invited. Then all these wild horses started arriving and attacking us. It was very scary as they even followed me into my house and were trying to kick down the door. A brown horse kicked Abby really badly and she went flying across the road. The horses were very beautiful and I underestimated their power and danger.
15F: 04:XX:XX

War and violence

I was all alone in this weird world, arid, dusty. I was in a cave which was high up and had a view of the land. I saw this creature standing with its back to me. I tried to befriend him. When the creature turned around I could see that he was tainted and evil. He was covered in grey hair and had sores all over him that contained smaller versions of himself. He said that we had stolen his land. he said that he had been dead for 100 years, but still his body survives. It looks almost like an old rat. I couldn't understand because I felt like I t was my country, that I belonged there. I felt very afraid, like he would kill all of us one by one and take the land with no remorse.
12F: 00:XX:XX

Had a terrible dream that I was choking on my own blood. Every time I cleared my throat I would get just a moments reprieve then I would start vomiting blood again. I couldn't breathe. I felt totally helpless. Could even feel the blood drying around my lips. So awful and gory. Woke up in a start feeling my mouth for blood.
18M: 02:XX:XX

I was sitting in a car in the passenger seat and I don't know who the driver was. We were at a red light waiting for it to go green. To our right was a big truck. I noticed two street children looking at the truck's tires. The one reached out to touch it and just then the truck started moving. The kid's arm was trapped and he was running alongside the truck to try get it out. His friend was trying to help him. I screamed and started to panic. I tried to hoot but the driver of the car hadn't seen what happened and was trying to calm me. I ordered her to follow the truck and tried to explain but I was too excited and could get the words out. I could no longer see the truck but we were headed in the same direction. We came to the side of the highway and I saw the little child lying next to the road. His skin was missing in most places from being dragged along the tarmac. I started crying because I knew that he was dead. I tried to feel for a pulse, but his neck was too damaged. I felt such pain and sadness for this poor innocent child. Suddenly his friend jumped out of a bush and started shaking his leg. I was about to tell him that it was no use when the child came to. I was amazed and went to comfort him but he jumped up and in perfect English told me to get away and leave him alone because I couldn't be trusted. I felt angry and betrayed. I invited both children back to my house to feed and clean them and eventually they reluctantly agreed.

15F: 02:XX:XX

Was in a war zone. There was a lady there. She was dressed conservatively, had her hair covered. She was standing at the entrance of a cave with a narrow pathway leading up to it. There were 3 men waiting for her, dressed in green, like Taliban terrorists. So scary! They had their guns pointed to her and their mouths and noses covered with a green and white bandana. She looked up and there was a skeleton being lowered down to her in a tray. As it gets close she realizes that it's the head of her husband. He is dehydrated, his lips are chapped and cut. He whispers.. Taylor, don't let them....

12F: 04:XX:XX

In a warzone. An escaped soldier jumps into our pool. I stab a sword into his head. It makes a horizontal stab wound. Then the blade switches direction and slices the guy's head off. I see the jugulars and carotids pulsing.

12F: 05:XX:XX

I am helping friends to get rid of a female corpse. We consider dumping her, burying her or feeding her to pigs. We can't organize a bakkie however and we are scared we are going to get caught.

12F: 04:XX:XX

My mom and I are in a foreign country eating at an Italian restaurant. Tension runs pretty high from my side. I am very irritated, but my mom is calm and happy. As we are leaving, I am already at the car, she is still inside, a massive fight breaks out with the Italian mafia. I can hear wood hit flesh. Like baseball bats. My mom's still inside. I fear for her safety. She eventually comes out slowly but I can hear the fight is also moving out. I'm trying to start the bakkie but it just won't. Wake up

12F: 09:XX:XX

Evil

There was a fire and my gran and I were trying to get away, but my dad wouldn't leave with us because he said that there was no point because the fire was too big (it was over the whole suburb. My gran and I drove in the car to get away I could feel the heat. It also felt like there was an evil spirit following us then ran into. It was so strange. I was terrified. We then ran into some building and were talking to these 2 ladies. The one lady then tried to get me, then my alarm clock went off.

20F: 03:XX:XX

I fell asleep on the couch and dreamt that a force lifted me up and started hurling me at the walls. It was really violent. I kept asking are you Jesus or are you the devil. It then threw me onto the couch and I woke up

13F: 10:XX:XX

Discrimination

I dreamed about discriminating against different groups of people

15F: 00:XX:XX

Dreamt I was in my parent's house and concentration camp victims were outside, I was afraid of them, they wanted something from me. I rushed to lock them out. Also I dreamt that my nipple ring was so infected it got absorbed in the inflammation. I woke up disturbed, and felt like a Nazi. Usually I would want to help sick people. Why was I scared of them?

10F:04:XX:XX

Formal clothing

Had a strange dream about wearing a black tie to today's OSCE, don't know why

18M: 01:XX:XX

I went away somewhere with my parents and I made friends with 4 girls there, but 2 of them I was already friends with. We all walked to this party thing for all the younger people there. We had to dress smart so we all went in skirt suits, but while we were there everyone changed into other clothes they brought with them. I didn't know you could do that so I didn't bring anything else and I was the only one who couldn't change. So we all stayed there all night. Then my parents came to pick me up, I got in the car and realized that I had forgotten my clothes inside, I don't know what clothes, but I must have stayed inside for about ½ an hour packing piles of clothes into a bag and drinking more wine. When I came outside again I couldn't see my parents car, but all around me were buck, buffalo, rhino and lions so I hid behind a car and tried to see my parents car. When I looked at the highway a rhino had turned over a truck and was walking along the highway. Then I saw my parents car being circled by hyenas. I waited for a while and when I looked again most of the big game had disappeared. I saw their car waiting to go onto the highway, so I ran there, got in the car. No one said anything to me because they were so shocked about

what had just happened. Someone else was in the car but I didn't know who it was and can't remember what he looked like.

16F: 02:XX:XX

I lent a suit and tie to my next door neighbor. He returned the tie to me a few hours later but no suit. I asked him where it was and he said , on top of his cupboard above his bed. He wanted to wash it before returning it to me. I started getting panicky because I was going to wear that suit to a wedding that night. This irritated me because he must have dirtied my suit especially under the arms and I needed to wear it. That really irritated me he betrayed my trust.

15F: 06:XX:XX

Identity

Dreamt I went to my grandparent's house, I had a bath there, I lost my earring, I looked for it in the water, stood up and put it in again – in mirror noticed it wasn't the right one, it was my boyfriend's earring. I bent down to fetch my earring I found it and looked in mirror to find I was my boyfriend and now I /he was wearing my earring. I wasn't at all distressed, very happy in fact!

10F:01:XX:XX

I was in a show and I was the star. I was doing my makeup. Had clown white all over my face but it kept running off. Then I stuck rose petals peach, pink and yellow onto my cheeks and began to enhance my eyes with color. Someone was now standing behind me and saying how good it was to see someone who knew what was needed for stage. I looked hideous but he seemed to think it was great. I then asked how I was going to remove the petals. He said you can't, you now have to wear a veil and hide your face. It seemed pointless to me.

19F: 01:XX:XX

I dreamt that I was in a movie theater. I was sitting watching the movie when someone sitting next to me leaned over looking very anxious. She needed to get the person sitting next to her to the Chiropractic clinic but she can't do it herself.

I realize that it is one of my lecturers. She realizes that it is me and becomes very embarrassed. I offer to help her but she doesn't want my help because she knows me. As a solution I suggest that she treats me like a stranger so that she can accept my help. Now the dream becomes cartoon like and bubbles appear over our heads. Images in the bubbles seem abstract.

17F: 02:XX:XX

Autumn scene. All gold, red, orange, warm colors. We are all staying at a theme park., but there is a fate further down the road. The owner of the theme park is this funny looking clown/ Santa/ joker dressed in bright colors. He's very jovial and entertaining. I leave in his vehicle to the fate. It's massive with sand blowing up around the vehicle. I drive over the other cars to get there. I see my aunt and she says she has to cut my hair now. When she is done I look like Cleopatra.

12F: 06:XX:XX

Betrayal

I got arrested they think I am on drugs. My mom and step gran are being complete bitches. My gran wants to search everything and doesn't believe that I'm not on drugs. I have my court case coming up and I'm wearing my school uniform
12F: 02:XX:XX

Then I was hiking along the coastline with my father and Bronwyn and a group of random people. We were searching for this really big bird that we had seen earlier that day. It was the biggest bird I had ever seen and it resembled a Cori bustard. My dad suddenly started walking faster and before I knew it he was gone. He was supposed to be our leader and now I had to try and lead the rest of the hikers. My sister was now also hiking with us. I remember getting very irritated in the dream because the hikers behind me were saying that someone was so gay I turned around and gave them a mouthful for discriminating against gay people. The trail led us to this beach which was beautiful but not in South Africa. The coastline had been very grassy and wetlands were scattered around and then we hiked over this hill and there was a bay surrounded by a mountain. The beach was small stones and not sand and that's what made me think it wasn't in South Africa. The people on the beach were darker skinned than us. Once on the beach I approached my sister and said that it was very unlike dad to leave us like that and that I was worried for his safety. Our hiking group decided that they wanted to take a group photo on the beach. I was getting annoyed because each photo they took I was hidden or someone stood in front of me. Eventually a man came up to me and asked if I was Lauren. I said yes and asked if he had seen my father. The man said (in a foreign accent) that my father had brought me on this trail on purpose and had separated from the group for a reason. I asked him what the reason was. He said that my father had adopted me when I was very young and that now that I was older he didn't want me anymore and that the trail was an unadopting ceremony. He said that my dad didn't know how to tell me so he just left and I won't see him again. I asked about my sister and the man said that my dad still wanted her. He then told me that in order to complete the ceremony he has to cut off my big toe and then I will truly be an orphan again.

15F: 03:XX:XX

I lent a suit and tie to my next door neighbor. He returned the tie to me a few hours later but no suit. I asked him where it was and he said, on top of his cupboard above his bed. He wanted to wash it before returning it to me. I started getting panicky because I was going to wear that suit to a wedding that night. This irritated me because he must have dirtied my suit especially under the arms and I needed to wear it. That really irritated me he betrayed my trust.

15F: 06:XX:XX

There was absolute chaos, then I was held down by someone I trusted, couldn't see a face but I had a feeling of trust. He suddenly stabbed a needle into my right thigh and injected heroin into my system. As the drug took hold of me I fought the onset as best I could and although I could feel I was not sober I was able to maintain a state of constant awareness. Mostly I was disappointed that this had happened, that this ultimate in evil had been forced into my body. I felt betrayed.

18M :11:XX:XX

Family

Dreams about my mom who passed away. Made me feel sad when I woke up.

05F:10:XX:XX

Dreamed about my mom again, always makes me feel sad.

05F:12:XX:XX

Dreamt of my family – dad especially, can't remember a lot of detail but was something associated with my dad's family being quite large and our generation being a lot smaller – also fell into the weird category.

06M:00:XX:XX

Had a terrible dream my dad died, a feeling of terrible loss and regret was the main theme, regret mostly that I haven't said all the things I'd wanted to and that we didn't have enough time to get to know each other. Also the feeling of being completely alone, if something had happened to my dad I'd be an orphan. That's so scary. I decided to call him. He's fine but I promised myself that from now on I'll call him every week and answer all his messages.

07F:06:XX:XX

Had a bad dream that my grandmother passed away. Experienced the same feelings of guilt and loss I had when I dreamt about my dad but it's strange in that my grandmother and I really aren't very close and I didn't know that I cared for her so very much. It's making me face the reality that everybody I love will die at some point and it scares me to death.

07F:09:XX:XX

I found a necklace I recently lost (which is a family heirloom). I was very devastated I lost it. When I woke up, I nearly started crying because I realized that it had been a dream I hadn't really found it. I wore that necklace every day for many years; it's like a part of me. A symbol of me.

10F:05:XX:XX

Old friends

I went to the quick spar and all the people working there were old friends of mine from school or overseas. It took about an hour to buy 1 roll, feta, a slab of chocolate and a vanilla yoghurt. When I was buying the yoghurt this guy put his whole hand in a tub of yoghurt, he wasn't tasting it so I had no idea what he was doing. Then I forgot to pay for my roll so I had to go back to pay for it and I woke up.

16F: 00:XX:XX

Went to a dancing class with two friends. We had to lift each other up from standing behind them with our arms under their axillae and our hands at their occiput. We then had to lift our partners up in the air and force their arms out and run around as fast

as we could so that our partners feet lifted and they felt like they were flying. A demonstration was performed on Bronwyn by the instructor. I found it very funny because her chubby legs were swinging around and she was screaming. I then tried the new move out on Camilla but was finding it very difficult because she was wearing really baggy pants that I kept standing on and then we kept collapsing on the floor.

From dancing we were going to yoga but I had been left behind so I ran to catch up with them because I didn't know where to go. I ended up not finding them. I ran into a bowling alley where I saw an artist I know. He called me over and said that he had seen them earlier at gym. He was acting very strange and I could tell that he was on drugs. I got a feeling of danger and started running away but he chased me. I ran screaming into a dance studio and hid.

Then I was in a car and was driving very fast down a highway. The wind was so strong that it was blowing cars into my lane which I was miraculously dodging. There was also an accident with smoke that was obscuring my vision. I felt out of control but would not slow down because I didn't feel the danger..

The next part of the dream I was in a shopping queue and there was a mom with three kids behind me. She handed me her youngest to hold while she attended to the others. The baby started to latch on to my left nipple. I commented on this to the mom and told her that her baby was hungry. She said she liked breast feeding because it made here boobs bigger. I laughed. The baby started vomiting up thick white milk so I handed him back to mom.

Woke up with a tender left nipple.

15F: 01:XX:XX

I was driving around with one of my very close friends on a road near my house. We came across my best friend who was alone with her mom on the side of the road. She ignored us and then we carried on driving, after a while she ran after us. She got in the car quite sad. She told us that her boyfriend is stuck out at sea on a ship. She was so depressed. We then drove back to my house. There was a guy outside my gate with a little boy who was crying. My dogs ran out the gate and the baby stopped crying. I held my one dog back because I was scared that she would knock the little boy over.

20F: 02:XX:XX

Had a nice but sad dream about my one friend I have not seen in years. Miss her very much.

08M:17:XX:XX

Dreamt about someone I haven't seen in ages. I didn't recognize them.

10F:15:XX:XX

Dreamt about an old friend who is in jail, she had finished her sentence in the dream but she wouldn't talk to me. She was angry because I hadn't written to her. I really felt bad in the dream.

10F:20:XX:XX

Religious

I was at a beautiful monastery or religious building. We were being shown around by a religious leader of sorts. I immediately knew when I saw the place that I had dreamt about it before during the proving and forgot. The grounds at this building were beautiful and there were many monuments and gravestones commemorating brave people who had died in honor but tragically. I was with a tour group of some kind and I knew only a few people. Then I realized that there were three identical replicas of this religious building. I was intrigued and felt that I understood the reasoning behind it. At the first building the priest made us all repeat a Christian prayer. I felt a strong feeling of rebellion as I didn't feel comfortable. I also felt that this guy was going to be biased in his preaching's. Then I noticed that the second building differed to the first because the tower was in a different place. I commented on the fact that it might be the Muslim version because they can't have towers or monument next to churches or synagogues. The priest agreed with me, but said that this tour was about Christianity and no other religion. I felt angry and said that I would like to have a look at the 3rd building and know what religion it symbolized. The priest said NO that it was a waste of time because that is a Jewish building and you don't need to know about it. I said something back about the Jewish sightseeing and he said "let's have a vote, all in favor of the Jewish religion raise your hand" at first everyone felt afraid because they were going against their own religion, including myself. Then my best friend raised her hand and walked over to the third building. Slowly more and more people joined her. The priest was angry and referred to us as traitors. He then said if we really felt this way we wouldn't have a problem saying a Jewish prayer. And he put one hand on the projector. We all repeated the words but not very well due to the unfamiliarity. He said we were pathetic and stormed off. The tour group decided to stay at the building and celebrate our success against the church.

15F: 07:XX:XX

We were all at this sports event on Easter, loud music was playing. Then they announced that they want to have a ceremony, but everyone boos and moans. Very anti Christianity

Felt very guilty

12F: 09:XX:XX

Had another religious dream about rebelling against Christianity, but can't remember the details.

15F: 14:XX:XX

Ghosts or spirits

I'm back at the house I grew up in with two of my friends, but it's absolutely pitch black everywhere. We couldn't see a single thing. We had to spend the night here but the house was haunted.

12F: 02:XX:XX

At a fate at my old primary school, with old and new friends. I am supposed to look after a friend's car. I have two drinks and smoke a joint and I pass out. When I wake up the car is gone. I tell him and he is furious and won't speak to me. We find the car. I show him around my school and take him to the staff room. I show him pictures of me and my brother (passed away 2002). Suddenly my brother is there. One of the teachers walks in so we hide behind a cupboard. They look at the photos and start talking about my brother and his wondering spirit and if he is okay. My brother has been in human form all this time. He is crouching between my legs shaking and scared. Suddenly he can't take it anymore and moves into spirit form and flies out the window. It's getting dark. I'm now an observer. He's in a dark forest, trying to beat complete darkness, escaping from an evil spirit. It's gaining on him and he is terrified. There's nothing I can do. I am back in the office with ghost busters who put sensors in the room to detect energy and there's a fleeting image of him in the room, still running.

I wake up. Cried for hours... is my brother okay?

12F: 08:XX:XX

Strange dream, actually quite scary.

I was sitting with 2 gurus of some sort. I was seeing spirits who were also entering my body. I was scared but aware. I was told that I am going through something called a Santana. I have no idea what that means. I woke up with my heart in palpitations and still seeing things in my room. They were spirits just floating around.

11M :10:XX:XX

Beach, sea, water

Dreamt about the beach.

05F:00:XX:XX

Had cool fantasy dreams, something about the ocean but can't remember.

08M:02:XX:XX

Dreamed of being in absolute turmoil, spiritual death and confusion. Nothing around me made sense. Then I was swimming across a small sea. After a struggle I got to the other side and woke up as I was walking out the other side. I wake up feeling a tremendous sense of spiritual upliftment. Woke up from the dream at 4am and wrote down where and who I want to grow to be and a plan of how to get there. My destiny. When I re-read it, it was as though it had not come from me but something higher.

16F: 01:XX:XX

My parents owned this pub which was very close to the sea. The pub had all these different swords in it. My family had all come to the pub to watch the sport and our chairs were a wave. So we were all sitting on a wave and watching TV. The swell would change so we would move up and down with the wave. Then my mom was eaten by a whale and I was concerned as to how she was going to get out. I remember feeling so happy sitting on my turquoise wave. It was weird we just seemed to float on it.

15F: 05:XX:XX

I was at a holiday resort and I was about to go for a swim in the sea. A girl sitting next to me said she could help me get into the water. I thought she was strange because why would I need help? The beach looked normal and lots of people were swimming. I waded through the shallow water and followed the girl into the sea. I suddenly became aware of movement of the water around my feet. The current was very strong and it pulled me to shoulder deep water. She said to me "don't go any deeper" I knew this would be difficult. All the people around us said a wave was coming and we must get ready then everyone dived under and held onto the sand, I did the same. The thrill of feeling this powerful wave move over you was intense and I now understood why these swimmers were doing this. Then one of them said to me that I shouldn't be there because I hadn't got permission and wasn't qualified. I said I was a strong swimmer and would be fine. Then I was on a ship with all the swimmers and we were in a very big swell. Again someone shouted that a wave was coming and to hold on. The whole front of the ship started lifting till it was almost perpendicular and then the wave broke over us. Again the feeling of the water moving over my back was amazing. The action was repeated 5 or 6 times in the dream. I realized that all my dreams were about the movement of the water. It made me think of the snakes on the beach that bury themselves in the sand before the wave washed over them or they would be swept back and forth until they could bury themselves again. Also the barnacles that stick to the rocks and have waves splashing up and down on them.

15F: 07:XX:XX

Floating down a river, broad, rough, dirty. White water tubing. But today it is very strong, I lose control, can't stop or swim to the side. The guys I am with are also terrified for their safety. The river was in flood

12F: 08:XX:XX

Went to some beach house on the coast with my family. The beach was known for its crime. We ended up going for a swim in the sea. My dog was also there swimming, but was still on his leash. Next thing the leash got wrapped around my dad's neck and he couldn't breathe. My dad started panicking and was trying to swim away, but it just choked him even more. I was screaming and crying and trying to help him because he was drowning... suddenly woke up

20F: 14:XX:XX

Courage and confidence

About the Goja Ray Dojo at Glenwood Prep school where one of my students was going to train. Could not remember the detail, remembered it was a big floor with many students. I felt confident but a bit uncomfortable.

03M:13:XX:XX

We (can't remember the other characters, were in the mountains) felt as if I was there before, like a previous dream. Tried to get a crocodile past us (or downstream) in an attempt to save it (not 100% sure). Could remember that the crocodile at one stage passed close to me, but I had the courage to touch it and assist it in forward motion.

03M:14:XX:XX

Wild animals

Had an awesome dream that I had two pet owls, they were tiny, the size of hamsters, so, so cute. One was fully grown and the other one was a white downy little fuzz ball learning to fly. They were so cute and affectionate. It was such a nice dream.

10F:09:XX:XX

We (can't remember the other characters, were in the mountains) felt as if I was there before, like a previous dream. Tried to get a crocodile past us (or downstream) in an attempt to save it (not 100% sure). Could remember that the crocodile at one stage passed close to me, but I had the courage to touch it and assist it in forward motion.

03M:14:XX:XX

Dreamt about vicious dogs (terrified of them) and big houses.

05F:04:XX:XX

What an awesome dream. My brother and I found an injured almost dead male lion on our farm. The location is very clear. My father said that the lion should be killed due to its suffering and that it is the biggest lion recorded (I can't remember in SA /Africa or in the world). There was also a pack of hyenas and cheetahs (joined) that wanted to kill the lion. I just made it into the bakkie as they attacked me, and then also got stuck with the bakkie in the mud. But I did get away. My brother and I managed to feed the lion some water and got it to just behind our house. The hyenas also broke through the barrier fence to get to the lion. I had real hope of the lion going to live – an optimistic view. I remember organizing some people to treat the lion. Thereafter I went to the lion and many people gathered, little children as well - that went carelessly close to the lion. I was angry at the people for not respecting the lion's privacy and the children getting so close. The lion got agitated and almost bit one of the children. The lion had an injury on the abdomen, skin hanging loose.

03M:01:XX:XX

I was flying over a massive lake with a crocodile the size of a blue whale. It was the only crocodile left on earth so we wanted to artificially inseminate it. We put the sperm into an avocado ovum to create a fetus and then implanted that into a lizard.

12F: 00:XX:XX

I dreamt that my friend Abby came to me and said that she had sent me an invite to her wedding by mistake and that I wasn't really invited. Then all these wild horses started arriving and attacking us. It was very scary as they even followed me into my house and were trying to kick down the door. A brown horse kicked Abby really badly and she went flying across the road. The horses were very beautiful and I underestimated their power and danger.

15F: 04:XX:XX

Can't remember dreams

Can't remember dreams, just as I wake up, after I drink my coffee it's gone immediately
10F:12:XX:XX

Dreams: know they were upsetting, not scary just stressful, can't remember them.
10F:16:XX:XX

Can't remember dreams, all kind of merged into one.
08M:14:XX:XX

Can't remember if I had any dreams.
05F:01:XX:XX
05F:05:XX:XX
05F:09:XX:XX
05F:13:XX:XX

Can't remember dreams.
05F:03:XX:XX

Did dream but can't remember.
05F:07:XX:XX

Can't remember any dream but I do know I did dream.
05F:11:XX:XX

No dreams, is kind of weird because I usually remember small parts but, felt almost completely detached from my sleeping pattern-like a 'rock'.
06M:03:XX:XX

Dreamt a lot, can't remember what about.
01M:13:XX:XX

Slept well but woke up at 1:30 with a shock. Can't remember my dream.
02F:05:XX:XX

Slept really well last night. No dreams.
02F:09:XX:XX

4.2.3.30. CHILL

Feeling chilly.
02F:05:XX:XX

Feeling chilly today. My fingertips are numb.
02F:09:XX:XX

Had mild chills and frequent urination when going to bed last night for an hour.

03M:11:XX:XX

Skin feels cold and clammy, especially my extremities.

07F:13:XX:XX

Feeling very cold, just want to lie in a warm bath and relax.

07F:15:XX:XX

Feeling hot during the day but really cold in the evening.

07F:19:XX:XX

Feeling cold and hot on and off. Extremes of temperature.

07:20:XX:XX

Get very cold on removing my jersey but very hot when I put it on.

09:35.

15F: 00:01:35

At gym got hot and cold sweats. They alternated and it lasted about 10min.

11:30.

15F: 04:XX:XX

4.2.3.31. FEVER

Feeling of incredible heat, especially in my face during the test.

07F:02:54:XX

Feeling hot during the day especially between 11 and 3, but no excessive perspiration.

07F:03:XX:XX

Feeling very hot, especially on my torso and my face, as if heat is radiating from inside me.

07F:10:XX:XX

Feeling of hotness like before with heat radiating from my torso and face.

07F:11:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F:12:XX:XX

Feeling hot on my torso and face but no perspiration.

07F:13:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

The flu starts feeling worse and I feel feverish.

07F:15:XX:XX

During the day I feel hot, all the time, and I perspire, like I have a fever.

07F:16:XX:XX

Still feeling hot and feverish, walking around and going about my day makes it worse, where as sitting down quietly actually makes it better.

07F:17:XX:XX

Feeling hot during the day but really cold in the evening.

07F:19:XX:XX

Feeling cold and hot on and off. Extremes of temperature.

07:20:XX:XX

Got hot flushes in the afternoon.

08M:02:XX:XX

Feeling hot although no one else seems to be hot.

08M:19:XX:XX

Temperature a bit high.

09M:03:XX:XX

09M:04:XX:XX

09M:05:XX:XX

Feel very temperature sensitive.

10F:03:XX:XX

Mild fever, almost as if I have the symptoms of the fever without the fever itself.

Getting hot and then clammy. Skin is very hot to the touch.

08:24.

15F: 00:00:24

Fever symptoms returned but more intense. Hot and clammy, sweating between breasts.

< breeze, makes me so cold.

09:20.

15F: 00:01:20

Get very cold on removing my jersey but very hot when I put it on.

09:35.

15F: 00:01:35

Sweating between my breasts due to fever.

09:20.

15F: 00:01:20

At gym got hot and cold sweats. They alternated and it lasted about 10min.

11:30.

15F 04:XX:XX

Alternating hot and cold all over body sweats.

17:30.

15F: 06:XX:XX

Feel like I am getting a fever.

20:15.

18M: 07:XX:XX

4.2.3.32. PERSPIRATION

Increased, generalized

Increased perspiration.

06M:XX:XX

Perspiration increased mildly but no smell, perspire under arms. < When in sun/ heat/ eating and drinking warm foods.

07F:00:07:30

Perspiration smells funny. It's terrible and very embarrassing. Quantity also increases, especially under my arms and on my face.

07F:08:XX:XX

More sweaty.

09M:03:XX:XX

09M:04:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F:12:XX:XX

During the day I feel hot, all the time, and I perspire, like I have a fever.

07F:16:XX:XX

Sweated a lot today, everywhere.

17:00.

13M :00:09:20

Woke up twice last night in a sea of sweat, but it was cold outside.

06:00.

13M: 00:22:20

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Perspiration has been increased today. Mainly in my joints creases and between my breasts, under arms and groin. Also in places that my clothing clings closely to my skin.

09:30.

15F: 04:XX:XX

Sweating more than usual.

05:15.

17F: 18:XX:XX

Nocturnal

Woke up twice last night in a sea of sweat, but it was cold outside.

06:00.

13M :00:22:20

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Sweating at night.

09M:20:XX:XX

Under arms

Perspiration increased mildly but no smell, perspire under arms. < When in sun/ heat/ eating and drinking warm foods.

07F:00:07:30

Perspiration smells funny. It's terrible and very embarrassing. Quantity also increases, especially under my arms and on my face.

07F:08:XX:XX

Face

Sweating over nose, top lip and chin, not under eyes.

07:00.

12F: 06:XX:XX

Sweating over nose, top lip and chin.

20:00.

12F: 06:XX:XX

Perspiration smells funny. It's terrible and very embarrassing. Quantity also increases, especially under my arms and on my face.

07F:08:XX:XX

Breasts

Sweating between my breasts due to fever.

15F: 00:09:20

Perspiration has been increased today. Mainly in my joints creases and between my breasts, under arms and groin. Also in places that my clothing clings closely to my skin.

09:30.

15F: 04:XX:XX

Extremities

Creases

Perspiration has been increased today. Mainly in my joints creases and between my breasts, under arms and groin. Also in places that my clothing clings closely to my skin.

09:30.

15F: 04:XX:XX

Hands and Feet

Hands and feet are sweating terribly.

11:40.

18M :13:XX:XX

My feet are sweating profusely.

23:49.

13M :20:XX:XX

Bad smell

Noticed that my perspiration smells different. I've always perspired a fair amount but it's never smelled quite so.... bad. It smells like man sweat. It's terrible, find myself changing my shirt a couple of times and re-applying roll-on.

07F:06:XX:XX

Perspiration smells funny. It's terrible and very embarrassing. Quantity also increases, especially under my arms and on my face.

07F:08:XX:XX

Changed my deodorant and its working, have no problems with the smell of my perspiration which is great, just strange as I've been using my original deodorant for ages without trouble, yet now it doesn't seem to agree with me.

07F:09:XX:XX

4.2.3.33. SKIN

Itching

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.

02F:02:61:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F:03:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

23:00pm

02F:06:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.

06:30am

02F:07:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.

03M:16:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:13:XX:XX

Hands are almost itchy.

06M:01:22:13

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch.

Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot..

Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

15:30 and again at 18:30. Severity 6/10.

06M:11:XX:XX

Axillae are still a bit itchy, like I mentioned yesterday.

06M:12:XX:XX

Underarm or axillae was a bit itchy as well this afternoon.

06M:16:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F:10:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F:10:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F:16:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

09:30.

20F: 01:00:00

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy.

> scratching.

Lasts about 10min.

23:00.

15F: 01:15:00

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.
19F: 05:XX:XX

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

08:00.
13M :05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.
12F: 05:XX:XX

Outer corners of eyes are dry and itchy.

07:00.
12F: 06:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

14:00.
12F: 07:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores. Skin is dry.

12:00.
12F: 07:XX:XX

Dryness

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F:03:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.

06:30am.
02F:07:XX:XX

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00
06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.
06M:13:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.
07F:12:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.
09:30.
20F: 01:00:00

My skin is really dry this morning especially on my arms.
11:11.
15F: 03:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.
18:00.
19F: 03:XX:XX

Skin on face is really dry, the skin is pulling especially under my chin.
07:30.
19F: 04:XX:XX

Patches on the skin of my left hand. Skin is darker in color then normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.
06:30.
19F: 05:XX:XX

Skin is dry and peeling around my right nostril.
13:00.
13M :05:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off. Skin is also peeling off the back of my heels.
18:00.
14F: 05:XX:XX

Skin very dry and peeling off toes.
Under left big toe.
On left big toe.
Tip of left middle toe.
Side of right middle toe.
Top of right 5th metacarpal.
12F: 05:XX:XX

Intraorbital dryness, with a scaly texture.
09:00.

12F: 05:XX:XX

Forehead is really dry, so I stopped using soap to wash face.

09:00.

12F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F: 05:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.

07:00.

12F: 06:XX:XX

Outer corners of eyes are dry and itchy.

07:00.

12F: 06:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores. Skin is dry.

12:00.

12F: 07:XX:XX

Skin on my face is so dry, the skin around my stitches is cracking and bleeding despite me keeping it constantly moist.

09:45.

18M :10:XX:XX

Crawling

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy.

> scratching.

Lasts about 10min.

23:00.

15F: 01:15:00

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

08:00.

13M :05:XX:XX

Increased Sensitivity

Scalp is very sensitive, very painful when I brush over it.

12F: 11:XX:XX

Burning

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

17:00.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and I tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

13:00.

20F: 14:XX:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.

02F:02:61:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.

19F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F: 05:XX:XX

Needles

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F :05:XX:XX

Eruptions

Pimples

Just woke up (06:30 am). There are tiny white pimples on my forehead at my hairline. They are not very sore. I have not had pimples in this location before. They are itchy and when I scratch them they come off with the root. There is no blood.

02F:01:23:30

Pimple on right chin. A bit painful. Appeared in the afternoon.
03M:03:XX:XX

Pustule on my superior anterior left thorax this morning. Productive.
03M:07:XX:XX

Back of my neck, pustule. Prominent.
03M:09:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.
03M:16:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.
06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.
06M:03:XX:XX

Sore spots on my lips have become inflamed and look like blind pimples. Sore spots under my nose have grown and become big blind pimples. I try to squeeze them but with mild success. They look terrible! They feel hot and swollen.
07F:01:30:XX

Notice a strange hot bump on my chest approximately 4cm below my left clavicle. Tender to touch.
07F:01:36:XX

The bump on my chest has become a very sore pimple. Tried squeezing it but it was very tender and didn't deliver anything.
07F:02:XX:XX

Skin is looking terrible on my face, especially around my mouth and nose area as previously described. Small pimples very tender and hot and even though I keep squeezing stuff out of it, it doesn't seem to get any better.
07F:03:XX:XX

Skin is improving but lesions are still visible and very hard to cover up.
07F:05:XX:XX

Developing more pimples, this time on my chin, great! The lip and nose stuff has cleared up but now I'm back to square 1. Found a weird pimple on my cheek next to my nose. I never get them there. It's very tender and feels hot.
07F:06:XX:XX

Skin is breaking out on my chin still but the rest is clearing up nicely.

07F:08:XX:XX

Got a blind pimple on my forehead between my eyes.

08M:00:XX:XX

Pimples now also on chest.

10F:01:XX:XX

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F:20:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

09:30.

20F: 01:00:00

Breakout of very small pustules on my back between the scapulae. They are red and raised. Very tender to touch.

17F: 01:XX:XX

Woke up with a little, white pimple on my left upper lip.

08:30.

15F: 02:XX:XX

Exactly bilateral little white head pimples on either side of my nose just above the flare crease.

09:00.

16F: 02:XX:XX

Small white headed pimples above upper lip in nasolabial crease also bridge of nose and forehead.

09:00.

19F: 02:XX:XX

Breakout of pimple on back now becoming excessive.

17F: 04:XX:XX

Tiny, white headed pimple on right corner of mouth.

23:00.

12F: 05:XX:XX

Pimple on my right bottom lip. Very tender to touch. Tiny with a white head.

07:00.

12F: 06:XX:XX

3 pimples on the right corner of my mouth, very tender. White heads with surrounding hyperemia.

15:00.

12F: 06:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

14:00.

12F: 07:XX:XX

I noticed these little pimples on my back. They are tiny, red with a yellow head. They are on both side of my spine.

18:00.

20F: 11:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and a tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

13:00.

20F :14:XX:XX

*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.

18M :15:XX:XX

Dry patches, eczematous or rash

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up

this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.
02F:05:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.
02F:06:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.
03M:05:XX:XX

Have slight eczema on my legs around my knees.
08M:03:XX:XX

Eczema still there but no longer itching.
08M:05:XX:XX

**Rash on forehead: bumpy.
09M:XX:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.
10F:01:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.
09:30.
20F: 01:00:00

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.
< touching it or rubbing.
17:00.
19F: 04:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.
14:00.
12F: 07:XX:XX

Red hyperemic patch on anterior neck at jugular notch. Not itchy.
09:00
12F:09:XX:XX

*I got a strange rash on my lower abdomen, above each hip. It consisted of very fine bumps that were very close together. They were slightly red but more palpable than visual. Very itchy.
18M :14:XX:XX

Woke up with a rash under my left breast this morning. It's very itchy. There are 6 small round red lesions, scaly.

09:00.

20F :19:XX:XX

Peeling

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F:05:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

18:30.

19F: 02:XX:XX

Intraorbital dryness, with a scaly texture.

09:00.

12F: 05:XX:XX

Skin is dry and peeling around my right nostril.

13:00.

13M: 05:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.

Skin is also peeling off the back of my heels.

18:00.

14F: 05:XX:XX

Skin very dry and peeling off toes.

Under left big toe.

On left big toe.

Tip of left middle toe. Side of right middle toe.

Top of right 5th metacarpal.

12F: 05:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.

12F: 08:XX:XX

Skin eroding from my head of my 1st metacarpal on left foot and big toe.

22:00.

12F: 08:XX:XX

Slight flaking of the scalp mainly at the top of my head and above the ears and the occiput. I noticed it while brushing my hair has happened about a week ago to.

12:45.

15F: 10:XX:XX

Increased resilience to sun exposure

Skin is much more resilient to the sun, usually can't stay in the sun at all. Now can lie here all day.

13:00.

15F: 04:XX:XX

Pigmentation

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.

02F:06:XX:XX

Infection and inflammation

Nipple ring with mucky (after being almost completely healed) thick yellow green pus.

10F:01:XX:XX

Nipple still icky.

10F:01:XX:XX

Oily

My skin feels oily in my face, usually only happens in summer.

07F:20:XX:XX

Cold and clammy

Skin feels cold and clammy, especially my extremities.

07F:13:XX:XX

Location

Scalp

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F:10:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

08:00.

13M: 05:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

14:00.

12F: 07:XX:XX

Scalp is very sensitive, very painful when I brush over it.

12F: 11:XX:XX

Slight flaking of the scalp mainly at the top of my head and above the ears and the occiput. I noticed it while brushing my hair has happened about a week ago to.

12:45.

15F: 10:XX:XX

Face

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:13:XX:XX

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00

06M:01:21:18

Skin is looking terrible on my face, especially around my mouth and nose area as previously described. Small pimples very tender and hot and even though I keep squeezing stuff out of it, it doesn't seem to get any better.

07F:03:XX:XX

Skin is improving but lesions are still visible and very hard to cover up.

07F:05:XX:XX

My skin feels oily in my face, usually only happens in summer.

07F:20:XX:XX

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

08:00.

13M :05:XX:XX

Skin on face is really dry, the skin is pulling especially under my chin.

07:30.

19F: 04:XX:XX

Skin on my face is so dry, the skin is cracking and bleeding despite me keeping it constantly moist.

09:45.

18M :10:XX:XX

Hairline

Just woke up (06:30 am). There are tiny white pimples on my forehead at my hairline. They are not very sore. I have not had pimples in this location before. They are itchy and when I scratch them they come off with the root. There is no blood.

02F:01:23:30

Forehead

Got a blind pimple on my forehead between my eyes.

08M:00:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F:20:XX:XX

**Rash on forehead: bumpy.

09M:XX:XX:XX

Small white headed pimples above upper lip in nasolabial crease also bridge of nose and forehead.

09:00.

19F: 02:XX:XX

Forehead is really dry, so I stopped using soap to wash face.

09:00.

12F: 05:XX:XX

Nose

Itching sole of foot, couldn't get to it through thick sole.

10F:16:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

09:30.

20F: 01:00:00

Exactly bilateral little white head pimples on either side of my nose just above the flare crease.

09:00.

16F: 02:XX:XX

Small white headed pimples above upper lip in nasolabial crease also bridge of nose and forehead.

09:00.

19F: 02:XX:XX

Skin is dry and peeling around my right nostril.

13:00.

13M :05:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and I tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

13:00.

20F: 14:XX:XX

Mouth and Lips

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Sore spots on my lips have become inflamed and look like blind pimples. Sore spots under my nose have grown and become big blind pimples. I try to squeeze them but with mild success. They look terrible! They feel hot and swollen.

07F:01:30:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Woke up with a little, white pimple on my left upper lip.

08:30.

15F: 02:XX:XX

Tiny, white headed pimple on right corner of mouth.

23:00.

12F: 05:XX:XX

Pimple on my right bottom lip. Very tender to touch. Tiny with a white head.

07:00.

12F: 06:XX:XX

3 pimples on the right corner of my mouth, very tender. White heads with surrounding hyperemia.

15:00.

12F: 06:XX:XX

Eyes

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

17:00.

19F: 04:XX:XX

Intraorbital dryness, with a scaly texture.

09:00.

12F: 05:XX:XX

Outer corners of eyes are dry and itchy.

07:00.

12F: 06:XX:XX

Chin

Pimple on right chin. A bit painful. Appeared in the afternoon.

03M:03:XX:XX

Developing more pimples, this time on my chin, great! The lip and nose stuff has cleared up but now I'm back to square 1. Found a weird pimple on my cheek next to my nose. I never get them there. It's very tender and feels hot.

07F:06:XX:XX

Skin is breaking out on my chin still but the rest is clearing up nicely.

07F:08:XX:XX

External throat

Red hyperemic patch on anterior neck at jugular notch. Not itchy.

09:00.

12F: 09:XX:XX

Chest

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch.

Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot..

Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

15:30 and again at 18:30. Severity 6/10.

06M:11:XX:XX

Axillae are still a bit itchy, like I mentioned yesterday.

06M:12:XX:XX

Underarm or axillae was a bit itchy as well this afternoon.

06M:16:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Pustule on my superior anterior left thorax this morning. Productive.

03M:07:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.

06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.

06M:03:XX:XX

Notice a strange hot bump on my chest approximately 4cm below my left clavicle.

Tender to touch.

07F:01:36:XX

The bump on my chest has become a very sore pimple. Tried squeezing it but it was very tender and didn't deliver anything.

07F:02:XX:XX

Pimples now also on chest.

10F:01:XX:XX

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.
10F:20:XX:XX

Nipple ring with mucky (after being almost completely healed) thick yellow green pus.
10F:01:XX:XX

Nipple still icky.
10F:01:XX:XX

Woke up with a rash under my left breast this morning. Its very itchy. There are 6 small round red lesions, scaly.
09:00.
20F: 19:XX:XX

Abdomen

*I got a strange rash on my lower abdomen, above each hip. It consisted of very fine bumps that were very close together. They were slightly red but more palpable than visual. Very itchy.
18M :14:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.
03M:16:XX:XX

Neck and back

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.
23:00pm
02F:06:XX:XX

Back itchy between shoulder blades – wanders with scratching.
10F:10:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.
10F:13:XX:XX

Back of my neck, pustule. Prominent.
03M:09:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.

06M:01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.

06M:03:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F:20:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F:05:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.

02F:06:XX:XX

Breakout of very small pustules on my back between the scapulae. They are red and raised. Very tender to touch.

17F: 01:XX:XX

Breakout of pimple on back now becoming excessive.

17F: 04:XX:XX

I noticed these little pimples on my back. They are tiny, red with a yellow head. They are on both side of my spine.

18:00.

20F: 11:XX:XX

Extremities

Upper Limb

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.

02F:02:61:XX

Hands are almost itchy.

06M:01:22:13

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.
06M:13:XX:XX

Skin feels cold and clammy, especially my extremities.
07F:13:XX:XX

My skin is really dry this morning especially on my arms.
11:11.
15F: 03:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.
18:00.
19F: 03:XX:XX

Patches on the skin of my left hand. Skin is darker in color then normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.
06:30.
19F: 05:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.
07:00.
12F: 06:XX:XX

*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.
18M: 15:XX:XX

Lower Limb

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.
02F:02:61:XX

Skin itching in spots all over, scalp especially. Back o f thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.
Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.
10F:04:XX:XX

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.
06M:13:XX:XX

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Have slight eczema on my legs around my knees.

08M:03:XX:XX

Eczema still there but no longer itching.

08M:05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F:01:XX:XX

Skin feels cold and clammy, especially my extremities.

07F:13:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

18:30.

19F: 02:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.

Skin is also peeling off the back of my heels.

18:00.

14F: 05:XX:XX

Skin very dry and peeling off toes.

Under left big toe.

On left big toe.

Tip of left middle toe.

Side of right middle toe.

Top of right 5th metacarpal.

12F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12:00.

12F: 07:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.

12F: 08:XX:XX

Skin eroding from my head of my 1st metacarpal on left foot and big toe.

22:00.

12F: 08:XX:XX

Modalities

Ameliorations

Skin feeling better after application of lotion. 07:30am.

02F:07:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

23:00pm

02F:06:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch.

Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot..

Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

15:30 and again at 18:30. Severity 6/10.

06M:11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F:10:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat.
Rough.
10F:01:XX:XX

sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It
tickles at first but then gets itchy.
> scratching.
Lasts about 10min.
23:00.
15F: 01:XX:XX

Aggravations

Skin is not so itchy tonight. Pigmentation is lighter today. Noticed that my skin is <
night and < warmth. 20:00pm.
02F:07:XX:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My
whole body itches especially my legs and arms. 20:00pm.
02F:02:61:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus
stuff coming out of it. Don't see any pimples though. Itchy is < warmth and >
application of lotion.
23:00pm.
02F:06:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing <
scratching > change shampoo often.
10F:10:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in
hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of
black heads. Small white heads that itch. < when I scratch or pick at them, > if I
leave them alone.
10F:13:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I
scratch it, there are crusts that come off under my nails. Looks like salt. It came up
this morning. Very itchy. About an eight on the scale from 1-10. < evenings and
night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.
02F:05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat.
Rough.

10F:01:XX:XX

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

17:00.

19F: 04:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.

19F: 05:XX:XX

4.2.3.34. GENERALS

Lethargy

Felt tired at about 15:00.

01M:01:30:XX

Felt tired at 21:45.

01M:01:36:XX

Felt tired at 17:00.

01M:02:56:XX

Very tired at 11:00am.

01M:03:XX:XX

Slept from 17:30 to 18:40 and from 19:20 to 20:20.

01M:03:XX:XX

Felt quite tired at 4pm.

01M:04:XX:XX

Felt very tired at 00:00.

01M:05:XX:XX

Woke up tired and groggy.

01M : 06:XX:XX

Felt utterly exhausted at 23:00.

01M:06:XX:XX

Tired the whole day.

01M:07:XX:XX

Felt tired at 15:00.

01M:10:XX:XX

01M:11:XX:XX

Slept for 1 hour and 30minutes.

01M:10:XX:XX

Slept from 15:00 till 16:30.

01M:12:XX:XX

Slept from 15:00 till 16:30.

01M:11:XX:XX

Felt tired at 12:30.

01M:12:XX:XX

Felt tired. Slept for 2 hours.

01M:13:XX:XX

Felt tired at 13:00. Slept for 1 h 30mins.

01M:17:XX:XX

Felt lazy at 11:00 am. Lay in the garden in the sun, under the trees for 1hr and 30 minutes.

01M:18:XX:XX

Felt extremely tired, slept for 4 hours.

01M:20:XX:XX

My energy levels are really low now – 12:00pm. I feel like falling asleep right now.

02F:01:29:XX

Energy levels are really down. Feeling really tired and irritable. 8:00 am.

02F:05:XX:XX

My energy levels are really low now. Feeling tired and want to sleep. 11am.

02F:09:XX:XX

Feeling really sleepy. 12:pm.

02F:14:XX:XX

Just tired.

02F:14:XX:XX

Very tired, want to sleep.

02F:17:XX:XX

Feeling really tired at 21:30.

06M:00:10:12

2nd remedy at 15:15. Started to feel a bit tired after an hour of ingesting the remedy.
06M:01:29:XX

3rd remedy at 20:15. Watched movies, felt real tired afterwards.
06M:01:34:XX

As it gets later I'm feeling really tired.
06M:02:XX:XX

Got home after driving for 4hrs, was extremely tired, wanted to snooze for 30minutes, and ended up sleeping for 2 and a half hours – strange.
06M:05:XX:XX

Energy low on waking 3/10 and in the evening.
07F:00:XX:XX
07F:01:XX:XX
07F:02:XX:XX

Very sleepy in the evening (difficulty staying awake) but when I awake I feel very energized and positive.
07F:03:XX:XX

Very tired at bedtime, go to sleep at 8 (very unusual) and sleep 10.5 hours straight, no waking up.
07F:09:XX:XX

Wake up feeling ok. Very tired though and my energy levels are particularly low.
07F:10:XX:XX

Feeling exceptionally tired, like I've had the life sucked out of my brain. My head feels fuzzy, like I have difficulty remembering things and concentrating – needless to say it is a bad day for me to drive.
07F:10:XX:XX

Woke up feeling very tired and drained but doing ok.
07F:11:XX:XX

Feeling very tired in the evening, can barely keep my eyes open.
07F:15:XX:XX

Feeling very tired and drained. Feel like I want to sleep the whole time. Energy levels are low throughout the whole day.
07F:16:XX:XX

Feeling tired, drained and sleepy. I come home in the afternoon and spend most of my time sleeping. Very low energy throughout the whole day.
07F:17:XX:XX

Energy is better than before but still low average.
07F:18:XX:XX

Energy is low in the morning but increases toward the evening.
07F:19:XX:XX:XX

Extremely tired in the evening, go to bed real early. Good night's sleep. Energy high in the morning, low in the evening.
07F:20:XX:XX

Feeling very tired, been working nonstop for a while now so just mentally tired. Feel very tired.
08M:06:XX:XX

Feeling very tired today, will at least have some time off soon.
08M:10:XX:XX

Did little else but sleep today, just too tired to do anything. Slept, woke up then slept some more.
08M:14:XX:XX

Still tired but better than yesterday, just very lethargic.
08M:14:XX:XX

Not in the mood for exercise, exhausted, felt better afterwards though.
10F:17:XX:XX

Decreased energy especially in the morning.
10F:14:XX:XX

Energy levels 2.
10F:16:XX:XX

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything restless and irritated.
11:00.
19F: 00:21:30

Euphoria , now exhaustion, when will the rollercoaster end?
21:56.
18M :01:11:XX

So exhausted, should be learning but just don't care. Head is floating in the clouds.
21:00.
18M :00:11:00

Very tired and bored.
13:00.
17F: 02:XX:XX

Feeling unmotivated and a little tired.

15:00.
16F: 04:XX:XX

Really needed to do work but was feeling really tired and went back to bed.
15:00.
16F: 05:XX:XX

Increased energy

More energetic and hungry at 18:00.
01M:01:33:XX

Felt really energetic.
01M:18:XX:XX

Feeling much better today. My energy levels are good. I'm feeling happy.
02F:03:XX:XX

Energy levels are good.
02F:06:XX:XX
02F:10:XX:XX

Energy levels are up.
02F:08:XX:XX

Felt very energetic/driven today. Got up at 6 this morning for a jog and its now 21:40 and I still haven't slept.
03M:18:XX:XX

I felt like taking the dog for a walk which I don't normally have an inclination to do.
05F:00:XX:XX

Took the dog for a walk and even had a run around the sport field.
05F:01:XX:XX

Definitely feeling more energized.
06M:03:XX:XX

Increased energy.
06M:09:XX:XX

Woke up early this morning and went for a jog, was actually nice to feel how a day goes off waking up early.
06M:18:XX:XX

Energy picked up after 13:00.
09M:00:XX:XX

More energy than normal.
09M:01:XX:XX

Had a drink but it didn't have the usual effect. Instead of feeling energized before sleepy, I went straight to sleep.
07F:05:XX:XX

Full of energy and very confident.
17:00.
13M: 01:09:XX

So energized, so happy from teaching. It's like giving a performance. I feel so fulfilled afterwards.
12:30.
18M :04:XX:XX

Feel revitalized and energized. I can attack anything that today brings.
07:00.
12F: 07:XX:XX

Feeling hot

Feeling of incredible heat, especially in my face during the test.
07F:02:54:XX

Feeling hot during the day especially between 11 and 3, but no excessive perspiration.
07F:03:XX:XX

Feeling very hot, especially on my torso and my face, as if heat is radiating from inside me.
07F:10:XX:XX

Feeling of hotness like before with heat radiating from my torso and face.
07F:11:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.
07F:12:XX:XX

The flu starts feeling worse and I feel feverish.
07F:15:XX:XX

During the day I feel hot, all the time, and I perspire, like I have a fever.
07F:16:XX:XX

Still feeling hot and feverish, walking around and going about my day makes it worse, where as sitting down quietly actually makes it better.
07F:17:XX:XX

Got hot flushes in the afternoon.

08M:02:XX:XX

Feeling hot although no one else seems to be hot.

08M:19:XX:XX

Temperature a bit high.

09M:03:XX:XX

09M:04:XX:XX

09M:05:XX:XX

Head feels like it is heating up.

18M :01:20:54

Eye feels as if it is on fire, dry and hot.

18:00.

19F: 11:XX:XX

Mild fever, almost as if I have the symptoms of the fever without the fever itself.

Getting hot and then clammy. Skin is very hot to the touch.

08:24.

15F: 00:00:24

Fever symptoms returned but more intense. Hot and clammy, sweating between breasts.

< breeze, makes me so cold.

09:20.

15F 00:01:20

Get very cold on removing my jersey but very hot when I put it on.

09:35.

15F: 00:01:35

Sweating between my breasts due to fever.

09:20.

15F: 00:01:20

At gym got hot and cold sweats. They alternated and it lasted about 10min.

11:30.

15F: 04:XX:XX

Alternating hot and cold all over body sweats.

17:30.

15F: 06:XX:XX

Feel like I am getting a fever.

20:15.

18M:07:XX:XX

Feeling Cold

Feeling chilly.
02F:05:XX:XX

Feeling chilly today. My fingertips are numb.
02F:09:XX:XX

Had mild chills and frequent urination when going to bed last night for an hour.
03M:11:XX:XX

Skin feels cold and clammy, especially my extremities.
07F:13:XX:XX

Feeling very cold, just want to lie in a warm bath and relax.
07F:15:XX:XX

Get very cold on removing my jersey but very hot when I put it on
09:35
15F: 00:01:35

At gym got hot and cold sweats. They alternated and it lasted about 10min.
11:30
15F: 04:XX:XX

Fluctuating temperature

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).
07F:14:XX:XX

Feeling hot during the day but really cold in the evening.
07F:19:XX:XX

Feeling cold and hot on and off. Extremes of temperature.
07F:20:XX:XX

Get very cold on removing my jersey but very hot when I put it on
09:35
15F: 00:01:35

At gym got hot and cold sweats. They alternated and it lasted about 10min.
11:30
15F: 04:XX:XX

Mild fever, almost as if I have the symptoms of the fever without the fever itself.
Getting hot and then clammy. Skin is very hot to the touch.

08:24.

15F: 00:00:24

Fever symptoms returned but more intense. Hot and clammy, sweating between breasts.

< breeze, makes me so cold.

09:20.

15F: 00:01:20

Joint and muscle stiffness

Back a bit sore

09M:09:XX:XX

09M:10:XX:XX

09M:12:XX:XX

09M:13:XX:XX

09M:14:XX:XX

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.

06M:07:XX:XX

Back and neck feeling pretty stiff and sore.

Muscle ache and decreased motion.

Dull ache, more severe sensitive pain; may be due to rugby

08:00

06M:10:XX:XX

Back and neck: same ache still persists but the intensity has increased though.

06M:11:XX:XX

Had a good night's sleep with only mild discomfort in my neck.

07F:20:XX:XX

Shoulders and neck hurting a bit today. Pain is towards centre of body.

08M:00:XX:XX

Shoulders and neck hurt.

08M:10:XX:XX

Neck is hurting so much need a massage.

08M:19:XX:XX

Back and neck a lot better than usual, Pain from the left neck moved a bit towards the right.

06M:13:XX:XX

My lower back is hurting very much. The muscles around the spine hurts.
08M:01:XX:XX

Lower back still hurting a bit.
08M:05:XX:XX

Stiff shoulders tension from studying.
10F:12:XX:XX

Back and neck feeling a bit stiff again.
06M:12:XX:XX

Back and neck a bit stiff from the rugby, as well as my left rhomboid is starting to flare up again.
06M:19:XX:XX

Back: Lower lumbar stiffness.
10F:00:XX:XX

Back pain, lower lumbar, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.
10F:09:XX:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.
10F:20:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.
10F:19:XX:XX

Left Sacro-iliac joint pain. I rolled onto my SI joint during karate. Also my left elbow sore due to karate. This has been present for 4/5 days but due to the mechanics of it I thought this unnecessary to mention.
03M:07:XX:XX

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.
03M:09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs. Severe.
03M:10:XX:XX

Elbow less swollen but still acute (Olecranon bursitis). Seem to bump it accidentally all the time.

03M:11:XX:XX

Elbow still limited in function. Swelling has gone down. Painful on contact.

03M:12:XX:XX

Elbow more painful due to teaching karate last night.

03M:15:XX:XX

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.

07F:07:XX:XX

Sacro iliac joint discomfort - left side. Shoulder also stiff. This shoulder has been chronic since 1998 – had thoracic outlet syndrome – the joint is very lax.

03M:20:XX:XX

Knees hurting > rubbing thighs, lying down.

10F:01:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.

> rubbing temporarily.

10F:12:XX:XX

Ankle hurt a bit in the morning.

08M:10:XX:XX

Ankle pain.

09M:01:XX:XX

09M:02:XX:XX

09M:05:XX:XX

09M:06:XX:XX

09M:08:XX:XX

09M:09:XX:XX

09M:11:XX:XX

09M:13:XX:XX

09M:14:XX:XX

09M:15:XX:XX

Knees aching hot > temporarily from rubbing/bath.

10F:20:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still.

Throbbing pain sometimes. Fluid was felt moving when walking down-stairs.

Severe.

03M:10:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.
> rubbing temporarily.
10F:12:XX:XX

Woke up with a stiff neck.
06:30.
16F: 00:20:45

Have a bit of neck stiffness and pain.
19:00.
16F: 01:09:15

Bilateral neck stiffness.
16:00.
12F: 02:XX:XX

Neck is very stiff again.
22:00.
12F: 02:XX:XX

Stiff neck with niggling burning pain in muscles.
13:00.
12F 06:XX:XX

Woke up with pain and tension in neck muscles.
<stretching.
>after stretching.
08:30.
17F: 07:XX:XX

My neck and whole back feel really stiff and it feels like its moving to the base of my skull.
14:15.
16F: 07:XX:XX

Neck stiffness.
>stretching.
14F: 11:XX:XX

Have a lot of muscle tension in my neck. Pain is generalized and dull.
08:30.
16F: 13:XX:XX

Suffering from neck stiffness that worsens throughout the day.
14F: 14:XX:XX

Muscle in my neck and traps are a bit stiff.
08:20.
20F: 15:XX:XX

Neck muscles very tight.

>stretching.

15:00.

17F: 15:XX:XX

Neck stiffness, comes on early afternoon.

>stretching.

Dull persistent pain.

14F: 17:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.

21:00.

20F: 01:11:30

My neck and whole back feel really stiff and it feels like it's moving to the base of my skull.

14:15.

16F: 07:XX:XX

Back felt stiff and immobile all day.

16F :14:XX:XX

Back is really stiff today.

16F: 15:XX:XX

Back is feeling really stiff today, not unbearable though. The pain on the left is still there but more localized to about 3 cm above my PSIS and on my spinus process and 5 cm laterally. Still feels like a bruise when I press on it.

16:20.

20F: 01:06:XX

Back is really stiff, feels like all the muscles in my back are contracting. Stiff aching pain.

21:00.

20F: 01:11:XX

Lower back is stiff, but not painful.

08:50.

19F: 02:XX:XX

My whole back is also quite tight especially on the right and in the middle, feels ropey to the touch.

10:20.

20F: 02:XX:XX

My quadratus lamborum and gluteus are very tight.

14:00.

20F: 07:XX:XX

Back felt stiff and immobile all day.
16F 14:XX:XX

Stiffness in trapezius muscles as well as suprascapular muscles.
Felling of stiffness<right.
08:15.
17F: 01:00:XX

Joints in legs are very painful, and stiff.
Difficulty moving joints.
21:40.
17F: 02:XX:XX

My left shoulder feels stiff.
16:00.
20F: 04:XX:XX

Joints in arms and legs feel stiff.
23:00.
12F: 08:XX:XX

My finger joints are also a little sore today and very stiff.
10:00.
19F: 03:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.
> movement.
20:00.
17F: 05:XX:XX

Ankles and legs feel very sore and stiff.
06:30.
17F: 03:XX:XX

No muscle stiffness after bike ride, usually feel very stiff after a ride.
17:00.
13M :00:09:20

Cramping pain in left leg, feels like muscle stiffness.
Glut, calf and quads.
>stretching, massage, movement.
17:30.
17F: 02:XX:XX

Had some stiffness in my quads and in my legs.
14:00.
14F 14:XX:XX

Itchiness

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.

02F:02:61:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F:03:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

23:00pm.

02F:06:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.

06:30am.

02F:07:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.

03M:16:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:13:XX:XX

Hands are almost itchy.

06M:01:22:13

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch.

Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot..

Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

15:30 and again at 18:30. Severity 6/10.

06M:11:XX:XX

Axillae are still a bit itchy, like I mentioned yesterday.

06M:12:XX:XX

Underarm or axillae was a bit itchy as well this afternoon.

06M:16:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F:10:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10f:10:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F:11:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F:14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F:16:XX:XX

Itchy under both my eyes, wanted to scratch it but it didn't feel better. Irritation. Woke up in the middle of the night.

05F:12:XX:XX

Eyes are a bit itchy.

09M:00:XX:XX

09M:11:XX:XX

09M:14:XX:XX

Eyes itchy from lack of sleep.

10F:13:XX:XX

Right ear was tickling or itching – external ear.

> when I palpate my tragus.

< if I wiggle my ear.

10:00 – 15:00.

06M:08:XX:XX

Right ear was a bit itchy; almost feel like it is my middle ear.

06M:09:XX:XX

*Ears itching more than before.

10F:00:XX:XX

10F:02:XX:XX

Ears still itching, no change.

10F:04:XX:XX

Ears itchy the same as before.

10F:05:XX:XX

10F:09:XX:XX

10F:10:XX:XX

10F:11:XX:XX

10F:12:XX:XX

10F:14:XX:XX

10F:15:XX:XX

10F:17:XX:XX

10F:18:XX:XX

10F:19:XX:XX

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F:13:XX:XX

Ears itch, want to scratch them voluptuously, but it seems I just can't reach it.

10F:16:XX:XX

Ears: itchy, yellow watery wax.

10F:20:XX:XX

Nose itchy, sneezing in the mornings.

10F:10:XX:XX

Nose: itchy left nostril. Gray crusted mucous when blow nose.

10F:11:XX:XX

Nose very itchy, rub the whole time, no relief.

10F:18:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F:17:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

14:00.

12F: 07:XX:XX

Itchy eyes, around margins of lids and sclera.

22:00.

12F: 00:11:30

Itchy eyes.

07:30.

12F 02:XX:XX

Eyes are very dry and itchy.

16:00.

12F: 02:XX:XX

My eyes have started getting itchy and red.

20:00.

16F: 02:XX:XX

Wake up with itchy, red eyes.

10:00.

12F: 04:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.

07:00.

12F: 06:XX:XX

Very dry itchy eyes.

07:00.

12F: 07:XX:XX

Red eyes, dry and itchy.

07:30.

12F: 07:XX:XX

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

15:30.

17F: 07:XX:XX

Itchy eyes, lower outer corners.

08:20.

12F: 01:02:XX

Nose is itching on the right side.

08:20.

20F: 15:XX:XX

Crease that runs from my nose to my mouth on the left was very itchy. I had to scratch it many times and rub it to get some relief. It helped temporarily but kept coming back.

16:00.

15F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

10:30.

15F: 08:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

18:30.

19F: 02:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

18:00.

19F: 03:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12:00.

12F: 07:XX:XX

*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.

18M :15:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

09:30.

20F: 01:00:00

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy.

> scratching.

Lasts about 10min.

23:00.

15F: 01:15:00

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.

19F: 05:XX:XX

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

08:00.

13M: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F: 05:XX:XX

Outer corners of eyes are dry and itchy.

07:00.

12F: 06:XX:XX

Burning

Eyes feel quite dry and burny.

<late afternoon.

17:00.

14F: 00:08:30

Eyes are so dry and burning.

09:00.

14F: 03:XX:XX

Eyes red, dry and burning.

16:00.

14F: 04:XX:XX

My eyes are burning and watering and crying.

15:00.

15F: 08:XX:XX

Eye feels as if it is on fire, dry and hot.

18:00.

19F :11:XX:XX

Woke up with dry, burning sensation in the throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

06:15.

17F: 00:22:45

Sore throat, dry, burning.

Right tonsillar region.

>warm drinks.

08:00.

17F:02:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum.

Coughed up sputum but swallowed it again. It was very salty. Coughed until i wretched, I eyes were streaming with water.

08:00.

15F: 00:00:00

My chest is burning.

14:30.

15F: 06:XX:XX

Have been coughing all day with phlegm that I swallow down. Chest burns with each cough.

18:45.

15F: 07:XX:XX

Stiff neck with niggling burning pain in muscles.

13:00.

12F: 06:XX:XX

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

17:00.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and I tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

13:00.

20F: 14:XX:XX

Dehydration, dryness

Feeling slightly headachy, like a dehydration headache.

07F:06:XX:XX

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M:03:XX:XX

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.
06M:13:XX:XX

My Mouth has been dry.
02F:07:XX:XX

My mouth is not feeling so dry today. I have been drinking cold water throughout the day.
02F:08:XX:XX

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.
06M:09:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.
06M:01:XX:XX

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.
<with the drinking of water.
Dry, scratchy, difficult to swallow. 06:00 – 08:00.
06M:20:XX:XX

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat. Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.
07F:16:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.
07F:17:XX:XX

Coughing is getting worse, more productive but I'm not coughing up anything. I'm just unable to control the coughing and it sounds harsh and barking.
07F:18:XX:XX

Still coughing periodically, but it's controllable and not productive.
07F:20:XX:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F:03:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

23:00pm.

02F:06:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.

06:30am.

02F:07:XX:XX

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.

06M:13:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F:12:XX:XX

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F:04:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F:05:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.

02F:06:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Have slight eczema on my legs around my knees.
08M:03:XX:XX

Eczema still there but no longer itching.
08M:05:XX:XX

*Rash on forehead: bumpy.
09M:XX:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat.
Rough.
10F:01:XX:XX

Getting a headache. More of a clouded feeling. Dried out.
10:30.
18M :00:00:30

Slight internal headache, between frontal and temporal regions bilaterally. Very mild and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a dehydration headache.
08:20.
12F: 00:02:10

Headache in vertex which usually means I'm dehydrated.
06:00.
19F: 00:07:30

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.
> firm pressure, splashing face with water.
<noise, people talking loudly, bright light.
08:00.
17F: 07:XX:XX

Eyes feel quite dry and burny.
<late afternoon.
17:00.
14F: 00:08:30

Eyes been really dry all day.
14F: 00:XX:XX

Eyes are very dry and itchy.
16:00.
12F: 02:XX:XX

Eyes are so dry and burning.
09:00.
14F: 03:XX:XX

Eyes red, dry and burning.

16:00.

14F: 04:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.

07:00.

12F: 06:XX:XX

Very dry itchy eyes.

07:00.

12F: 07:XX:XX

Red eyes, dry and itchy.

07:30.

12F: 07:XX:XX

Eye feels as if it is on fire, dry and hot.

18:00.

19F 11:XX:XX

Eyes feel very dry and scratchy.

19F: 12:XX:XX

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M:01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

07:30 – 9:00

06M:01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.17:00.

06M:13:XX:XX

My Mouth has been dry.

02F:07:XX:XX

My mouth is not feeling so dry today. I have been drinking cold water throughout the day.

02F:08:XX:XX

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.

06M:09:XX:XX

Woke up with a very dry mouth tongue was stuck to the roof of my mouth.

05:00.

19F: 00:08:30

Mouth is very dry, very thirsty.

06:00.

19F: 00:09:30

Lips feel crusty and tongue feels dry.

08:00.

19F: 00:11:30

Woke up with dry, burning sensation in the throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

06:15.

17F: 00:22:45

Raw, dry sensation in right nasopharynx and left oropharynx.

>drinking warm water.

11:45.

17F: 01:04:XX

Dry sore throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

15:00.

17F: 01:07:XX

Sore throat, dry, burning.

Right tonsillar region.

>warm drinks.

08:00.

17F: 02:XX:XX

Throat is very dry.

> warm water.

04:30.

17F: 03:XX:XX

My throat is raw and very sore and dry. When I breath in the air dries my throat and makes me cough.

14:30.

15F: 06:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum.

Coughed up sputum but swallowed it again. It was very salty. Coughed until I retched, I eyes were streaming with water.

08:00.

15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.

08:16.

19F: 00:18:46

Dry cough with blocked nose.

06:30.

17F: 03:XX:XX

Cough dry to begin with but got progressively productive.

Soft sputum with white pieces resembling coarse salt.

06:30.

17F: 04:XX:XX

Dry cough started last night.

07:00.

12F: 07:XX:XX

Dry cough.

07:30.

12F: 08:XX:XX

My skin is really dry this morning especially on my arms.

11:11.

15F: 03:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

18:00.

19F: 03:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.

19F: 05:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.

07:00.

12F: 06:XX:XX

*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.

18M :15:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

18:30.

19F: 02:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.
Skin is also peeling off the back of my heels.

18:00.

14F: 05:XX:XX

Skin very dry and peeling off toes.

Under left big toe.

On left big toe.

Tip of left middle toe.

Side of right middle toe.

Top of right 5th metacarpal.

12F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12:00.

12F: 07:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.

12F: 08:XX:XX

Skin eroding from my head of my 1st metacarpal on left foot and big toe.

22:00.

12F: 08:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

09:30.

20F: 01:00:00

My skin is really dry this morning especially on my arms.

11:11.

15F: 03:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

18:00.

19F: 03:XX:XX

Skin on face is really dry, the skin is pulling especially under my chin.

07:30.

19F: 04:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.

19F: 05:XX:XX

Skin is dry and peeling around my right nostril.

13:00.

13M: 05:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.

Skin is also peeling off the back of my heels.

18:00.

14F: 05:XX:XX

Skin very dry and peeling off toes.

Under left big toe.

On left big toe.

Tip of left middle toe.

Side of right middle toe.

Top of right 5th metacarpal.

12F: 05:XX:XX

Intraorbital dryness, with a scaly texture.

09:00.

12F: 05:XX:XX

Forehead is really dry, so I stopped using soap to wash face.

09:00.

12F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

18:00.

12F: 05:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.

07:00.

12F: 06:XX:XX

Outer corners of eyes are dry and itchy.

07:00.

12F: 06:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores. Skin is dry.

12:00.

12F: 07:XX:XX

Skin on my face is so dry, the skin around my stitches is cracking and bleeding despite me keeping it constantly moist.

09:45.

18M:10:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

09:30.

20F: 01:00:00

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

17:00.

19F: 04:XX:XX

Red hyperemic patch on anterior neck at jugular notch. Not itchy.

09:00

12F: 09:XX:XX

Woke up with a rash under my left breast this morning. Its very itchy. There are 6 small round red lesions, scaly.

09:00.

20F: 19:XX:XX

'Flu' and hay fever symptoms

Stuffy nose.

03M:01:26:XX

A bit of a stuffy nose.

03M:10:XX:XX

Have a stuffy nose today.

03M:13:XX:XX

Stuffy nose 9:00 but has cleared now at 12:00.

03M:14:XX:XX

Bit of a stuffy nose again.

03M:17:XX:XX

Nose is a bit stuffy.

06M:01:21:88

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.

06M:01:XX:XX

Nose wasn't as stuffy during the day, but this morning it was. Also sneezed a bit tonight.

06M:02:XX:XX

Nose a lot more stuffy in the morning, sneeze, runny.

06M:03:XX:XX

Started off stuffy in the morning and really started running after we went to the hospital, might have been due to increased germs.

06M:04:XX:XX

Slightly stuffy in the mornings.

10F:05:XX:XX

Nose runny in the mornings now, blocked but runny nose, after I wake up.

06M:07:XX:XX

Was a bit runny in the morning again at 19:30 ish.

06M:16:XX:XX

Nose a bit runny in the morning.

06M:18:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous. Associated slight nasal congestion.

01M:00:11:30

Slight runny nose. Clear. Right side.

01M:01:XX:XX

Very Slight runny nose. Clear mucous. Disappeared at 8:30. Slight nasal congestion.

01M:02:XX:XX

Runny nose. Clear mucous. Nasal congestion associated. Stopped at 9:00am.

01M:03:XX:XX

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.

01M:20:XX:XX

Had a little bit of a headache after taking both powders and a runny nose. These cleared within 10minutes.

03M:00:09:00

03M:00:15:30

Runny nose, quite severe.

03M:15:XX:XX

My body was detoxing today. After a late night I had a discomforted head, and constant sneezing and runny nose. In the evening after sufficient food and sleep the runny nose was exacerbated.

03M:20:XX:XX

Runny nose now and then.

06M:05:XX:XX

Nose a bit runny now and again especially at night after supper for a short while.

<when I blow my nose. > When I sniff. Irritating. 18:30.

06M:11:XX:XX

Nose a bit runny tonight for about 20 minutes, that was it, all good now.

06M:13:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F:17:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Feeling happy, got a high libido and besides for a runny nose I feel good. Nasal discharge is turning a bit yellow and becoming thicker.

07F:20:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M:02:XX:XX

Still very drippy in the morning from the left side. Really annoying.

08M:03:XX:XX

Nose still bad in the mornings.

08M:04:XX:XX

Nose still leaking like a tap. Much annoying – woke me up early and could not fall asleep again.

08M:05:XX:XX

Nose same as before.

08M:06:XX:XX

08M:10:XX:XX

08M:16:XX:XX

08M:17:XX:XX

08M:18:XX:XX

08M:19:XX:XX

Nose same as before, all leaky.
08M:07:XX:XX

Nose still drippy in the morning.
08M:09:XX:XX

Nose was bad again, same as in the past.
08M:14:XX:XX

Nose not so bad today, it behaved quite well, was just leaky in the morning for about 30 minutes.
08M:20:XX:XX

Nose feels better for lying down with my head back so it can't be drippy.
08M:08:XX:XX

Nose still leaked in the morning but lasted longer than usual. It is still see through but leaking from the right side.
08M:11:XX:XX

Nose still leaky and bad post nasal drip.
08M:13:XX:XX

Nose still leaky in the morning.
08M:15:XX:XX

Nose runny.
09:06:XX:XX
09:07:XX:XX

Slight nasal congestion with slight dizziness.
01M:19:XX:XX

Nasal congestion especially when horizontal.
Bilateral, frontal and maxillary sinuses.
> being vertical; pressure of the head.
Associated drowsy feeling phased out feeling.
Associated bilateral temporal headache.
From waking up 8:00 onwards.
03M:02:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset.
Associated sneezing.
> blowing nose.
Afternoon and evening.
03M:05:XX:XX

Nose very blocked this morning, improved the afternoon.

Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.
03M:06:XX:XX

My nose is completely blocked, first on the left and then on the right, then both sides. Difficulty breathing through my nose. Watery discharge from nose, the fluid is clear and colorless. Go to bed feeling stuffy headed and with a blocked nose.
07F:18:XX:XX

Nose a bit congested in the mornings.
10F:04:XX:XX

Slightly stuffy in the mornings.
10F:05:XX:XX

Nose: itchy left nostril. Gray crusted mucous when blow nose.
10F:11:XX:XX

A bit sneezy this morning and late afternoon and late evening.
03M:18:XX:XX

Sneezed and head feels a bit thick 10minutes after the remedy.
06M:00:10:22
06M:00:21:05

Sneezing this morning.
10F:16:XX:XX

Nose itchy, sneezing in the mornings.
10F:10:XX:XX

Nose very itchy, rub the whole time, no relief.
10F:18:XX:XX

Still have right enlarged tonsil and an increased submandibular size, somewhat decrease in their size though.
06M:06:XX:XX

Right tonsil still enlarged and at the same time, right submandibular also still enlarged, might be due to a wisdom tooth on the right but not a 100% sure.
06M:14:XX:XX

That tonsil and submandibular enlargement still persists and I think the cause will be the same.
06M:17:XX:XX

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.
<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.
06M:20:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F:14:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.

07F:15:XX:XX

Go to bed very early but have a terrible night's sleep, constantly waking up and having to drink water throat is very sore.

07F:15:XX:XX

Sore throat today in the morning from a cigarette, made me feel nauseous.

10F:14:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.

07F:17:XX:XX

Tonsil is still a bit hypertrophied.

06M:08:XX:XX

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat. Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.

07F:16:XX:XX

Throbbing sinus headache.

< lying down, movement, bending down.

Had to keep head still in vertical position.

Felt like head was going to explode if move it.

> blowing nose.

Throbbing.

04F:02:XX:XX

Sinus headache.

Worse on Right temple.

>pressure.

Feels like someone is pushing their thumbs into my temple.

13:00.

17F: 03:XX:XX

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.

07:30.

17F: 05:XX:XX

Headache shifting between temples, sinuses and around eyes.

<bright light and loud noises.

10:00.

17F: 05:XX:XX

Head feels congested, feels like the contents of my sinuses is getting thicker.

16F: 15:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

12:00.

16F: 00:02:15

Runny nose, clear watery mucous.

<left side.

12:00.

17F: 00:04:30

Runny nose, clear salty fluid, rhinitis.

22:00.

12F: 00:11:30

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

09:00.

18M: 00:23:00

Woke up sneezing.

Excessive watery mucous.

08:00.

17F: 00:23:30

Constant sneezing and blowing nose.

12:00.

17F: 01:04:30

Nose completely blocked but with very watery clear discharge, constantly running.

04:30.

17F: 02:XX:XX

Blocked nose.

Mucous is viscous and white and thick.

06:30.

17F: 02:XX:XX

Nose is running again.

22:00.

12F: 02:XX:XX

Nose has been running constantly for most of the day, and can't stop sneezing.

16:00.

16F: 04:XX:XX

Woke up with runny nose.

07:00.

12F: 06:XX:XX

Runny nose.

07:30.

12F: 07:XX:XX

My nose is running with clear salty water, but completely blocked.

13:35.

18M :10:XX:XX

Realized that my very blocked nose had cleared, it felt like the air was moving right to the middle of my brain- cool air.

19:00.

19F: 00:05:30

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

05:00.

19F: 00:15:30

Nose feels stuffy and thick, blowing is ineffectual.

05:30.

19F: 00:16:00

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

09:00.

18M: 00:23:00

Nose completely blocked but with very watery clear discharge, constantly running.

04:30.

17F: 02:XX:XX

Blocked nose.

Mucous is viscous and white and thick.

06:30.

17F: 02:XX:XX

Dry cough with blocked nose.

06:30.

17F: 03:XX:XX

Post nasal drip, salty taste in back of throat.

13:20.

19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol.

>sitting standing.

20:00.

15F: 01:12:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

12:00.

16F: 00:02:15

Sneezing.

12:00.

17F: 00:04:30

Woke up sneezing.

Excessive watery mucous.

08:00.

17F: 01:00:XX

Constant sneezing and blowing nose.

12:00.

17F: 01:04:XX

Many bouts of sneezing today, powerful, uncontrollable.

12:05.

18M: 03:XX:XX

Have a fever blister or something. My lip is very swollen and full of yellow puss. It feels like it is constantly oozing, but nothing is coming out. The head is yellow, the rest of my lip is very red and swollen. It is stinging!

06:30.

13M :10:XX:XX

Blister is gone, healed very quickly, a miracle.

06:00.

13M :11:XX:XX

Sinuses are aching.

15:40.

18M: 09:XX:XX

Sinuses are starting to fill up, getting full and sore.

12:05.

18M :01:02:05

Sore heavy sinuses.

17:00.

18M :01:07:XX

Maxillary sinuses are really sore now, almost unbearable, like a pressure imbalance that I need to equalize.

20:35.

18M: 01:10:XX

Sinuses are very full and blocked.

07:30.

12F: 02:XX:XX

Right maxillary sinus is really hurting again.

11:23.

18M :02:XX:XX

Build up of pressure in the frontal and maxillary sinuses.

<right side.

>popping ears.

14:30

17F: 02:XX:XX

Dry sore throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

15:00.

17F: 01:07:XX

Pain on swallowing moved to right side.

19:00.

17F: 01:11:XX

Sore throat, dry, burning.

Right tonsillar region..

>warm drinks.

08:00.

17F: 02:XX:XX

My throat is raw and very sore and dry. When I breathe in the air dries my throat and makes me cough.

14:30.

15F: 06:XX:XX

Started coughing after eating salmon and mayonnaise. The coughing got quite bad and I started retching and then I was walking to the lounge and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. . I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile.

Etiology: coughing, bending over, standing up.

13:45.

15F: 06:XX:XX

Had a coughing fit that suddenly caused a great pain in my heart, around the apex beat area.

18:45.

15F: 07:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.

< on deep inspiration.

00:10.

15F: 08:XX:XX

Woke up coughing, very intense. I want to be antidoted now!!

19F: 09:XX:XX

All the glands in my neck were sore when I woke up this morning which made my neck feel stiff.

08:00.

15F: 07:XX:XX

Right sided submandibular lymphadenopathy.

12F: 11:XX:XX

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

00:10.

15F: 08:XX:XX

Chest pain <lying down .

>sleep propped up on pillows on the left side.

10:50.

15F: 08:XX:XX

Woke up due to chest pain and need to cough. Twice during the night.

15F: 08:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.

13:35.

18M: 10:XX:XX

Salt and salt water

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

05:00.

19F: 00:15:30

Still have salt water feeling in left nostril.

05:00.

19F: 00:10:XX

Runny nose, clear salty fluid, rhinitis.

22:00.

12F :00:11:30

My nose is running with clear salty water, but completely blocked.

13:35.

18M: 10:XX:XX

PND, salty taste in back of throat.

13:20.

19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol.

>sitting standing.

20:00.

15F: 01:12:XX

Felt a tingling on my left upper lip. It was like a sore that had come into contact with salty food and burning.

13:00.

13M: 09:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum.

Coughed up sputum but swallowed it again. It was very salty. Coughed until I was wretched, I eyes were streaming with water.

08:00.

15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.

08:16.

19F: 00:18:46

Cough dry to begin with but got progressively productive.

Soft sputum with white pieces resembling coarse salt.

06:30.
17F: 04:XX:XX

Some coughing.
Soft sputum with white pieces resembling coarse salt.
11:30.
17F: 03:XX:XX

Hungry but don't feel like anything everything tastes funny, like salt and oil.
13:00.
19F: 00:23:30

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.
< touching it or rubbing.
17:00.
19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and I tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.
13:00.
20F :14:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.
02F:05:XX:XX

Modalities

Ameliorations:

Sitting up, vertical position

Nasal congestion especially when horizontal.
Bilateral, frontal and maxillary sinuses.
> being vertical; pressure of the head.
Associated drowsy feeling phased out feeling.
Associated bilateral temporal headache.
From waking up 8:00 onwards.
03M:02:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.
<lying, alcohol.
>sitting standing.
20:00.
15F: 01:12:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

19:00.

06M:08:XX:XX

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines.

<left lower quadrant.

>straightening up.

13:30.

17F: 02:XX:XX

Bloatedness with notable intestinal muscle contraction.

>after stool, sitting upright.

16:45.

17F: 02:XX:XX

Stomach cramps.

Left lower quadrant.

Feel bloated.

>lying down and standing straight, exercise.

14:00.

17F: 05:XX:XX

Chest pain <lying down.

>sleep propped up on pillows on the left side.

10:50.

15F: 08:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.

< on deep inspiration.

00:10.

15F: 08:XX:X

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially.

>sitting, lying down.

<standing for long periods.

21:30.

17F: 05:XX:XX

Pressure

My head is a bit sore right between my eyebrows. 12:00 pm.

> pressure.

< movement of eyes.

02F:14:XX:XX

Sinus headache.

Worse on Right temple.

>pressure.

Feels like someone is pushing their thumbs into my temple.

13:00.

17F: 03:XX:XX

Headache in the temples and forehead, a compressing type of pain.

Slightly > for pressing on temples.

Lasted about 2 hours and spontaneously stopped.

18:30.

14F: 06:XX:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.

> firm pressure, splashing face with water.

<noise, people talking loudly, bright light.

08:00.

17F: 07:XX:XX

Head pain moves to right eyebrow. Pain is much sharper.

>pressure.

09:15.

17F: 07:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple.

Mild achy pulsating feeling.

>pressure.

08:15.

17F: 08:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

09:30.

16F: 10:XX:XX

Nasal congestion especially when horizontal.

Bilateral, frontal and maxillary sinuses.

> being vertical; pressure of the head.

Associated drowsy feeling phased out feeling.

Associated bilateral temporal headache.

From waking up 8:00 onwards.

03M:02:XX:XX

My nose, at the bridge, between my eyes was achy due to a pressure build up.

>closing eyes and applying pressure by squeezing the bridge with my fingers.

08:00.

15F: 07:XX:XX

Pain in left hypochondriac region.

> pressure.

11:30.

12F: 00:01:00

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure.

< walking.

09:00.

15F: 00:01:00

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

00:10.

15F: 08:XX:XX

Chostochondritis. Aching pain in 5th intercostal space.

<right.

>firm pressure.

10:30.

17F :17:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.

< on deep inspiration.

00:10.

15F: 08:XX:XX

From good night's sleep

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

Stool

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.

07F:01:XX:XX

Bloatedness with notable intestinal muscle contraction.
>after stool, sitting upright.
16:45.
17F: 02:XX:XX

Cold

Dull fronto-temporal headache.
< heat, >cold, cold drinks.
<hurry, irritability.
10F:03:XX:XX

Aggravations:

Early morning

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain.
<early morning, with movement.
07:00.
14F: 00:22:30

Slept well last night. Woke up at 3:00am feeling anxious. Feel rested though.
08:00am.
02F:08:XX:XX

Slept really well but woke up at 1:30 am with a shock. Can't remember my dream.
02F:05:XX:XX

Couldn't go back to sleep after waking up at 2am. Eventually fell asleep at 4:30 and woke up at 6:45.
05F:01:XX:XX

Sleep was ok, just woke up early in the morning due to my nose. Could not fall back asleep.
08M:03:XX:XX

Sleep was cut short due to drippy nose, but ok.
08M:05:XX:XX

Woke up early again with my stupid nose and had trouble falling asleep again.
08M:08:XX:XX

Battled to fall asleep, woke up early hours tossed turned for hrs before slept again.
10F:15:XX:XX

Woke up in early hours of the morning, probably about 3/4am, couldn't go back to sleep, sounds kept me awake, couldn't relax, woke up feeling very grumpy.

10F:16:XX:XX

Sleep: like ass, keep waking up from 5 ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person.

10F:06:XX:XX

Woke unrefreshed, dream half wake up, lighter sleep in morning can't sleep in anymore, desire sleep!! Proper deep from 10pm – 10am!

10F:12:XX:XX

Been up since 3am, mind is just walking through the days problems.

05:00.

19F: 04:XX:XX

Slept restlessly, keep waking with a start but can't remember why.

09:00.

14F: 08:XX:XX

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Woke up twice last night in a sea of sweat, but it was cold outside.

06:00.

13M: 00:22:20

Stuffy nose 9:00 but has cleared now at 12:00.

03M:14:XX:XX

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.

06M:01:XX:XX

Nose wasn't as stuffy during the day, but this morning it was. Also sneezed a bit tonight.

06M:02:XX:XX

Nose a lot more stuffy in the morning, sneeze, runny.

06M:03:XX:XX

Started off stuffy in the morning and really started running after we went to the hospital, might have been due to increased germs.

06M:04:XX:XX

Slightly stuffy in the mornings.

10F:05:XX:XX

Nose runny in the mornings now, blocked but runny nose, after I wake up.
06M:07:XX:XX

Was a bit runny in the morning again at 19:30 ish.
06M:16:XX:XX

Nose a bit runny in the morning.
06M:18:XX:XX

Very Slight runny nose. Clear mucous. Disappeared at 8:30. Slight nasal congestion.
01M:02:XX:XX

Runny nose. Clear mucous. Nasal congestion associated. Stopped at 9:00am.
01M:03:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.
08M:02:XX:XX

Still very drippy in the morning from the left side. Really annoying.
08M:03:XX:XX

Nose still bad in the mornings.
08M:04:XX:XX

Nose still drippy in the morning.
08M:09:XX:XX

Nose still leaky in the morning.
08M:15:XX:XX

Woke up with runny nose.
07:00.
12F: 06:XX:XX

Nose very blocked this morning, improved the afternoon.
Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.
03M:06:XX:XX

Nasal congestion especially when horizontal.
Bilateral, frontal and maxillary sinuses.
> being vertical; pressure of the head.
Associated drowsy feeling phased out feeling.
Associated bilateral temporal headache.
From waking up 8:00 onwards.
03M:02:XX:XX

Nose a bit congested in the mornings.

10F:04:XX:XX

Afternoon and evening

Eyes feel quite dry and burny.

<late afternoon.

17:00.

14F: 00:08:30

My body was detoxing today. After a late night I had a discomforted head, and constant sneezing and runny nose. In the evening after sufficient food and sleep the runny nose was exacerbated.

03M:20:XX:XX

Nose a bit runny now and again especially at night after supper for a short while.

<when I blow my nose. > When I sniff. Irritating. 18:30.

06M:11:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F:19:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset.

Associated sneezing.

> blowing nose.

Afternoon and evening.

03M:05:XX:XX

Night

Skin is not so itchy tonight. Pigmentation is lighter today. Noticed that my skin is < night and < warmth. 20:00pm.

02F:07:XX:XX

ROH

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol.

>sitting standing.

20:00.

15F: 01:12:XX

Sugar

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating.
Dull stuffiness. Morning only till 10am.
06M:01:XX:XX

Coffee

Dull headache still around, <coffee.
10F:04:XX:XX

Eating

Easy satiety. Decreased appetite. Vague nausea < eating.
10F:19:XX:XX

Epigastric pain on waking.
<eating.
About a 7/10 pain severity.
07:30.
14F :07:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight.
Located directly in the epigastric region. It was a sharp stabbing pain.
<eating.
> bending over forwards.
06:00.
20F: 03:XX:XX

Breathing

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement.
>standing still, not breathing.
18:45.
15F: 07:XX:XX

Pain in right lower intercostals muscles.
<full inhalation.
11:00.
17F: 01:03:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.
< on deep inspiration.

00:10.
15F: 08:XX:X

From lack of sleep

Eyes itchy and red < lack of sleep.
10F:15:XX:XX

Right side

Headache getting worse, more frontally located now.
< right, bright light.
>lying down, sleep.
15:00.
17F: 00:07:30

Woke up with dull throbbing temporal headache.
< right side.
08:30.
17F: 06:XX:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears.
> firm pressure, splashing face with water.
<noise, people talking loudly, bright light.
08:00.
17F :07:XX:XX

Ears feel blocked, congested.
No pain just a feeling of unbalanced pressure.
< right.
>popping the ears.
20:00.
17F: 01:12:XX

Build up of pressure in the frontal and maxillary sinuses.
<right side.
>popping ears.
14:30.
17F: 02:XX:XX

Chondrochondritis. Aching pain in 5th intercostal space.
<right.
>firm pressure.
10:30.
17F: 17:XX:XX

My bum is quite tender. My PIIIS bilaterally are very tender when I push on them.

< on right.
> stretching.
19:30.
20F: 07:XX:XX

Standing

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially.
>sitting, lying down.
<standing for long periods.
21:30.
17F: 05:XX:XX

Ameliorated and Aggravated:

Warmth

Period pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen.
> applying a hot water bottle, lying in fetal position.
10:00.
14F: 00:01:30

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.
00:10.
15F: 08:XX:XX

Dull fronto-temporal headache.
< heat, >cold, cold drinks.
<hurry, irritability.
10F:03:XX:XX

Perspiration increased mildly but no smell, perspire under arms. < When in sun/ heat/ eating and drinking warm foods.
07F:00:07:30

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.
23:00pm
02F:06:XX:XX

Skin is not so itchy tonight. Pigmentation is lighter today. Noticed that my skin is < night and < warmth. 20:00pm.
02F:07:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.
02F:05:XX:XX

Movement

My head is a bit sore right between my eyebrows. 12:00 pm.
> pressure.
< movement of eyes.
02F:14:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.
09:30.
16F: 10:XX:XX

Pain in left trap and right rhomboids and levator scap.
> movement and rubbing.
08:30.
17F: 09:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads
> movement.
20:00.
17F: 05:XX:XX

Pain in left trap and right rhomboids and levator scap
> movement and rubbing.
08:30.
17F: 09:XX:XX

Left wrist pain, very dull achy pain.
< circular motion and pronation / supination.
09:20.
15F: 00:01:20

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain.
<early morning, with movement.
07:00.
14F: 00:22:30

Left wrist painful.
<movement.
12:15.
15F: 01:04:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement.

>standing still, not breathing.

18:45.

15F: 07:XX:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement.

>standing still, not breathing.

18:45.

15F: 07:XX:XX

Lying or bending down, leaning back, bending over

Throbbing sinus headache.

< lying down, movement, bending down.

Had to keep head still in vertical position.

Felt like head was going to explode if move it.

> blowing nose.

Throbbing.

04F:02:XX:XX

Headache getting worse, more frontally located now.

< right, bright light.

>lying down, sleep.

15:00.

17F: 00:07:30

Headache fronto-temporal, very bad especially at 8.

< exercise, < leaning back.

Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.

10F:08:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.

< lying, < exercise.

10F:13:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.

<lying, alcohol.

>sitting standing.

20:00.

15F: 01:12:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy.

>lying down, closing eyes, taking a deep breath.

Relief in about 5 min.

12:00.

17F: 12:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.

< sitting bent over.

08:50.

15F: 00:00:50

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants.

> hunching over.

18:00.

16F: 00:08:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.

<eating.

> bending over forwards.

06:00.

20F: 03:XX:XX

Stomach cramps.

Left lower quadrant.

Feel bloated.

>lying down and standing straight, exercise.

14:00.

17F: 05:XX:XX

Period pain is much worse than usual.

Cramping in lower left and right quadrants.

>hunching over, lying down.

<standing upright.

14:00.

17F: 03:XX:XX

Chest pain <lying down.

>sleep propped up on pillows on the left side.

10:50.

15F: 08:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.

< on deep inspiration.

00:10.

15F: 08:XX:X

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially.

>sitting, lying down.

<standing for long periods.

21:30.

17F: 05:XX:XX

Rubbing

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M:03:XX:XX

Eyes sensitive to light or computer screens or television

> rubbing or avoidance, itchy and watery. Had it for the past week. Today at 14:35.

03M:13:XX:XX

Eyelid on Right hand side feels like it is making a sty on the bottom lid more laterally.

< rubbing or touch.

10F:19:XX:XX

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

15:30.

17F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

10:30.

15F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

08:30.

17F: 09:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

06:30.

19F: 05:XX:XX

Scratching

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F:13:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot..

Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

15:30 and again at 18:30. Severity 6/10.

06M:11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F:04:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F:10:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F:13:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F:15:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M:05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F:01:XX:XX

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy.

> scratching.

Lasts about 10min.

23:00.

15F: 01:XX:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms. 20:00pm.

02F:02:61:XX

Warm drinks

Woke up with dry, burning sensation in the throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

06:15.

17F: 00:22:45

Raw, dry sensation in right nasopharynx and left oropharynx.

>drinking warm water.

11:45.

17F: 01:04:XX

Dry sore throat.

Left nasopharynx.

<swallowing.

>drinking warm water.

15:00.

17F: 01:08:XX

Sore throat, dry, burning.

Right tonsillar region.

>warm drinks.

08:00.

17F: 02:XX:XX

Throat is very dry.

> warm water.

04:30.

17F: 03:XX:XX

Water

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.

06M:09:XX:XX

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep.

<with the drinking of water.

Dry, scratchy, difficult to swallow. 06:00 – 08:00.

06M:20:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M:01:XX:XX

I woke up on a few occasions last night to drink water to try soothe my throat.

08:00.

15F: 07:XX:XX

Exercise, stretching

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.

>exercise.

09:30.

17F: 00:02:00

Headache fronto-temporal, very bad especially at 8.

< exercise, < leaning back.

Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.

10F:08:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.

< lying, < exercise.

10F:13:XX:XX

Headache < exercise.

10F:17:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.

>walking.

< sitting bent over.

08:50.

15F: 00:00:50

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure.

< walking.

09:00.

15F: 00:01:00

Stomach cramps.

Left lower quadrant.

Feel bloated.

>lying down and standing straight, exercise.

14:00.

17F: 05:XX:XX

Woke up with pain and tension in neck muscles.

<stretching.

>after stretching.

08:30.

17F: 07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.

< on right.

> stretching.

19:30.

20F: 07:XX:XX

Neck stiffness.

>stretching.

14F :11:XX:XX

Neck muscles very tight.

>stretching.

15:00.

17F:15:XX:XX

Neck stiffness, comes on early afternoon.

>stretching.

Dull persistent pain.

14F: 17:XX:XX

Pain in neck muscles and traps .

<stretching but better afterwards.

07:30.

17F: 06:XX:XX

My right hip joint is painful.

<walking, stretching it back.

14:30.

15F: 00:06:30

Pain in right trapazius.

<stretching.

Causes a headache.

13:00.

17F: 02:XX:XX

Food and drinks

Cravings:

Warm comfort food

Feel a need for warm comfort food but have no appetite.

07F:00:6:30

Oily food

Craving oily food and salt.

07F:05:XX:XX

Craving bad foods, cheese and chips and oily foods, butter toast and tea.

07F:19:XX:XX

Salty

Salty foods – Frito's chips.

06M:12:XX:XX

Craving salt, eating a lot of salt on my food, more than I usually do.

07F:03:XX:XX

Cravings for salt. I wouldn't describe it as an aversion but I have no cravings or desire for sweet things (chocolate) whatsoever, which is strange for me.

07F:04:XX:XX

Craving oily food and salt.

07F:05:XX:XX

Craving salty food, especially breakfast food: bacon, eggs and salt.

07F:06:XX:XX

Craving salt more, particularly chips.

07F:11:XX:XX

Craving salty food. Craving eggs, craving coffee. Aversion to sweets.

07F:16:XX:XX

Crave warm spicy food. I find that my sense of taste is severely decreased, so I find myself adding lots of salt and chilies to my food.

07F:17:XX:XX

Meat

Cr: meat, cheese, coffee.

06M:03:XX:XX

Cheese

Cr: meat, cheese, coffee.

06M:03:XX:XX

Savory foods especially cheese and milk.

06M:10:XX:XX

Craving bad foods, cheese and chips and oily foods, butter toast and tea.

07F:19:XX:XX

Craving alcohol, very strange. I don't drink. Also craving cheese.

07F:20:XX:XX

Craving coffee, olives and cheese.

10F:09:XX:XX

Olives

Craving coffee, olives and cheese.

10F:09:XX:XX

Breakfast food:

Eggs

Craving salty food, especially breakfast food: bacon, eggs and salt.

07F:06:XX:XX

Craving salty food. Craving eggs, craving coffee. Aversion to sweets.

07F:16:XX:XX

Crave coffee ++++

Crave eggs and fruit.

10F:03:XX:XX

Bacon

Craving salty food, especially breakfast food: bacon, eggs and salt.

07F:06:XX:XX

Butter toast

Craving bad foods, cheese and chips and oily foods, butter toast and tea.

07F:19:XX:XX

Chips

Craving salt more, particularly chips.

07F:11:XX:XX

Craving bad foods, cheese and chips and oily foods, butter toast and tea.

07F:19:XX:XX

Spicy

Crave warm spicy food. I find that my sense of taste is severely decreased, so I find myself adding lots of salt and chilies to my food.

07F:17:XX:XX

Craving fish, hot curried food.

Aversion to sweets or chocolate.

10F:00:XX:XX

Craving COFFEE, want spicy food (Thai curry).

10F:04:XX:XX

Fruit

Crave coffee ++++

Crave eggs and fruit.

10F:03:XX:XX

Fish

Craving fish, hot curried food.

Aversion to sweets or chocolate.

10F:00:XX:XX

Milk

Savory foods especially cheese and milk.

06M:10:XX:XX

Warm drinks:

Coffee

Cr: meat, cheese, coffee.

06M:03:XX:XX

Craving coffee, strong, strong coffee.
07F:07:XX:XX

Craving coffee.
07F:08:XX:XX

Craving salty food. Craving eggs, craving coffee. Aversion to sweets.
07F:16:XX:XX

Crave coffee ++++
Crave eggs and fruit.
10F:03:XX:XX

Craving COFFEE, want spicy food (Thai curry).
10F:04:XX:XX

Crave coffee +++++
10F:05:XX:XX

Craving coffee, olives and cheese.
10F:09:XX:XX

Want coffee and hot drinks. Healthy food, not so much meat, more veggies, raw, light food.
Aversion to sweets.
Decreased thirst for cold drinks/ water.
10F:12:XX:XX

Want coffee, want warm drinks. Aversion to sweets.
10F:13:XX:XX

Crave coffee, hot drinks.
10F:15:XX:XX

Crave coffee, hot drinks. Decreased thirst for cold drinks and water.
10F:16:XX:XX

Crave coffee, desire warm drinks. Decreased thirst.
10F:17:XX:XX

Want coffee, decreased thirst, only want warm drinks.
10F:18:XX:XX

I would IV caffeine if I could, crave coffee.
10F:20:XX:XX

Tea

No appetite, no hunger but I need warm drinks, have lots of tea. Aversion to sweets.
07F:00:13:00

Craving bad foods, cheese and chips and oily foods, butter toast and tea.
07F:19:XX:XX

Alcohol

Craving alcohol, very strange. I don't drink. Also craving cheese.
07F:20:XX:XX

Had a drink but it didn't have the usual effect. Instead of feeling energized before
sleepy, I went straight to sleepy.
07F:05:XX:XX

Went out for drinks last night when my elbow joint started to pain badly. The
previous week Wednesday I fell on my elbow during karate training. The pain was
improving, so I didn't mention it then. Swelling present, redness and heat. Posterior
aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the
injury till now. < heat.
03M:09:XX:XX

Aversions:

Sweet

No appetite, no hunger but I need warm drinks, have lots of tea. Aversion to sweets.
07F:00:13:00

Feeling adverse to sweets still, can't stand the thought of having to eat sweet things.
07F:08:XX:XX

Craving salty food. Craving eggs, craving coffee. Aversion to sweets.
07F:16:XX:XX

Craving fish, hot curried food.
Aversion to sweets or chocolate.
10F:00:XX:XX

Want coffee and hot drinks. Healthy food, not so much meat, more veggies, raw,
light food.
Aversion to sweets.
Decreased thirst for cold drinks/ water.
10F:12:XX:XX

Want coffee, want warm drinks. Aversion to sweets.

10F:13:XX:XX

Chocolate

Cravings for salt. I wouldn't describe it as an aversion but I have no cravings or desire for sweet things (chocolate) whatsoever, which is strange for me.

07F:04:XX:XX

Craving fish, hot curried food.

Aversion to sweets or chocolate.

10F:00:XX:XX

Cold drinks or water

Decreased desire for water or cold drinks.

10F:10:XX:XX

Decreased thirst for cold drinks/ water.

10F:12:XX:XX

10F:16:XX:XX

Little control over cravings

Feeling like I'm putting on weight, my own fault, been eating whatever I felt like, have very little control over my food cravings.

07F:07:XX:XX

4.3. REPERTORY

4.3.1. KEY

Rubrics are referenced as follow:

RUBRIC - SUBRUBRIC(S) – DEGREE - SYNTHESIS PAGE NUMBER

- All page numbers given are those of Synthesis Repertorium Homeopathicum Syntheticum 8.1 (Schroyens, 2001).
- All time references in rubrics are in the format of 0-24h as suggested by Schroyens (2001:10).
- All new rubrics as suggested by this proving are underlined and appended with a capital **N** in place of the page number.
- Grade 4 rubrics are in **BOLD TYPE, IN CAPITAL LETTERS**.
- Grade 3 rubrics are in **bold type, in lower case**.
- Grade 2 rubrics are in *italics*.
- Grade 1 rubrics are in plain type.

4.3.2. RUBRICS for *Yam ha-Melach*

4.3.2.1. MIND

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NOSE – DRYNESS	3	543
NOSE – DRYNESS – inside	2	543
NOSE – DRYNESS – inside; afternoon	1	544
NOSE – DRYNESS – inside; morning	1	544
NOSE – DRYNESS – inside; night	1	544
NOSE – INFLAMMATION	1	549
NOSE – INFLAMMATION – inside	1	549
NOSE – ITCHING	3	549
NOSE – ITCHING – inside	2	550
NOSE – ITCHING – inside; left	1	550
NOSE – ITCHING – left	2	550
NOSE – ITCHING – right	2	550
NOSE – OBSTRUCTION	4	551
NOSE – OBSTRUCTION – ACCOMPANIED BY; DISCHARGE, WATERY	4	552
NOSE – OBSTRUCTION – alternating sides	1	551
NOSE – OBSTRUCTION – MORNING	4	551
NOSE – OBSTRUCTION – morning; waking on	1	551
NOSE – PAIN	1	554
NOSE – PAIN - pressing	1	557
NOSE – PAIN - pressing; root	1	558
NOSE – PAIN - pressing; root, pressure ameliorates	1	558
NOSE – PAIN – root	1	555
NOSE – PAIN – sinuses; complaints of	2	561
NOSE – PAIN – burning, smarting	1	558
NOSE – PAIN – stinging	1	559
NOSE – PERSPIRATION	2	560
NOSE – SINUSES complaints of	3	561
NOSE – SINUSES complaints of – frontal	2	561
NOSE – SINUSES complaints of – maxillary	2	561
NOSE – SNEEZING	4	562
NOSE – SNEEZING – afternoon	2	563
NOSE – SNEEZING – evening	2	563
NOSE – SNEEZING – constant	2	563
NOSE – SNEEZING – coryza with	2	563
NOSE – SNEEZING – morning	3	562
NOSE – SNEEZING – morning; waking on	1	562
NOSE – SNEEZING – paroxysmal	2	564
NOSE – SNEEZING – violent	2	564
<u>NOSE – SNIFFED salt water – sensation as if</u>	2	N
 4.3.2.9. FACE		
FACE – BURNING	1	605
FACE – BURNING – afternoon	1	606
FACE – BURNING – left	1	606
FACE – BURNING – lips	1	606

FACE – BURNING – lips; lower	1	606
FACE – CHAPPED	2	568
FACE – CHAPPED – lips	1	568
FACE – CRACKED	2	570
FACE – CRACKED – lips	1	570
FACE – COBWEB sensation of	1	568
FACE – DISCOLOURATION – red	1	576
FACE – DISCOLOURATION – red – excitement	1	576
FACE – DRYNESS	4	579
FACE – DRYNESS – lips	2	579
FACE – DRYNESS – lips; licks them frequently	1	580
FACE – DRYNESS – nose	2	580
FACE – DRYNESS – nose; anterior part	2	580
FACE – ERUPTIONS	4	580
FACE – ERUPTIONS – ACNE	4	580
FACE – ERUPTIONS – acne; heated becoming	2	580
FACE – ERUPTIONS – acne; lips	2	581
FACE – ERUPTIONS – acne; nose	3	581
FACE – ERUPTIONS – acne; papules, with indurated	3	581
FACE – ERUPTIONS – acne; punctata acne	3	581
FACE – ERUPTIONS – acne; symmetrical distribution	2	581
FACE – ERUPTIONS – dry	2	583
FACE – ERUPTIONS – ELEVATIONS	4	583
FACE – ERUPTIONS – ELEVATIONS; REDDISH	4	5834
FACE – ERUPTIONS – itching	2	584
FACE – ERUPTIONS – itching; lips	1	584
FACE – ERUPTIONS – itching; nose	1	584
FACE – ERUPTIONS – herpes	1	583
FACE – ERUPTIONS – herpes; lips about	1	584
FACE – ERUPTIONS – herpes zoster	1	584
FACE – ERUPTIONS – PIMPLES	4	584
FACE – ERUPTIONS – pimples; chin	2	584
FACE – ERUPTIONS – pimples; forehead	2	585
FACE – ERUPTIONS – pimples; forehead, itching	1	585
FACE – ERUPTIONS – pimples; forehead, white	2	586
FACE – ERUPTIONS – pimples; itching	2	585
FACE – ERUPTIONS – pimples; lips	2	586
FACE – ERUPTIONS – pimples; lips, lower	2	586
FACE – ERUPTIONS – pimples; lips, upper	2	586
FACE – ERUPTIONS – PIMPLES; MOUTH AROUND	4	586
FACE – ERUPTIONS – pimples; mouth, corners of	2	586
FACE – ERUPTIONS – pimples; nose	3	586
FACE – ERUPTIONS – pimples; nose, below nose	3	586
FACE – ERUPTIONS – pimples; nose, dorsum	1	586
FACE – ERUPTIONS – pimples; nose, nostrils	2	586
FACE – ERUPTIONS – pimples; nose, nostrils painful	2	586
FACE – ERUPTIONS – pimples; nose, nostrils right	2	586
FACE – ERUPTIONS – pimples; nose, painful	2	586
FACE – ERUPTIONS – pimples; nose, red	2	586
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<i>FACE – ERUPTIONS – pimples; nose, white</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, wings</i>	2	586
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FACE – ERUPTIONS – pimples; red	3	585
FACE – ERUPTIONS – pimples; white	3	585
FACE – ERUPTIONS – rash	1	587
FACE – ERUPTIONS – rash; forehead	1	587
FACE – ERUPTIONS – vesicles	1	588
FACE – ERUPTIONS – vesicles; burning	1	588
FACE – ERUPTIONS – vesicles; lips	1	588
FACE – ERUPTIONS – vesicles; lips, fever blisters	1	589
FACE – ERUPTIONS – vesicles; yellow	1	588
FACE – GREASY	1	593
FACE – HAIR falling of hair – sensation of a	1	593
FACE – ITCHING	3	597
FACE – ITCHING – eyes under	1	507
<i>FACE – ITCHING – right</i>	2	597
FACE – ITCHING – spot	1	598
FACE – ITCHING – wondering	1	598
<i>FACE – NUMBNESS</i>	2	599
<i>FACE – NUMBNESS – cheeks</i>	2	599
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FACE – PAIN – afternoon	1	600
FACE – PAIN – afternoon; 14h	1	600
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FACE – PAIN – jaw	3	604
<i>FACE – PAIN – jaw; articulation</i>	2	604
FACE – PAIN – jaw; articulation, left	1	604
FACE – PAIN – jaw; left	1	604
FACE – PAIN – jaw; lying night aggravates	1	604
FACE – PAIN – morning	1	600
FACE – PAIN – nerves	1	604
FACE – PAIN – nerves; trigeminal	1	604
FACE – PAIN – neuralgic	1	608
FACE – PAIN – neuralgic; right	1	608
FACE – PAIN – pulsating	1	609
<i>FACE – PAIN – right</i>	2	600
<i>FACE – PAIN – stitching</i>	2	610
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FACE – PAIN – stitching; chin	1	610
FACE – PAIN – stitching; itching	1	610
FACE – PAIN – stitching; lips	1	610
FACE – PAIN – stitching; lips, upper	1	610
<i>FACE – PAIN – stitching; right</i>	2	610
<i>FACE – PERSPIRATION</i>	2	613
FACE – PERSPIRATION – evening	1	614
<i>FACE – PERSPIRATION – lips; upper</i>	2	614
<i>FACE – PERSPIRATION – morning</i>	2	614
FACE – SWELLING – submaxillary glands	3	618
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<i>FACE – TENSION</i>	2	619
<i>FACE – TENSION of skin</i>	1	619
<i>FACE – TENSION of skin – chin below</i>	1	619
<i>FACE – TENSION – jaws</i>	2	619
<i>FACE – TENSION – jaws; articulation of</i>	2	619
<i>FACE – TENSION – jaws; articulation of, opening mouth</i>	2	619
<i>FACE – TINGLING</i>	1	619
<i>FACE – TINGLING – cheeks</i>	3	619
<i>FACE – TINGLING – left</i>	1	619
<i>FACE – TINGLING – lips</i>	1	619
<i>FACE – TINGLING – lips; upper</i>	1	620

4.3.2.10. MOUTH

<i>MOUTH – ADHERES to roof of mouth; tongue</i>	1	623
<i>MOUTH – BITING tongue</i>	2	624
<i>MOUTH – BITING tongue – night, sleep in</i>	2	624
<i>MOUTH – BITING tongue – tip</i>	2	624
<i>MOUTH – DRYNESS</i>	3	637
<i>MOUTH – DRYNESS – afternoon</i>	1	638
<i>MOUTH – DRYNESS – lips</i>	2	639
<i>MOUTH – DRYNESS – morning</i>	2	638
<i>MOUTH – DRYNESS – thirst with</i>	2	639
<i>MOUTH – DRYNESS – tongue</i>	1	639
<i>MOUTH – DRYNESS – tongue; morning</i>	1	639
<i>MOUTH – ERUPTIONS</i>	2	640
<i>MOUTH – ERUPTIONS – pimples</i>	1	640
<i>MOUTH – ERUPTIONS – pimples; tongue</i>	1	640
<i>MOUTH – ERUPTIONS – pimples; tongue, sides</i>	1	640
<i>MOUTH – ERUPTIONS – pimples; tongue, tip</i>	1	640
<i>MOUTH – NODOSITIES</i>	2	647
<i>MOUTH – NODOSITIES – TONGUE</i>	2	647
<i>MOUTH – PAIN</i>	3	648
<i>MOUTH – PAIN – bitten tongue</i>	2	650
<i>MOUTH – PAIN – burned as if</i>	1	651
<i>MOUTH – PAIN – burned as if; tongue</i>	1	651
<i>MOUTH – PAIN – burned as if; tongue, centre</i>	1	652
<i>MOUTH – PAIN – burned as if; tongue tip</i>	1	652
<i>MOUTH – PAIN – night</i>	2	648
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<i>MOUTH – PAIN – ulcerative; tongue</i>	1	654
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<i>MOUTH – PRICKLING</i>	2	655
<i>MOUTH – PRICKLING – tongue</i>	2	655
<i>MOUTH – TASTE – altered</i>	2	666
<i>MOUTH – TASTE – fatty, greasy</i>	1	669
<i>MOUTH – TASTE – saltish</i>	2	672
<i>MOUTH – TASTE – saltish; food tastes</i>	2	672
<i>MOUTH – TASTE – saltish; water tastes</i>	2	672
<i>MOUTH – TASTE – salty</i>	2	672

MOUTH – TASTE – salty; enough, food does not taste salty	1	672
MOUTH – ULCERS	1	675
MOUTH – ULCERS – painful	1	675
MOUTH – ULCERS – palate	1	676
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TOOTH – PAIN – <i>canines</i>	2	689
TOOTH – PAIN – cold; sensation as from	1	682
TOOTH – PAIN – <i>incisors</i>	2	689
TOOTH – PAIN – <i>warmth ameliorates</i>	2	688
TOOTH – PAIN – <i>wisdom teeth</i>	2	690
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TEETH – SENSITIVE, <i>tender</i> – cold to	1	696
TEETH – SENSITIVE, <i>tender</i> – <i>incisors</i>	2	670
TEETH – SENSITIVE, <i>tender</i> – <i>warmth to</i>	2	670
4.3.2.12. THROAT		
THROAT – CONSTRICTION	2	701
THROAT – DISCOLOURATION	2	702
THROAT – DISCOLOURATION – <i>purple</i>	2	702
THROAT – DISCOLOURATION – <i>purple tonsils</i>	2	702
THROAT – DISCOLOURATION – <i>redness</i>	2	702
THROAT – DISCOLOURATION – <i>redness; right</i>	2	702
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THROAT – DRYNESS – <i>left</i>	2	703
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THROAT – DRYNESS – nasopharynx	1	704
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THROAT – DRYNESS – <i>thirst with</i>	2	704
THROAT – HAWK disposition to	1	705
THROAT – HAWK disposition to – evening	1	705
THROAT – HAWK disposition to – mucous in throat and mouth; from thick	1	706
THROAT – LUMP sensation of a	1	708
THROAT – MUCOUS	1	710
THROAT – MUCOUS – drawn from posterior nares	1	711
THROAT – MUCOUS – evening	1	710
THROAT – MUCOUS – saltish	1	711
THROAT – MUCOUS – swallow; must be swallowed	1	711
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THROAT – PAIN – <i>afternoon</i>	2	712
THROAT – PAIN – <i>burning</i>	2	715
THROAT – PAIN – <i>burning; drinks, warm ameliorates</i>	2	716
THROAT – PAIN – <i>burning; dryness with</i>	1	716
THROAT – PAIN – <i>burning; morning</i>	1	716
THROAT – PAIN – <i>burning; tonsils</i>	1	717

THROAT – PAIN – cutting	1	716
THROAT – PAIN – cutting; swallowing on	1	716
<i>THROAT – PAIN – left</i>	2	712
THROAT – PAIN – morning	3	712
<i>THROAT – PAIN – morning; waking on</i>	2	712
THROAT – PAIN – night	1	712
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<i>THROAT – PAIN – pharynx</i>	2	715
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THROAT – PAIN – SORE	4	718
<i>THROAT – PAIN – sore; afternoon</i>	2	719
<i>THROAT – PAIN – sore; left</i>	2	719
<i>THROAT – PAIN – sore; morning</i>	2	719
<i>THROAT – PAIN – sore; morning, waking on</i>	2	719
THROAT – PAIN – sore; night	1	719
THROAT – PAIN – sore; talking	1	720
THROAT – PAIN – sore; tonsils	1	720
THROAT – PAIN – sore; tonsils, right	1	720
THROAT – PAIN – stitching	1	720
THROAT – PAIN – stitching; evening	1	720
THROAT – PAIN – stitching; morning	1	720
<i>THROAT – PAIN – swallowing on</i>	2	721
THROAT – PAIN – talking in	1	687
THROAT – SCRATCHING	3	723
<i>THROAT – SCRATCHING – morning</i>	2	723
THROAT – SWELLING	3	726
THROAT – SWELLING – tonsils	3	726
THROAT – SWELLING – tonsils; right	3	726
<i>THROAT – SWALLOWING – difficult</i>	2	724
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4.3.2.13. EXTERNAL THROAT

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EXTERNAL THROAT – ERUPTIONS	1	729
EXTERNAL THROAT – ERUPTIONS – blotches	1	729
EXTERNAL THROAT – ERUPTIONS – rash	1	729
EXTERNAL THROAT – ERUPTIONS – red	1	729

4.3.2.14. STOMACH

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STOMACH – APETITE – DIMINISHED	4	737
<i>STOMACH – APETITE – diminished – afternoon</i>	2	738
<i>STOMACH – APETITE – diminished – evening</i>	2	738
<i>STOMACH – APETITE – diminished – morning</i>	2	738
STOMACH – APETITE – diminished – evening	1	738
<i>STOMACH – APETITE – easy satiety</i>	2	738
STOMACH – APETITE – wanting – eating – attempting	1	742
STOMACH – APETITE – wanting – fullness – from sense of	1	742
<i>STOMACH – APETITE – wanting – thirst – with</i>	2	742

STOMACH – APETITE – INCREASED	4	738
STOMACH – APETITE – <i>increased – afternoon</i>	2	739
STOMACH – APETITE – <i>increased – evening</i>	2	739
STOMACH – APETITE – <i>increased – evening – 18h</i>	1	739
STOMACH – APETITE – <i>increased – morning</i>	2	739
STOMACH – APETITE – <i>ravenous</i>	2	740
STOMACH – APETITE – <i>ravenous – afternoon – 14h</i>	1	740
STOMACH – DISTENTION	2	746
STOMACH – DISTENTION – <i>eating – after</i>	2	746
STOMACH – ERUCTATIONS	2	749
STOMACH – ERUCTATIONS – <i>evening</i>	2	749
STOMACH – ERUCTATIONS – <i>noon</i>	1	749
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STOMACH – FULLNESS – <i>sensation of</i>	1	758
STOMACH – NAUSEA	3	766
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STOMACH – NAUSEA – <i>evening</i>	1	767
STOMACH – NAUSEA – <i>followed by – vomiting</i>	1	771
STOMACH – NAUSEA – <i>morning</i>	1	767
STOMACH – NAUSEA – <i>sleep – after</i>	1	774
STOMACH – NAUSEA – <i>smoking – after</i>	1	774
STOMACH – NAUSEA – <i>vomiting – ameliorates</i>	1	775
STOMACH – PAIN	4	775
STOMACH – PAIN – <i>afternoon</i>	1	776
STOMACH – PAIN – <i>bending – double - ameliorate</i>	1	777
STOMACH – PAIN – <i>cramping</i>	2	784
STOMACH – PAIN – <i>cramping – eating – after</i>	1	785
STOMACH – PAIN – <i>drinks – cold – after</i>	2	778
STOMACH – PAIN – <i>eating – after</i>	2	778
STOMACH – PAIN – epigastrium	3	782
STOMACH – PAIN – <i>epigastrium – eating – after</i>	2	782
STOMACH – PAIN – <i>epigastrium – lying down – ameliorate</i>	1	782
STOMACH – PAIN – <i>evening</i>	1	776
STOMACH – PAIN – <i>forenoon</i>	1	776
STOMACH – PAIN – <i>morning</i>	2	776
STOMACH – PAIN – <i>nausea – during</i>	1	780
STOMACH – PAIN – <i>noon</i>	1	776
STOMACH – PAIN – <i>pressure – ameliorate</i>	1	780
STOMACH – PAIN – <i>stool – after – ameliorate</i>	1	789
STOMACH – PAIN – <i>squeezing</i>	1	790
STOMACH – RETCHING	1	793
STOMACH – RETCHING – <i>bending forward – aggravate</i>	1	793
STOMACH – RETCHING – <i>cough – with</i>	1	793
STOMACH – RETCHING – <i>eating –after</i>	1	793
STOMACH – RETCHING – <i>vomiting</i>	1	794
STOMACH – TENSION	1	795
STOMACH – THIRST	4	796
STOMACH – THIRST – <i>afternoon</i>	2	796

STOMACH – THIRST – afternoon – 16h	1	796
STOMACH – THIRST – evening	1	796
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STOMACH – THIRST – night	2	796
STOMACH – THIRST – supper – after	1	799
STOMACH – THIRST – water – drinking	2	799
STOMACH – THIRST – water – drinking – cold	2	799
STOMACH – TWISTING	1	800
STOMACH – VOMITING	2	800
STOMACH – VOMITING – afternoon	1	801
STOMACH – VOMITING – coughing – after	1	802
STOMACH – VOMITING – eating – after	1	803
STOMACH – VOMITING – standing up – on	1	805
STOMACH – VOMITING – sudden	1	805
STOMACH – VOMITING – type of - bile	1	806
STOMACH – VOMITING – type of - food	1	808

4.3.2.15. ABDOMEN

ABDOMEN – ALIVE – sensation of something	2	813
ABDOMEN – DISTENTION	4	817
ABDOMEN – ERUPTIONS	1	821
ABDOMEN – FLATULENCE	4	822
ABDOMEN – FLATULENCE – afternoon	3	822
ABDOMEN – FLATULENCE – evening	3	822
ABDOMEN – FLATULENCE – morning	2	822
ABDOMEN – FLATULENCE – noon	2	822
ABDOMEN – PAIN	4	832
ABDOMEN – PAIN – afternoon	2	833
ABDOMEN – PAIN – bending – double – ameliorate	2	834
ABDOMEN – PAIN – cramping – diarrhea – with	1	855
ABDOMEN – PAIN – cramping – eating – after	1	855
ABDOMEN – PAIN – cramping – flatus – passing	2	855
ABDOMEN – PAIN – cramping - griping	2	853
ABDOMEN – PAIN – distention – with flatulent	2	855
ABDOMEN – PAIN – eating – after	2	835
ABDOMEN – PAIN – eructation's – ameliorate	1	835
ABDOMEN – PAIN – evening	3	833
ABDOMEN – PAIN – evening – 19h	1	833
ABDOMEN – PAIN – exercise – ameliorate	1	835
ABDOMEN – PAIN – forenoon	2	832
ABDOMEN – PAIN – forenoon – 9h	2	832
ABDOMEN – PAIN – forenoon – 10h	2	832
ABDOMEN – PAIN – hypochondria – left	1	842
ABDOMEN – PAIN – hypochondria – left – forenoon	1	842
ABDOMEN – PAIN – iliac region	3	845
ABDOMEN – PAIN – iliac region – evening	1	845
ABDOMEN – PAIN – iliac region – left	2	845
ABDOMEN – PAIN – iliac region – morning	2	845
ABDOMEN – PAIN – iliac region – night	2	845
ABDOMEN – PAIN – iliac region – noon	1	845

ABDOMEN – PAIN – iliac region – pressure – ameliorate	1	845
ABDOMEN – PAIN – iliac region - right	3	845
ABDOMEN – PAIN – iliac region – walking – while	1	845
ABDOMEN – PAIN – lying – ameliorate	1	836
<i>ABDOMEN – PAIN – morning</i>	2	832
ABDOMEN – PAIN – morning – 6h	1	832
<i>ABDOMEN – PAIN – morning – waking – on</i>	2	832
<i>ABDOMEN – PAIN – night</i>	2	833
ABDOMEN – PAIN – noon	1	832
ABDOMEN – PAIN – pressure – ameliorate	1	838
<i>ABDOMEN – PAIN – sharp</i>	2	873
ABDOMEN – PAIN – sitting – bent	1	838
<i>ABDOMEN – PAIN – sitting – erect – ameliorates</i>	2	838
ABDOMEN – PAIN – standing – ameliorate	1	838
ABDOMEN – PAIN – stool – after – ameliorate	1	838
ABDOMEN – PAIN – walking – ameliorates	1	840
ABDOMEN – PAIN – walking – while	1	840
<i>ABDOMEN – TENSION</i>	2	889
ABDOMEN – TENSION – iliac region	1	890
ABDOMEN – TENSION – iliac region – walking	1	891
ABDOMEN – TENSION – pressure – ameliorate	1	890
<i>ABDOMEN – TENSION – morning</i>	2	889

4.3.2.16. RECTUM

RECTUM – CONSTIPATION	3	894
RECTUM – CONSTIPATION – difficult stool – hard stool	1	895
<i>RECTUM – CONSTIPATION – evening</i>	2	894
<i>RECTUM – CONSTIPATION – ineffectual urging and straining</i>	2	895
RECTUM – CONSTIPATION – insufficient	3	895
<i>RECTUM – CONSTIPATION – morning</i>	2	894
RECTUM – DIARRHEA	3	897
RECTUM – DIARRHEA – afternoon	1	898
RECTUM – DIARRHEA – flatus – after	1	902

4.3.2.17. STOOL

<i>STOOL – BLACK</i>	2	931
<i>STOOL – DARK</i>	2	933
STOOL – GREEN – brownish	1	934
<i>STOOL – HARD</i>	2	935
STOOL – KNOTTY	1	935
<i>STOOL – ODOR – offensive</i>	2	937
<i>STOOL – PASTY - papascent</i>	2	938
<i>STOOL – SMALL – quantity</i>	2	939
<i>STOOL – SOFT</i>	2	939
<i>STOOL – WATERY</i>	2	941
<i>STOOL – WATERY – yellow</i>	2	941
<i>STOOL – YELLOW</i>	2	942
STOOL – YELLOW – brownish	1	942

4.3.2.18. BLADDER

URINATION – FREQUENT	3	956
URINATION – FREQUENT – chill – during	1	956
URINATION – FREQUENT – daytime	1	956
<i>URINATION – FREQUENT – evening</i>	2	956
URINATION – FREQUENT – morning	1	956
URINATION – FREQUENT – night	1	956
 4.3.2.19. URINE		
<i>URINE – COLOR – dark</i>	2	985
<i>URINE – COLOR – yellow – dark</i>	2	987
URINE – ODOR – strong	1	991
URINE – ODOR – sweetish	1	990
URINE – THICK	1	994
 4.3.2.20. KIDNEYS		
KIDNEYS – PAIN	1	964
KIDNEYS – PAIN – aching	1	965
KIDNEYS – PAIN – afternoon – 17h	1	964
KIDNEYS – PAIN – region of – left	1	965
 4.3.2.21. FEMALE GENITALIA/SEX		
FEMALE GENITALIA/SEX – LEUKORRHEA	3	1036
<i>FEMALE GENITALIA/SEX – LEUKORRHEA – copious</i>	2	1038
FEMALE GENITALIA/SEX – LEUKORRHEA – cream-like	1	1038
FEMALE GENITALIA/SEX – LEUKORRHEA – menses – during	1	1039
<i>FEMALE GENITALIA/SEX – LEUKORRHEA – thick</i>	2	1041
FEMALE GENITALIA/SEX – LEUKORRHEA – transparent	1	1041
<i>FEMALE GENITALIA/SEX – LEUKORRHEA – white</i>	2	1042
<i>FEMALE GENITALIA/SEX – LEUKORRHEA – yellow</i>	2	1042
<i>FEMALE GENITALIA/SEX – MENSES – bright red</i>	2	1045
FEMALE GENITALIA/SEX – MENSES – brown	1	1045
FEMALE GENITALIA/SEX – MENSES – clotted	1	1045
FEMALE GENITALIA/SEX – MENSES – dark	1	1047
FEMALE GENITALIA/SEX – MENSES – early – too	1	1047
<i>FEMALE GENITALIA/SEX – MENSES – scanty</i>	2	1052
FEMALE GENITALIA/SEX – PAIN – ovaries	1	1059
FEMALE GENITALIA/SEX – PAIN – ovaries – right	1	1059
<i>FEMALE GENITALIA/SEX – PAIN – uterus</i>	2	1061
FEMALE GENITALIA/SEX – PAIN – uterus – bending – double - ameliorate	1	1061
FEMALE GENITALIA /SEX – PAIN – uterus – heat – ameliorate	1	1061
<i>FEMALE GENITALIA/SEX – SEXUAL DESIRE – diminished</i>	2	1074
FEMALE GENITALIA/SEX – SEXUAL DESIRE – INCREASED	4	1074
FEMALE GENITALIA/SEX – SEXUAL DESIRE – increased – afternoon	1	1074
<i>FEMALE GENITALIA/SEX – SEXUAL DESIRE – wanting</i>	2	1075
 4.3 2 22. MALE GENITALIA/SEX		
MALE GENITALIA/SEX – SEXUAL DESIRE – diminished	1	1021
MALE GENITALIA/ SEX – SEXUAL DESIRE – diminished;		

	apathy with	1	1021
MALE GENITALIA/SEX – SEXUAL DESIRE – <i>increased</i>		2	1021
MALE GENITALIA/SEX – SEXUAL DESIRE – increased			
-afternoon		1	1022

4.3.2.23. LARYNX

LARYNX – TICKLING; throat pit in	1	1090
LARYNX – VOICE; <i>hoarseness</i>	2	1090
LARYNX – VOICE; hoarseness – accompanied by;		
cold drinks desire for	1	1091
LARYNX – VOICE; hoarseness – painful	1	1091

4.3.2.24. RESPIRATION

RESPIRATION – DIFFICULT – anxiety – with	1	1102
RESPIRATION – DIFFICULT – morning	1	1101
RESPIRATION – DIFFICULT – inspiration	1	1104
RESPIRATION – HYPERVENTILATE	1	1108

4.3.2.25. COUGH

COUGH – ACCOMPANIED BY – <i>chest pain; left side, evening</i>	2	1118
COUGH – AFTERNOON	1	1116
COUGH – AFTERNOON – 13-30h	1	1116
COUGH – BARKING	1	1119
COUGH – BARKING – breathing deeply after	1	1119
COUGH – BENDING – forward on	1	1119
COUGH – BENDING – forward; ameliorates	1	1119
COUGH – BREATHING	1	1119
COUGH – BREATHING – deep	1	1119
COUGH – BURNING; <i>chest in</i>	2	1120
COUGH – DRY	3	1123
COUGH – DRY – <i>morning</i>	2	1123
COUGH – DRY – <i>night</i>	2	1124
COUGH – DRY – <i>night; followed by salty expectoration</i>	2	1124
COUGH – DRY – <i>night; waking from sleep</i>	2	1125
COUGH – DRY – <i>vomiting until</i>	2	1126
COUGH – DISTRESSING	2	1122
COUGH – EVENING	1	1116
COUGH – EVENING – 18-30h	1	1117
COUGH – FISH; eating from	1	1127
COUGH – INSPIRATION	1	1130
COUGH – LYING; night	1	1133
COUGH – LYING; night – midnight; wakens him	1	1133
COUGH – MORNING	3	1115
COUGH – MORNING – <i>6-7h</i>	2	1115
COUGH – MORNING – <i>8-9h</i>	2	1115
COUGH – MOTION – <i>aggravates</i>	2	1134
COUGH – MUCUS; chest in	1	1134
COUGH – NIGHT	2	1117
COUGH – NIGHT – midnight	1	1117
COUGH – NIGHT – <i>waking from the cough</i>	2	1117

COUGH – PAINFUL	2	1135
COUGH – PAROXYSMAL	2	1135
COUGH – PAROXYSMAL - vomiting with	2	1135
COUGH – RISING; on	1	1138
COUGH – RISING – stooping on	1	1138
COUGH – SITTING	1	1139
COUGH – SITTING – erect	1	1139
COUGH – SITTING – erect; ameliorates	1	1139
COUGH – STOOPING	1	1142
COUGH – TALKING	1	1143
COUGH – TICKLING	1	1143
COUGH – TICKLING – throat in	1	1144
COUGH – VOMITING		

4.3.2.26. EXPECTORATION

EXPECTORATION – BALLS; in shape of	1	1149
EXPECTORATION – GREENISH	1	1152
EXPECTORATION – GREENISH; morning; waking on	1	1152
EXPECTORATION – MORNING	2	1149
EXPECTORATION – MORNING; 8-9h	2	1149
EXPECTORATION – ODOUR – offensive	1	1154
EXPECTORATION – PIECES IN	2	1154
EXPECTORATION – SALT – resembles coarse salt	2	N
EXPECTORATION – SALTY	2	1154
EXPECTORATION – STRINGY	1	1155
EXPECTORATION – SWALLOW what has been loosened must	1	1155
EXPECTORATION – TASTES – eggs like; bad	1	1155
EXPECTORATION – TASTES – salty	1	1155
EXPECTORATION – THICK	2	1156
EXPECTORATION – VISCID	2	1156
EXPECTORATION – WHITE	2	1156
EXPECTORATION – YELLOW	2	1157

4.3.2.27. CHEST

CHEST – ANXIETY – morning	1	1160
CHEST – ANXIETY - in	1	1159
CHEST – ERUPTIONS	3	1168
CHEST – ERUPTIONS – pimples	3	1168
CHEST – ERUPTIONS – pimples – hard – under the skin	2	1168
CHEST – ERUPTIONS – pimples – itching	2	1169
CHEST – ERUPTIONS – pimples – painful	2	1169
CHEST – ERUPTIONS – pimples – white	1	1169
CHEST – ERUPTIONS – pustules	2	1169
CHEST – FULLNESS – mammae – sensation of fullness	1	1171
CHEST – HEART – complaints of the	3	1171
CHEST – INFLAMMATION – costal cartilages	1	1175
CHEST – ITCHING – afternoon	2	1177
CHEST – ITCHING – axilla	2	1177
CHEST – ITCHING – axilla - perspiration – aggravate	1	1177
CHEST – ITCHING – evening	1	1177

CHEST – OPPRESSION – morning	1	1179
CHEST – OPPRESSION – respiration – difficult – with	1	1181
CHEST – OPPRESSION – weight on chest – as from a	1	1181
<i>CHEST – PAIN</i>	2	1182
CHEST – PAIN – aching	1	1193
CHEST – PAIN – aching – forenoon	1	1193
CHEST – PAIN – afternoon	1	1182
<i>CHEST – PAIN – burning</i>	2	1194
<i>CHEST – PAIN – burning – coughing – during</i>	2	1195
CHEST – PAIN – burning – evening	1	1194
CHEST – PAIN – burning – morning	1	1194
CHEST – PAIN – burning – sternum – behind	1	1196
<i>CHEST – PAIN – cough – during</i>	2	1183
<i>CHEST – PAIN – evening</i>	2	1182
<i>CHEST – PAIN – forenoon</i>	2	1182
<i>CHEST – PAIN – heart- coughing – on</i>	2	1186
CHEST – PAIN – heart – pressure – hand of – ameliorate	1	1187
CHEST – PAIN – heart – inspiration – aggravate	1	1187
<i>CHEST – PAIN – inspiration – during</i>	2	1184
<i>CHEST – PAIN – intercostal muscles</i>	2	1188
CHEST – PAIN – lungs – right	1	1205
CHEST – PAIN – lying	1	1184
<i>CHEST – PAIN – lying – side – on – left – ameliorate</i>	2	1184
CHEST – PAIN – mammae	1	1189
CHEST – PAIN – mammae – evening	1	1189
CHEST – PAIN – mammae – jar – aggravate	1	1189
CHEST – PAIN – mammae – touch – aggravate	1	1189
CHEST – PAIN – midnight – after	1	1183
CHEST – PAIN – motion – aggravate	1	1184
<i>CHEST – PAIN – night</i>	2	1183
<i>CHEST – PAIN – pressure – ameliorate</i>	2	1184
CHEST – PAIN – respiration	1	1184
CHEST – PAIN – sore – mammae	1	1206
CHEST – PAIN – warm – applications – ameliorate	1	1185
<i>CHEST – PALPITATION – of heart</i>	2	1218
CHEST – PALPITATION - of heart – anxiety – with	1	1219
CHEST – PALPITATION - of heart – bubbling	1	1219

4.3.2.28. BACK

BACK – ERUPTIONS	3	1234
BACK – ERUPTIONS – crusts	1	1235
BACK – ERUPTIONS – dry – cervical region	1	1235
BACK – ERUPTIONS – eczema	1	1235
BACK – ERUPTIONS – eczema – cervical region	1	1235
BACK – ERUPTIONS – itching	1	1235
BACK – ERUPTIONS – itching – evening and night	1	1235
BACK – ERUPTIONS – itching – warm when	1	1235
<i>BACK – ERUPTIONS – patches</i>	2	1235
BACK – ERUPTIONS – pimples	3	1235
<i>BACK – ERUPTIONS – pimples – dorsal region</i>	2	1235

<i>BACK – ERUPTIONS – pimples – itching</i>	2	1235
BACK – ERUPTIONS – pimples – lumbar region	3	1236
<i>BACK – ERUPTIONS – pimples – lumbar region – itching</i>	2	1236
<i>BACK – ERUPTIONS – pimples – painful to touch</i>	1	1235
<i>BACK – ERUPTIONS – psoriasis patches</i>	2	1236
<i>BACK – ERUPTIONS – psoriasis patches – cervical region</i>	1	1236
<i>BACK – ERUPTIONS – pustules</i>	1	1236
<i>BACK – ERUPTIONS – pustules – cervical region</i>	1	1236
<i>BACK – ITCHING</i>	2	1239
<i>BACK – ITCHING - cervical region</i>	1	1240
<i>BACK – ITCHING – cervical region – night</i>	1	1240
<i>BACK – ITCHING - cervical region – warmth – aggravate</i>	1	1240
<i>BACK – ITCHING – dorsal region</i>	2	1240
<i>BACK – ITCHING – dorsal region – scapulae – between</i>	1	1240
<i>BACK – ITCHING – night</i>	1	1239
<i>BACK – ITCHING – scratching – changes place after</i>	1	1239
BACK – PAIN	4	1241
BACK – PAIN – ACHING	3	1260
<i>BACK – PAIN – aching – afternoon</i>	1	1261
<i>BACK – PAIN – aching – evening</i>	2	1261
<i>BACK – PAIN – aching – morning</i>	1	1261
<i>BACK – PAIN – burning</i>	1	1266
<i>BACK – PAIN – burning – cervical region</i>	1	1266
BACK – PAIN – CERVICAL REGION	4	1276
<i>BACK – PAIN – cervical region – afternoon</i>	2	1276
<i>BACK – PAIN – cervical region - evening</i>	2	1276
<i>BACK – PAIN – cervical region – morning</i>	2	1276
BACK – PAIN – dorsal region	3	1250
<i>BACK – PAIN – dorsal region – morning</i>	2	1250
<i>BACK – PAIN – dorsal region – scapulae – between</i>	1	1252
<i>BACK – PAIN – dorsal region – spine – between scapula and spine</i>	1	1253
BACK – PAIN – dull	3	1273
<i>BACK – PAIN – dull – cervical region</i>	2	1273
<i>BACK – PAIN – dull – lumbar region</i>	2	1274
BACK – PAIN – LUMBAR REGION	4	1253
<i>BACK – PAIN – lumbar region – afternoon</i>	2	1253
<i>BACK – PAIN – lumbar region – evening</i>	2	1253
<i>BACK – PAIN – lumbar region – morning</i>	2	1253
<i>BACK – PAIN – lying – ameliorate</i>	1	1243
<i>BACK – PAIN – motion – ameliorate</i>	1	1244
<i>BACK – PAIN – motion – on</i>	1	1244
BACK – PAIN – MUSCLES	4	1257
<i>BACK – PAIN – pressure</i>	1	1244
<i>BACK – PAIN – sacral region</i>	2	1257
<i>BACK – PAIN – sitting – ameliorate</i>	1	1244
BACK – PAIN – SORE	4	1278
<i>BACK – PAIN – sore – evening</i>	2	1278
<i>BACK – PAIN – sore – lumbar region</i>	2	1280
<i>BACK – PAIN – sore – morning</i>	1	1278
<i>BACK – PAIN – sore – spine – lumbar</i>	2	1281

BACK – PAIN – standing – while	1	1245
<i>BACK – PAIN – stitching</i>	2	1282
<i>BACK – PAIN – stitching – evening</i>	2	1282
BACK – PAIN – stitching – rising – seat – from a	1	1282
BACK – PAIN – stitching - sacral region	1	1287
<i>BACK – PAIN – stitching - spine</i>	2	1287
<i>BACK – PAIN – touching</i>	2	1245
BACK – STIFFNESS	4	1292
BACK – STIFFNESS – CERVICAL REGION	4	1293
<i>BACK – STIFFNESS – cervical region – afternoon</i>	2	1293
BACK – STIFFNESS – cervical region – evening	1	1293
BACK – STIFFNESS – cervical region – extending to – occiput	1	1294
<i>BACK – STIFFNESS – cervical region – morning</i>	2	1293
<i>BACK – STIFFNESS – cervical region – morning – waking – on</i>	2	1293
BACK – STIFFNESS – cervical region – night	1	1293
<i>BACK – STIFFNESS – cervical region – stretching – ameliorate</i>	2	1294
BACK – STIFFNESS – dorsal region	3	1294
<i>BACK – STIFFNESS – evening</i>	2	1292
BACK – STIFFNESS – LUMBAR REGION	4	1294
BACK – STIFFNESS – lumbar region – evening	1	1294
BACK – STIFFNESS – lumbar region – morning	1	1294
BACK – STIFFNESS – morning	3	1292
<i>BACK – STIFFNESS – morning – on waking</i>	2	1292
<i>BACK – STIFFNESS – night</i>	2	1292
BACK – STIFFNESS – sacral region	1	1294

4.3.2.29. EXTREMITIES

<i>EXTREMITIES – AWKWARDNESS</i>	2	1300
<i>EXTREMITIES – AWKWARDNESS – hands – drops things</i>	2	1300
<i>EXTREMITIES – COLDNESS</i>	2	1304
EXTREMITIES – COLDNESS – hands	1	1306
EXTREMITIES – COLDNESS – hands – clammy	1	1306
<i>EXTREMITIES – CRAMPS</i>	2	1319
EXTREMITIES – CRAMPS – afternoon	1	1319
EXTREMITIES – CRAMPS – evening	1	1319
<i>EXTREMITIES – CRAMPS – leg – calf</i>	2	1322
EXTREMITIES – CRAMPS – morning	1	1319
<i>EXTREMITIES – CRAMPS – thigh</i>	2	1321
<i>EXTREMITIES – DRYNESS</i>	2	1331
EXTREMITIES – DRYNESS – hands	1	1331
EXTREMITIES – DRYNESS – hands – morning	1	1331
EXTREMITIES – DRYNESS – hands – palm	1	1331
EXTREMITIES – DRYNESS – lower limbs	1	1332
EXTREMITIES – ERUPTIONS	4	1332
<i>EXTREMITIES – ERUPTIONS – desquamating</i>	2	1333
EXTREMITIES – ERUPTIONS – dry	3	1333
<i>EXTREMITIES – ERUPTIONS – eczema</i>	2	1333
EXTREMITIES – ERUPTIONS – hand	1	1338
EXTREMITIES – ERUPTIONS - itching	3	1333
EXTREMITIES - ERUPTIONS – knee – eczema	1	1344

<i>EXTREMITIES – ERUPTIONS – leg</i>	2	1345
<i>EXTREMITIES – ERUPTIONS – leg – burning</i>	1	1345
<i>EXTREMITIES – ERUPTIONS – leg – eczema</i>	1	1345
<i>EXTREMITIES – ERUPTIONS – leg – itching</i>	2	1345
<i>EXTREMITIES – ERUPTIONS – pimples</i>	1	1333
<i>EXTREMITIES – ERUPTIONS – rash</i>	1	1333
<i>EXTREMITIES – ERUPTIONS – thigh – itching</i>	2	1343
<i>EXTREMITIES – ERUPTIONS – thigh – rash – itching</i>	1	1344
<i>EXTREMITIES – ERUPTIONS – toes</i>	2	1347
<i>EXTREMITIES – ERUPTIONS – toes – between - desquamating</i>	2	1347
<i>EXTREMITIES – ERUPTIONS – upper arm – pimples – itching</i>	1	1336
<i>EXTREMITIES – HEAT</i>	2	1353
<i>EXTREMITIES – HEAT – elbow</i>	2	1353
<i>EXTREMITIES – HEAT – joints</i>	2	1353
<i>EXTREMITIES – HEAT – knee</i>	1	1355
<i>EXTREMITIES – HEAVINESS</i>	2	1356
<i>EXTREMITIES – HEAVINESS – afternoon</i>	2	1357
<i>EXTREMITIES – HEAVINESS – exertion – on</i>	2	1357
<i>EXTREMITIES – HEAVINESS – leg</i>	2	1360
<i>EXTREMITIES – HEAVINESS – lower limbs</i>	2	1358
<i>EXTREMITIES – HEAVINESS – upper limbs</i>	1	1357
<i>EXTREMITIES – INFLAMMATION – elbow</i>	2	1362
<i>EXTREMITIES – INFLAMMATION – joints</i>	2	1361
<i>EXTREMITIES – INFLAMMATION – sudden</i>	2	1362
EXTREMITIES – INJURIES – joints	3	1363
<i>EXTREMITIES – INJURIES – elbow</i>	2	1363
<i>EXTREMITIES – INJURIES – fingers</i>	1	1363
<i>EXTREMITIES – INJURIES – hips</i>	1	1363
EXTREMITIES – ITCHING	3	1363
<i>EXTREMITIES – ITCHING – ankle</i>	1	1370
<i>EXTREMITIES – ITCHING – burning – on scratching</i>	2	1364
<i>EXTREMITIES – ITCHING – evening</i>	2	1364
<i>EXTREMITIES – ITCHING – foot – sole of</i>	1	1371
<i>EXTREMITIES – ITCHING – hand</i>	1	1366
<i>EXTREMITIES – ITCHING – leg</i>	2	1369
<i>EXTREMITIES – ITCHING – lower limbs – burning – scratching – after</i>	2	1368
EXTREMITIES – ITCHING – lower limbs	3	1367
<i>EXTREMITIES – ITCHING – lower limbs – stinging</i>	2	1368
<i>EXTREMITIES – ITCHING – scratching – aggravate</i>	1	1364
<i>EXTREMITIES – ITCHING – scratching – ameliorate</i>	1	1364
<i>EXTREMITIES – ITCHING – thigh</i>	1	1369
<i>EXTREMITIES – ITCHING – thumb</i>	1	1367
<i>EXTREMITIES – ITCHING – toes – under</i>	1	1372
<i>EXTREMITIES – ITCHING – upper limbs</i>	2	1364
<i>EXTREMITIES – ITCHING – upper limbs – burning</i>	1	1364
EXTREMITIES – NUMBNESS	3	1380
EXTREMITIES – NUMBNESS – fingers – tips of	3	1384
<i>EXTREMITIES – NUMBNESS – fingers – tips of – morning</i>	1	1384
<i>EXTREMITIES – PAIN – aching</i>	2	1424

<i>EXTREMITIES – PAIN – aching – knee</i>	2	1427
<i>EXTREMITIES – PAIN – aching – knee – morning</i>	2	1427
<i>EXTREMITIES – PAIN – aching – knee – night</i>	1	1427
<i>EXTREMITIES – PAIN – aching – morning</i>	2	1424
<i>EXTREMITIES – PAIN – aching – wrist – left</i>	1	1426
<i>EXTREMITIES – PAIN – aching – wrist – morning</i>	1	1426
<i>EXTREMITIES – PAIN – ankle</i>	2	1420
<i>EXTREMITIES – PAIN – ankle – morning</i>	1	1420
<i>EXTREMITIES – PAIN – dull</i>	2	1454
<i>EXTREMITIES – PAIN – dull – leg</i>	1	1454
<i>EXTREMITIES – PAIN – dull – shoulder</i>	1	1454
<i>EXTREMITIES – PAIN – dull – upper limb</i>	2	1454
EXTREMITIES – PAIN – elbow	3	1400
<i>EXTREMITIES – PAIN – elbow – motion – aggravate</i>	1	1400
<i>EXTREMITIES – PAIN – elbow – olecranon</i>	2	1401
<i>EXTREMITIES – PAIN – elbow – touched – when</i>	1	1400
<i>EXTREMITIES – PAIN – elbow – warmth – aggravate</i>	1	1401
<i>EXTREMITIES – PAIN – fingers</i>	2	1404
<i>EXTREMITIES – PAIN – fingers – forenoon</i>	1	1404
<i>EXTREMITIES – PAIN – fingers – motion</i>	1	1404
<i>EXTREMITIES – PAIN – foot</i>	1	1420
<i>EXTREMITIES – PAIN – hip</i>	2	1411
<i>EXTREMITIES – PAIN – hip – afternoon</i>	1	1411
<i>EXTREMITIES – PAIN – hip – evening</i>	1	1411
<i>EXTREMITIES – PAIN – hip – left</i>	2	1411
<i>EXTREMITIES – PAIN – hip – morning</i>	1	1411
<i>EXTREMITIES – PAIN – hip – right</i>	2	1411
<i>EXTREMITIES – PAIN – hip – walking</i>	1	1412
EXTREMITIES – PAIN – JOINTS	4	1391
<i>EXTREMITIES – PAIN – joints – pressure – ameliorate</i>	1	1393
<i>EXTREMITIES – PAIN – joints – warmth – ameliorate</i>	1	1394
EXTREMITIES – PAIN – knee	3	1415
<i>EXTREMITIES – PAIN – knee – left</i>	1	1415
<i>EXTREMITIES – PAIN – knee – lying – ameliorate</i>	1	1416
<i>EXTREMITIES – PAIN – knee – morning</i>	2	1415
<i>EXTREMITIES – PAIN – knee – night</i>	1	1415
<i>EXTREMITIES – PAIN – knee – rubbing – ameliorate</i>	2	1416
EXTREMITIES – PAIN – LEG	4	1417
<i>EXTREMITIES – PAIN – leg – calf</i>	2	1419
<i>EXTREMITIES – PAIN – leg – calf – left</i>	2	1419
<i>EXTREMITIES – PAIN – leg – calf – morning</i>	2	1419
EXTREMITIES – PAIN – LOWER LIMBS	4	1406
<i>EXTREMITIES – PAIN – shoulder</i>	2	1396
<i>EXTREMITIES – PAIN – shoulder – left</i>	2	1397
<i>EXTREMITIES – PAIN – shoulder – left – extending to - neck</i>	1	1397
<i>EXTREMITIES – PAIN – shoulder – morning</i>	2	1397
<i>EXTREMITIES – PAIN – shoulder – right</i>	2	1396
<i>EXTREMITIES – PAIN – wrist</i>	2	1402
<i>EXTREMITIES – PAIN – wrist – afternoon</i>	1	1402

<i>EXTREMITIES – PAIN – wrist - left</i>	2	1402
<i>EXTREMITIES – PAIN – wrist – morning</i>	1	1402
<i>EXTREMITIES – PAIN – wrist – motion – on</i>	2	1402
<i>EXTREMITIES – PERSPIRATION</i>	2	1513
<i>EXTREMITIES – PERSPIRATION – foot</i>	2	1515
<i>EXTREMITIES – PERSPIRATION – foot – forenoon</i>	1	1515
<i>EXTREMITIES – PERSPIRATION – foot – night</i>	1	1515
<i>EXTREMITIES – PERSPIRATION – hand</i>	1	1513
<i>EXTREMITIES – PERSPIRATION – hand – morning</i>	1	1513
<i>EXTREMITIES – PERSPIRATION – joints – bends of</i>	1	1513
<i>EXTREMITIES – PERSPIRATION – morning</i>	2	1513
<i>EXTREMITIES – PERSPIRATION – night</i>	1	1513
<i>EXTREMITIES – RESTLESSNESS – evening</i>	2	1518
<i>EXTREMITIES – RESTLESSNESS – fingers</i>	1	1519
<i>EXTREMITIES – RESTLESSNESS – hand</i>	2	1518
EXTREMITIES – SENSITIVE – fingers – tips	3	1520
EXTREMITIES – STIFFNESS	4	1522
<i>EXTREMITIES – STIFFNESS – afternoon</i>	2	1523
<i>EXTREMITIES – STIFFNESS – ankle</i>	1	1526
<i>EXTREMITIES – STIFFNESS – ankle – morning</i>	1	1526
<i>EXTREMITIES – STIFFNESS – calf</i>	1	1526
<i>EXTREMITIES – STIFFNESS – elbow</i>	2	1524
<i>EXTREMITIES – STIFFNESS – elbow – evening</i>	1	1524
<i>EXTREMITIES – STIFFNESS – evening</i>	2	1523
<i>EXTREMITIES – STIFFNESS – fingers</i>	1	1525
<i>EXTREMITIES – STIFFNESS – fingers – morning</i>	1	1525
<i>EXTREMITIES – STIFFNESS – hip</i>	1	1525
<i>EXTREMITIES – STIFFNESS – knee</i>	1	1526
<i>EXTREMITIES – STIFFNESS – leg</i>	2	1526
<i>EXTREMITIES – STIFFNESS – lower limbs</i>	2	1525
<i>EXTREMITIES – STIFFNESS – lower limbs – night</i>	2	1525
<i>EXTREMITIES – STIFFNESS – morning</i>	2	1523
<i>EXTREMITIES – STIFFNESS – motion – ameliorate</i>	2	1523
<i>EXTREMITIES – STIFFNESS – night</i>	2	1523
<i>EXTREMITIES – STIFFNESS – shoulder</i>	2	1524
<i>EXTREMITIES – STIFFNESS – shoulder – left</i>	1	1524
<i>EXTREMITIES – STIFFNESS – thumb</i>	1	1525
<i>EXTREMITIES – STIFFNESS – upper limbs</i>	2	1523
<i>EXTREMITIES – SWELLING – elbow</i>	2	1528
<i>EXTREMITIES – TWITCHING</i>	2	1545
<i>EXTREMITIES – TWITCHING – afternoon</i>	1	1545
<i>EXTREMITIES – TWITCHING – evening</i>	1	1545
<i>EXTREMITIES – TWITCHING – forenoon</i>	1	1545
<i>EXTREMITIES – TWITCHING – morning</i>	1	1545
<i>EXTREMITIES – TWITCHING – muscles</i>	2	1546
<i>EXTREMITIES – UNSTEADINESS – joint – knee</i>	1	1552
<i>EXTREMITIES – WEAKNESS</i>	2	1554
<i>EXTREMITIES – WEAKNESS – evening</i>	1	1554
<i>EXTREMITIES – WEAKNESS – exertion – after least</i>	2	1554
<i>EXTREMITIES – WEAKNESS – thigh</i>	1	1558

EXTREMITIES – WEAKNESS – thigh – ascending steps – during	1	1558
EXTREMITIES - WEAKNESS – upper limb	1	1555
EXTREMITIES – WEAKNESS – upper limb – evening	1	1556

4.3.2.30. SLEEP

SLEEP – DEEP	4	1564
SLEEP – DEEP – night	4	1564
<i>SLEEP – DEEP – unrefreshing</i>	2	1565
SLEEP – DISTURBED	4	1565
SLEEP – DISTURBED – cough	1	1565
SLEEP – DISTURBED – pains – by	1	1566
<i>SLEEP – FALLING ASLEEP – difficult</i>	2	1569
<i>SLEEP – FALLING ASLEEP – difficult – waking – after</i>	2	1569
SLEEP – POSITION – back – on	1	1572
<i>SLEEP – POSITION – side – on – left side – on</i>	2	1573
SLEEP – POSITION – side – on – right side – on	1	1573
SLEEP – REFRESHING	3	1574
SLEEP – RESTLESS	4	1574
<i>SLEEP – SLEEPLESSNESS</i>	2	1585
SLEEP – UNREFRESHING	4	1595
SLEEP – UNREFRESHING – MORNING	4	1595
<i>SLEEP – WAKING – anxiety – as from</i>	2	1597
SLEEP – WAKING - early – too	3	1597
SLEEP – WAKING – easy	1	1598
<i>SLEEP – WAKING – frequent</i>	2	1598
SLEEP – WAKING – fright – as from	2	1598
SLEEP - WAKING – fright – as from – noise – from slightest	2	1599
SLEEP – WAKING – perspiration – from	1	1600
<i>SLEEP – WAKING – shocks – from</i>	2	1600
<i>SLEEP – WAKING – sudden</i>	2	1600
SLEEP – WAKING – thirst – by	1	1600
<i>SLEEP – WAKING – urinate – with desire to</i>	2	1600

4.3.2.31. DREAMS

DREAMS – ACCIDENTS	2	1607
DREAMS – ANIMALS – <i>dangerous</i>	2	1608
DREAMS – ANIMALS – <i>injured</i>	2	1608
DREAMS – ANIMALS – <i>large – huge</i>	2	1609
DREAMS – ANIMALS – <i>protecting – he is</i>	1	1609
DREAMS – ANIMALS – wild	3	1609
DREAMS- ARRESTED – <i>being</i>	1	1610
DREAMS – ATTACKED – <i>being</i>	2	1610
DREAMS – BATHING	1	1610
DREAMS – BEACH	2	1610
DREAMS – BETRAYED – <i>having been</i>	2	1610
DREAMS – BIRDS	1	1610
<u>DREAMS – BREASTFEEDING</u>	1	N
DREAMS – BUILDINGS	2	1612

<i>DREAMS – BUILDINGS – ruined</i>	2	1612
DREAMS – CAR	3	1612
<i>DREAMS – CHILDREN</i>	2	1613
<i>DREAMS – CHILDREN – injured</i>	1	1613
<i>DREAMS – CHILDREN – looking after</i>	1	1613
<i>DREAMS – CHILDREN – rescuing of</i>	1	1613
<i>DREAMS – CLOTHES</i>	2	1614
DREAMS – COUNTRY – foreign	3	1615
<i>DREAMS – CROCODILES</i>	2	1615
<i>DREAMS – DANCING</i>	1	1616
<i>DREAMS – DANGER</i>	2	1616
<i>DREAMS – DANGER – sense of danger lacking</i>	1	1616
<i>DREAMS – DANGER – water – from</i>	2	1616
<i>DREAMS – DEAD BODIES</i>	1	1616
<i>DREAMS – DEAD – children</i>	1	1616
<i>DREAMS – DEATH – relatives – of – father – of his</i>	1	1617
<i>DREAMS – DEATH – relatives – of – grandmother – of</i>	1	1617
<u><i>DREAMS – DISCRIMINATION</i></u>	2	N
<i>DREAMS – DISEASE</i>	2	1618
<i>DREAMS – DISGUISE</i>	2	1618
<i>DREAMS – DOGS</i>	2	1619
<i>DREAMS – DRIVING</i>	2	1619
<i>DREAMS – DRIVING – car – fast</i>	1	1619
<i>DREAMS – DRIVING – car – recklessly</i>	1	1619
<i>DREAMS – DROWNING – danger of</i>	2	1619
<i>DREAMS – ENTERTAINMENT</i>	2	1620
<i>DREAMS – EVIL</i>	2	1620
DREAMS – FAMILY – own	3	1621
<u><i>DREAMS – FERTILITY</i></u>	2	N
<i>DREAMS – FETUSES</i>	1	1622
<i>DREAMS – FIGHTS</i>	2	1622
<i>DREAMS – FLOOD</i>	1	1622
<i>DREAMS – FIRE</i>	1	1622
<i>DREAMS – FRIENDS</i>	2	1623
<i>DREAMS – FRIENDS – old</i>	2	1623
<i>DREAMS – FRIENDS – seeing friends</i>	1	1623
<i>DREAMS – GHOSTS</i>	2	1624
<i>DREAMS – GHOSTS – flying</i>	2	1624
<i>DREAMS – GRAVES</i>	1	1624
<i>DREAMS – HAIR - cut – having hair</i>	1	1625
<i>DREAMS – HEADS</i>	1	1625
<i>DREAMS – HOLIDAY – being on holiday</i>	1	1626
<i>DREAMS - HORSES – kicking</i>	1	1626
<i>DREAMS – HORSES – pursuing him</i>	1	1626
<i>DREAMS – HORSES – wild</i>	1	1626
<i>DREAMS – HOUSE – youth – like the house of her</i>	1	1626
<u><i>DREAMS – INSEMINATION – artificial</i></u>	1	N
<i>DREAMS – JOURNEYS</i>	2	1627
<i>DREAMS – JOURNEYS – foreign countries</i>	2	1627
<i>DREAMS – LIONS</i>	2	1628

DREAMS – LOSING – family – his	1	1628
<i>DREAMS – LOSING – things</i>	2	1628
DREAMS – MONUMENTS	1	1630
<i>DREAMS – MOUNTAINS</i>	2	1630
DREAMS – MUSIC	1	1630
<i>DREAMS – NEWBORNS</i>	2	1613
DREAMS – NURSING – newborns	1	1631
DREAMS – PARTIES	1	1632
DREAMS – PHOTOGRAPHS – taking	1	1632
DREAMS – PURSUED – animals by – wild	3	1633
<i>DREAMS – PURSUED – being – ghosts – by</i>	2	1633
DREAMS – PURSUED – ghosts – by	1	1633
DREAMS – PURSUED – horses – by	1	1633
<i>DREAMS – PURSUED – man – by a</i>	2	1633
<i>DREAMS – RELIGIOUS</i>	2	1634
DREAMS – RIVER	1	1635
DREAMS – SEA	3	1636
DREAMS – SHIP	1	1636
DREAMS – SKELETONS	1	1637
<u>DREAMS – STRUGGLING – of</u>	1	N
<u><i>DREAMS – STUCK – being stuck – of</i></u>	2	N
<i>DREAMS – SWIMMING</i>	2	1638
<u><i>DREAMS – TERRITORIAL</i></u>	2	N
<i>DREAMS – TRAP – being trapped</i>	2	1639
DREAMS – UNREMEMBERED	4	1640
DREAMS – VEHICLES	3	1640
<i>DREAMS – WAR</i>	2	1642
DREAMS – WATER	3	1642
DREAMS – WATER – dirty	1	1642
<i>DREAMS – WATER – swimming in</i>	2	1642
<i>DREAMS – WATER – waves</i>	2	1642
DREAMS – WATER – waves – breaking over her	1	1642
<i>DREAMS – WEDDING</i>	2	1643

4.3.2.32. CHILL

CHILL – CHILL - in general	3	1645
<i>CHILL – CHILLINESS</i>	2	1650
<i>CHILL – CHILLINESS – perspiration – with</i>	2	1652
CHILL – DAYTIME	1	1645
<i>CHILL – EVENING</i>	2	1647
CHILL – EXTERNAL	1	1654
<i>CHILL – FORENOON</i>	2	1645
CHILL – NIGHT	1	1648
<i>CHILL – PERSPIRATION – with perspiration</i>	2	1656
CHILL – URINATION – during	1	1659

4.3.2.33. FEVER

<i>FEVER – AFTERNOON</i>	2	1661
FEVER – CHILL – with	3	1666

FEVER – CHILLINESS – with	3	1666
<i>FEVER – DAY</i>	2	1661
FEVER – FEVER – HEAT IN GENERAL	4	1661
<i>FEVER – FORENOON</i>	2	1661
<i>FEVER – INFLAMMATORY – fever</i>	2	1669
<i>FEVER – MORNING</i>	1	1661
<i>FEVER – MOTION – aggravate</i>	1	1670
<i>FEVER – NOON</i>	1	1661
<i>FEVER – PERSPIRATION – absent</i>	2	1670
FEVER – PERSPIRATION – heat – with	3	1671
<i>FEVER – UNCOVERING – yet too cold when uncovered</i>	1	1674

4.3.2.34. PERSPIRATION

<i>PERSPIRATION – DRINKING – after</i>	1	1681
<i>PERSPIRATION – DRINKING – after; warm drinks</i>	1	1681
<i>PERSPIRATION – EATING – after</i>	1	1681
<i>PERSPIRATION – EATING – after; warm foods</i>	1	1681
PERSPIRATION – IN GENERAL	4	1677
<i>PERSPIRATION – NIGHT</i>	2	1678
<i>PERSPIRATION – NIGHT – sleep during</i>	2	1678
<i>PERSPIRATION – ODOUR – offensive</i>	2	1683
PERSPIRATION – PROFUSE	3	1684
<i>PERSPIRATION – PROFUSE - night</i>	2	1684
<i>PERSPIRATION – SINGLE PARTS</i>	1	1685

4.3.2.35. SKIN

<i>SKIN – BURNING</i>	2	1689
<i>SKIN – BURNING - evening</i>	2	1690
<i>SKIN – BURNING – morning</i>	1	1690
<i>SKIN – BURNING – nettles – as from</i>	1	1690
<i>SKIN – BURNING – scratching – after</i>	2	1690
<i>SKIN – BURNING – spots</i>	1	1690
<i>SKIN – CHAPPING</i>	2	1690
<i>SKIN – COLDNESS</i>	1	1691
<i>SKIN – CRACKS</i>	2	1692
<i>SKIN – DISCOLORATION – blackish</i>	2	1692
<i>SKIN – DISCOLORATION – blackish – spots</i>	1	1692
<i>SKIN - DISCOLORATION – red</i>	2	1693
SKIN – DRY	4	1695
<i>SKIN – DRY – burning</i>	2	1695
<i>SKIN – DRY – rough</i>	2	1695
<i>SKIN – DRY – scratching – aggravate</i>	2	1695
SKIN – ERUPTIONS	4	1696
<i>SKIN – ERUPTIONS – blackish</i>	2	1696
<i>SKIN – ERUPTIONS – crusty – dry</i>	1	1698
<i>SKIN – ERUPTIONS - crusty – patches</i>	1	1698
<i>SKIN – ERUPTIONS – crusty – scratching – after</i>	1	1698
<i>SKIN – ERUPTIONS – crusty – white</i>	1	1698
SKIN – ERUPTIONS – desquamating	3	1698
SKIN – ERUPTIONS – DRY	4	1699

SKIN – ERUPTIONS – <i>eczema</i>	2	1699
SKIN – ERUPTIONS – ELEVATED	4	1699
SKIN –ERUPTIONS – ERYTHEMA	4	1699
SKIN – ERUPTIONS – HARD	4	1700
SKIN – ERUPTIONS – INFLAMED	4	1701
SKIN – ERUPTIONS – ITCHING	4	1701
SKIN – ERUPTIONS – painful	3	1703
SKIN – ERUPTIONS – <i>painless</i>	1	1703
SKIN – ERUPTIONS – <i>papular</i>	1	1703
SKIN – ERUPTIONS – <i>papular – itching</i>	1	1703
SKIN – ERUPTIONS - patches	3	1703
SKIN – ERUPTIONS - <i>patches –</i> <i>dry red patches/itching violent</i>	2	1703
SKIN – ERUPTIONS – PIMPLES	4	1703
SKIN – ERUPTIONS – <i>pimples – hard</i>	2	1704
SKIN – ERUPTIONS – pimples – inflamed	3	1704
SKIN – ERUPTIONS – pimples – itching	3	1704
SKIN – ERUPTIONS – pimples – painful	3	1704
SKIN – ERUPTIONS – pimples – small	3	1704
SKIN – ERUPTIONS – pimples – touch – sensitive to	3	1704
SKIN – ERUPTIONS – pimples – whitish	3	1704
SKIN – ERUPTIONS – <i>psoriasis</i>	1	1704
SKIN – ERUPTIONS - <i>pustules</i>	2	1705
SKIN – ERUPTIONS - <i>pustules – inflamed</i>	2	1705
SKIN – ERUPTIONS - <i>pustules – itching</i>	2	1705
SKIN – ERUPTIONS - <i>pustules – painful</i>	2	1705
SKIN – ERUPTIONS - <i>pustules – red</i>	2	1705
SKIN – ERUPTIONS - <i>pustules – small</i>	2	1705
SKIN – ERUPTIONS - <i>pustules – white - tips</i>	2	1705
SKIN – ERUPTIONS - <i>pustules – yellow</i>	2	1705
SKIN – ERUPTIONS – <i>rash</i>	2	1705
SKIN – ERUPTIONS – <i>rash – itching</i>	2	1706
SKIN – ERUPTIONS – <i>rash – red</i>	2	1706
SKIN - ERUPTIONS – RED	4	1706
SKIN – ERUPTIONS – red – areola	3	1706
SKIN – ERUPTIONS – <i>rough</i>	1	1706
SKIN – ERUPTIONS – <i>scaly</i>	2	1706
SKIN –ERUPTIONS – <i>scaly – white</i>	1	1706
SKIN – ERUPTIONS – sensitive	3	1707
SKIN – ERUPTIONS – <i>warmth – aggravate</i>	2	1702
SKIN – ERUPTIONS – whitish	3	1711
SKIN – ERUPTIONS – <i>yellow</i>	2	1711
SKIN – EXCORIATION	2	1712
SKIN – EXCORIATION – <i>scratching –</i> <i>after/must scratch it raw</i>	2	1712
SKIN – EXCORIATION – <i>sensation as if excoriated</i>	2	1712
SKIN – FORMICATION	1	1713
SKIN – FORMICATION – <i>hair</i>	1	1713
SKIN – FORMICATION – <i>insects – as if from</i>	1	1713

SKI N- FORMICATION – night	1	1713
SKIN – FORMICATION – scratching – ameliorate	1	1713
SKIN – INFLAMMATION	2	1714
SKIN – ITCHING – afternoon	3	1715
SKIN – ITCHING – becoming warm – on	1	1718
SKIN – ITCHING – burning	2	1716
SKIN – ITCHING – crawling	1	1716
SKIN – ITCHING – evening	2	1715
SKIN – ITCHING – night	2	1715
SKIN – ITCHING – perspiring parts	1	1717
SKIN – ITCHING – scratching – aggravate	2	1717
SKIN – ITCHING – scratching – ameliorate	2	1717
SKIN – ITCHING – scratching – changes place on scratching	2	1717
SKIN – ITCHING – scratching – must scratch	2	1717
SKIN – ITCHING – scratching – raw – must scratch until it is raw	1	1717
SKIN – ITCHING – scratching – unchanged by	2	1717
SKIN – ITCHING – sleep – during	2	1717
SKIN – ITCHING – sleep – going to sleep – on	1	1717
SKIN – ITCHING – spots	2	1717
SKIN – ITCHING – stinging	1	1718
SKIN – ITCHING – tickling	1	1718
SKIN – ITCHING – wandering	2	1718
SKIN – PRICKLING	1	1720
SKIN – SENSITIVENESS	1	1720
SKIN – SENSITIVENESS – touch – to	1	1720
SKIN – STINGS – of insects – sensation as if	1	1721

4.3.2.36. GENERALS

GENERALS – COLD – feeling	3	1753
<u>GENERALS – DEHYDRATION</u>	4	N
GENERALS – ENERGY – EXCESS OF ENERGY	4	1773
GENERALS – ENERGY – excess of energy; afternoon	2	1773
GENERALS – ENERGY – excess of energy; evening	1	1773
GENERALS – ENERGY – excess of energy; morning	1	1773
GENERALS – EXERTION; PHYSICAL - AMELIORATES	4	1773
GENERALS – FOOD AND DRINKS – alcoholic drinks; ailments from	2	1780
GENERALS – FOOD AND DRINKS – alcoholic drinks; aggravate	2	1780
GENERALS – FOOD AND DRINKS – alcoholic drinks; desire	3	1780
GENERALS – FOOD AND DRINKS – bacon; desire	1	1782
GENERALS – FOOD AND DRINKS – bread; desire	2	1783
GENERALS – FOOD AND DRINKS – butter; desire	1	1783
GENERALS – FOOD AND DRINKS – CHEESE; DESIRE	4	1784
GENERALS – FOOD AND DRINKS – chocolate; desire	2	1784
GENERALS – FOOD AND DRINKS – chocolate; aversion	2	1784
GENERALS – FOOD AND DRINKS – COFFEE; DESIRE	4	1785
GENERALS – FOOD AND DRINKS – cold drinks, cold water; desire	1	1785
GENERALS – FOOD AND DRINKS – eggs; desire	2	1788

GENERALS – FOOD AND DRINKS – FARINACEOUS; DESIRE	4	1788
GENERALS – FOOD AND DRINKS – fish; desire	1	1789
GENERALS – FOOD AND DRINKS – fruit; desire	1	1790
GENERALS – FOOD AND DRINKS – ice-cream; desire	1	1791
GENERALS – FOOD AND DRINKS – meat; aversion	1	1792
GENERALS – FOOD AND DRINKS – milk; desire	1	1793
GENERALS – FOOD AND DRINKS – nuts; desire	1	1794
GENERALS – FOOD AND DRINKS – oil; desire	1	1794
GENERALS – FOOD AND DRINKS – meat; desire	1	1794
GENERALS – FOOD AND DRINKS – pasta; desire	1	1784
GENERALS – FOOD AND DRINKS – <i>pastry; desire</i>	2	1784
GENERALS – FOOD AND DRINKS – peanut butter; desire	1	1795
GENERALS – FOOD AND DRINKS – SALT; DESIRE	4	1796
GENERALS – FOOD AND DRINKS – <i>spicy food; desires</i>	2	1798
GENERALS – FOOD AND DRINKS – sweets; aversion	3	1799
GENERALS – FOOD AND DRINKS – tea; desire	1	1799
GENERALS – HEAT – FLUSHES OF HEAT	4	1804
GENERALS – HEAT – lack of vital heat	3	1806
GENERALS – HEAT – SENSATION OF HEAT	4	1804
GENERALS – HEAVINESS	1	1807
GENERALS – HEAVINESS – muscles of	1	1807
GENERALS – <i>INFLUENZA</i>	2	1813
GENERALS – ORGASMS of blood	1	1832
GENERALS – ORGASMS of blood – emotions after	1	1833
GENERALS – PAIN	4	1833
GENERALS – PAIN – aching	3	1836
GENERALS – PAIN – cramping	3	1839
GENERALS – PAIN – cramping; joint in	3	1839
GENERALS – PAIN – JOINT PAIN	4	1836
GENERALS – PAIN – muscles	3	1836
GENERALS – TINGLING	3	1882
GENERALS – TWITCHING	3	1888
GENERALS – WEAKNESS	4	1896
GENERALS – WEAKNESS – AFTERNOON	4	1897
GENERALS – WEAKNESS – <i>afternoon, 13h</i>	2	1897
GENERALS – WEAKNESS – <i>afternoon, 15h</i>	2	1897
GENERALS – WEAKNESS – <i>afternoon, 16h</i>	2	1897
GENERALS – WEAKNESS – <i>afternoon, 17h</i>	2	1897
GENERALS – WEAKNESS – evening	3	1897
GENERALS – WEAKNESS – evening; 20h	1	1897
GENERALS – WEAKNESS – <i>evening; 21:30h</i>	2	1987
GENERALS – WEAKNESS – <i>exertion</i>	2	1900
GENERALS – WEAKNESS – <i>exertion, slight from</i>	2	1900
GENERALS – WEAKNESS – <i>forenoon</i>	2	1897
GENERALS – WEAKNESS – <i>forenoon; 11h</i>	2	1897
GENERALS – WEAKNESS – morning	3	1896
GENERALS – WEAKNESS – <i>morning; waking on</i>	2	1896
GENERALS – WEAKNESS – <i>noon</i>	2	1897
GENERALS – WEAKNESS – <i>sexual desire diminished</i>	2	1898
GENERALS – WEAKNESS – <i>sleepiness from</i>	2	1903

GENERALS – WEAKNESS – <i>sleepiness from; afternoon</i>	2	1903
GENERALS – WEAKNESS – <i>sleepiness from; as from sleepiness</i>	1	1903
GENERALS – WEAKNESS – <i>vertigo; with</i>	1	1904
GENERALS – QUIVERING	1	1862
GENERALS – QUIVERING – <i>accompanied by; weakness</i>	1	1863
GENERALS – SENSATIVENESS –externally	3	1867
GENERALS – SLEEP; AFTER SLEEP - AGGRAVATES	4	1872
GENERALS – <i>SLEEPINESS FROM</i>	2	1903
GENERALS – <i>SLEEPINESS FROM – as from sleepiness</i>	2	1903
GENERALS – SLUGGISHNESS OF THE BODY	4	1873
GENERALS – STIFFNESS	4	1874
GENERALS – SWELLING	4	1877
GENERALS – SWELLING – JOINTS	4	1877
GENERALS – WARM – AMELIORATES	4	1893

The data collected from the proving provided symptoms that formed a total of **1743** rubrics. These rubrics were distributed throughout the 25 sections of the repertory. The rubrics are distributed throughout the sections of the repertory as follows:

Mind	258	External throat	5	Cough	44
Vertigo	10	Stomach	76	Expectoration	17
Head	119	Abdomen	54	Chest	53
Eye	97	Rectum	9	Back	86
Vision	23	Stool	13	Extremities	174
Ear	27	Bladder	6	Sleep	27
Hearing	4	Urine	5	Dreams	97
Nose	58	Kidneys	4	Chill	10
Face	115	Female genitalia	23	Fever	13
Mouth	42	Male genitalia	4	Perspiration	11
Teeth	10	Larynx	4	Skin	97
Throat	61	Respiration	4	Generals	83

Graph 4 that follows provides a visual representation of the number of rubrics distributed in the various sections of the repertory.

GRAPH 4: DISTRIBUTION OF RUBRICS THROUGHOUT THE REPERTORY SECTIONS

