

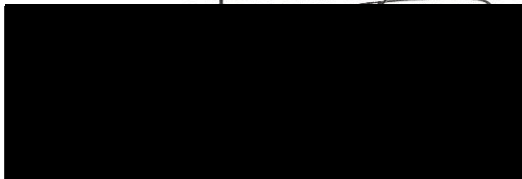
**A comparison of symptoms
derived from a C4 trituration and the *materia medica*
of an existing, well-proven homoeopathic remedy**

By

Chryso Goote

Dissertation submitted in partial compliance with the requirements for
the Master's Degree in Technology: Homoeopathy
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at the Durban University of Technology.

I, Chryso Goote, hereby declare that this dissertation
represents my own work both in concept and execution.



Signature of student
Chryso Goote

3rd October 2011
Date of signature

APPROVED FOR FINAL SUBMISSION

Signature of Supervisor

Dr Izel Botha
D. Tech. Homoeopathy (DUT)

Date of signature

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ABSTRACT

C4 trituration provings are a somewhat controversial method of uncovering the therapeutic value of homoeopathic remedies. The key advantage of this method over traditional proving methods is that a substance can be proved in a matter of hours, rather than weeks or months. However there is a lack of research to show whether the results of the two methods are comparable.

AIM

The aim of this study is to establish whether symptoms elicited in a C4 trituration proving are comparable to symptoms produced in traditional provings of the same substance. If a similarity can be demonstrated – even on a single substance – it may encourage further studies to determine the extent to which C4 provings can be used in association with, or instead of, traditional provings as a means of developing homoeopathic remedies.

METHOD

Ten triturators were recruited from an existing group of experienced triturators to prove an unknown substance. Data were harvested from debriefing sessions and from notes kept by triturators during the sessions, and these were transcribed and converted to rubrics. An unprejudiced repertorisation was undertaken in an (unsuccessful) attempt to identify the substance before unblinding.

After the substance was revealed to be Borax, the rubrics from the C4 proving were statistically compared to rubrics associated with Borax in Radar 9.0, the electronic version of the repertory *Synthesis: Repertorium Homoeopathicum Syntheticum* (2004), which reflects traditional provings of this substance. The statistical comparison of rubrics was performed in SPSS; a Pearson Chi-Square test was applied to establish statistical significance; and a Cramer's V test was used to determine the strength of that association.

RESULT

The comparison failed to find a significant correlation between the rubrics from the C4 proving of Borax and traditional provings of the same substance. At a chapter level, there were significant associations between symptoms relating to Hearing and Kidneys but, for reasons discussed at length in the report, these results must be treated with circumspection.

CONCLUSION

While C4 provings are faster than the traditional method, as refined by Sherr, in view of the above findings it cannot be recommended that C4 provings be considered as a means of developing homoeopathic remedies instead of traditional provings, because C4 provings would not produce a complete symptom picture.

RECOMMENDATIONS

Recommendations arising from the study include that the exercise should be repeated with a different substance and group of provers, preferably with confidential debriefing of participants (as opposed to group debriefing, which is the norm for C4 provings), to verify these findings.

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DEFINITION OF TERMS

Law of Similars

The homoeopathic principle that any substance capable of causing symptoms of disease in a healthy individual is similarly capable of curing those same symptoms in an unhealthy individual (Yasgur, 2004).

Materia medica

From the Latin for “medical material”; in homoeopathy it refers to a reference work listing homoeopathic remedies and discussing their therapeutic properties (Yasgur, 2004).

Non-traditional provings

For the purposes of this research, non-traditional provings include methods such as dream, meditation and C4 provings which do not require a remedy to be taken orally.

Pharmacopoeia

From the Greek for “preparation of drugs”; a reference book describing the properties, preparation and use of medicines (Yasgur, 2004).

Potency

The strength, vitality or power of a homoeopathic remedy that arises as a consequence of the succussion step in the preparation of the remedy. The potency of a homoeopathic remedy is indicated by a letter and numeral, e.g. 30c (sometimes written as C30). The letter C stands for centesimal and indicates a dilution rate of one part substance or drug to 99 parts vehicle; while the number refers to the number of times the substance has been diluted. A potency may also be referred to as 30cH/30CH or 30K; the former indicates that the remedy was prepared in accordance with Hahnemann's protocol, whereas the latter refers to a method according to the Russian physician, Korsakoff (Yasgur, 2004).

Potentisation

Also known as “dynamisation”; the process of preparing homoeopathic remedies, whereby a substance is subjected to serial dilution together with succussion or trituration (Kayne, 1997).

Prover

A healthy volunteer who takes part in a proving or homoeopathic pathogenic trial. The prover reports symptoms that arise from the homoeopathic remedy to which they are exposed (Yasgur, 2004).

Proving

The scientific process whereby the medicinal properties of a homoeopathic remedy are established by administering the remedy to provers who report any morbid symptoms elicited. These symptoms are collated and recorded in a materia medica (Yasgur, 2004).

Remedy

A homoeopathic medicine produced according to the principles of serial dilution and succussion, which is prescribed according to the principle of the “Law of Similars”.

Repertory

A publication that lists symptoms (referred to as “rubrics”) together with homoeopathic remedies that have either elicited these symptoms during a proving or have cured those symptoms in clinical practice (Allen, 1994).

Repertorisation

The act of isolating those rubrics which accurately describe a patient's symptomatology. The homoeopath then identifies the remedy that correlates with the patient's symptoms by referring to a materia medica for additional information (Tiwari, 2006).

Rubric

An abbreviated symptom, in standardised form, listed in the repertory, followed by a list of remedies associated with that symptom (Allen, 1994).

Succussion

The vigorous shaking of a homoeopathic remedy using a prescribed method, at each dilution stage (Kayne, 1997).

Traditional provings

The term, as used in this research, refers to the proving method developed by Hahnemann and followed by his successors, in which doses of a remedy are taken orally. Traditional provings are taken to include refinements to Hahnemannian methods introduced by Sherr, including placebo controls and blinding of participants, but to exclude methods such as dream, meditation and C4 provings.

Trituration

A method of preparing homoeopathic remedies which is usually, but not exclusively, reserved for substances which are not soluble in water or alcohol. The substance is diluted with lactose and ground in a mortar with a pestle for a set period of time to reduce the particle size of the substance, thereby rendering it soluble (Yasgur, 2004).

CHAPTER 1 – INTRODUCTION

In homoeopathy the “proving” of a remedy takes place when a healthy person takes that remedy and experiences symptoms. This “proves” that this remedy will be effective when administered to a patient who is experiencing the same symptoms, in terms of the Law of Similars, which is discussed in the next chapter.

The proving method prescribed by the founder of homoeopathy, Samuel Hahnemann (1998) in his *Organon of Medicine*, and modified by others, involves manufacturing a remedy and administering it to a cohort of healthy subjects who keep a diary of symptoms over a period of several weeks. Each subject is then individually interviewed to identify any symptoms they experienced. Their symptoms are compiled to produce a picture of the therapeutic potential of the remedy (Sherr, 2003).

By contrast, in a C4 trituration proving a substance is proved over a period of one or more days when those who are grinding (or “tritulating”) the substance in a mortar experience symptoms, without directly ingesting the remedy. Typically those participating in a C4 trituration proving reveal their symptoms to a group of fellow triturators after each stage of the trituration, and these are recorded and compiled.

A C4 trituration proving is therefore considerably faster than a traditional proving. What is not clear, however, is whether the two methods produce similar results. A literature review revealed a paucity of data with respect to the similarity between the C4 trituration proving experience, and the symptoms produced via traditional provings of the same substance.

Symptoms observed through traditional provings over the past century are collected in various *materia medicas*, where they are listed under the relevant homoeopathic remedies. However, there is no comparable compilation of symptoms experienced by C4 triturators while proving the same remedies, so answering this question through secondary research is not possible.

1.1 THE AIM OF THE STUDY

The aim of the study is to establish whether symptoms elicited in a C4 trituration proving are comparable to the symptoms produced in traditional provings of the same substance.

1.2 THE SIGNIFICANCE OF THE STUDY

If primary research can demonstrate a similarity between the symptoms observed by the two methods of proving – even on a single substance – it will encourage further studies to decide whether C4 provings might be used in association with, or instead of, traditional provings, as a means of developing homoeopathic remedies.

1.3 THE HYPOTHESES

It is hypothesised that the symptoms observed during a C4 trituration proving will demonstrate a significant correlation to the symptoms observed in traditional provings of the same substance.

1.4 THE ASSUMPTIONS

It is common in homoeopathic provings to assume that the ingestion of a potentised substance will produce clearly observable symptoms in a healthy volunteer. Put another way, it is assumed that symptoms which manifest themselves during the period of a proving are attributable to the remedy, and not to some other cause.

In the case of a C4 trituration proving, it is usually assumed that the provers will attribute any symptoms they experience during the trituration to the substance they are grinding, and not to some other cause. However, this assumption is questioned in the discussion section of this report, where it is posited that other environmental factors could explain some trends in the symptoms that were reported.

It is, however, assumed that the triturators – all of whom have participated in similar exercises before – observed and reported their symptoms honestly and comprehensively.

The selection of experienced triturators was based on the assumption, reinforced in the literature and discussed below, that they are likely to be better provers and to give more useful information

1.5 THE DELIMITATIONS

In common with many homoeopathic provings, this study does not seek to explain the mechanism of action of the remedy in producing symptoms.

While repeating the trituration exercise with a different group of triturators may have yielded a different – or more detailed – result, this was not practical due to the limited pool of experienced triturators available in the Durban area.

Similarly, as discussed below, debriefing the provers individually rather than in a group could conceivably have produced a different result. However debriefing in groups during C4 provings is well established in the literature and is key to exploiting the major benefit of such provings, which is the rapidity with which they can be concluded.

CHAPTER 2 – LITERATURE REVIEW

2.1 HAHNEMANNIAN PROVINGS

The founder of homoeopathy, Christian Friedrich Samuel Hahnemann (1755-1843), practised medicine in Germany at a time when prevailing methods included venesection (blood-letting), the use of leaches, purgatives, emetics and the administration of large quantities of toxic chemicals including mercury, lead, strychnine and arsenic (Goel, 2002).

Hahnemann was concerned by how little the mechanisms of action of these drugs were understood, the strong doses administered to patients, and the practice of giving complexes instead of simplexes which made it difficult to determine the effect of each drug (De Schepper, 2006; Haehl, 2000; Kayne, 1997; Roberts, 1976).

Hahnemann's observations of medical practice and its consequences led to his dissatisfaction and open criticism of the medical fraternity. After less than six years in practice he concluded that medicine frequently failed the patient; at the very least the patient was not cured and at worst the methods of the day led to a rapid decline in health and even death (De Schepper, 2006; Kayne, 1997; Roberts, 1976). Indeed, it was the practice of repeated venesections for a high fever and abdominal distension which was said to contribute to the demise of Emperor Leopold of Austria in 1792 (De Schepper, 2006), while George Washington met a similar fate in 1799 as a consequence of venesections and large doses of mercury (Kayne, 1997).

Disillusioned by his observations, and concerned that he may be doing more harm than good, Hahnemann renounced his medical practice and moved to Dresden where he devoted himself to chemistry and employed his gift for languages between 1785 and 1789 by translating medical texts (De Schepper, 2006; Kayne, 1997).

It was during the course of translating the Scottish physician, William Cullen's *Treatise on Materia Medica* into German that the seeds of homoeopathy were sown.

Cullen discusses Peruvian bark, also known as Cinchona bark in his *materia medica*, suggesting that it was effective in treating malaria because of its astringent properties. However, Hahnemann, through his experience of malaria in Hungary where he spent a couple of years, knew of the existence of drugs which were similarly astringent, yet did not cure malaria. This knowledge prompted him to experiment by ingesting the drug himself (Kayne, 1997).

In so doing he discovered the symptoms induced by Cinchona bark in a healthy person (himself) were the same as the symptoms of malaria. As soon as he stopped administering the bark, the symptoms disappeared. He repeated the experiment on members of his family with similar results (Blackie, 1990; De Schepper, 2006; Kayne, 1997; Roberts, 1976).

The discovery that drugs causing symptoms in healthy people could be used to cure patients with diseases demonstrating the same symptoms became known as the Law of Similars or *similia similibus curentur* (let likes be cured by likes) (De Schepper, 2006; Kayne, 1997; Roberts, 1976).

Hahnemann's experiment – or *Prüfung* from the German for “examination” (Collins, 1993) – with Cinchona bark was the start of a systematic cataloguing of symptoms produced by hundreds of organic and inorganic substances in healthy volunteers – a procedure now referred to as “provings” or “homoeopathic pathogenic trials” (Walach, 1997).

2.1.1 Serial dilution

Hahnemann began treating the sick using proven drugs, at full strength and in accordance with the Law of Similars. But the toxic effect of the doses saw him decreasing the strength of the dose systematically, which is how he discovered that not only were smaller doses less toxic, they also produced better results (Goel, 2002).

The first details relating to dilution or attenuation are given by Hahnemann in a pamphlet entitled *Cure and Prevention of Scarlet Fever* published in 1801 where he gives instructions for the preparation of Belladonna. The powder of dried Belladonna

juice is combined with 100 drops of distilled water, triturated and then poured into a vial to which is added 300 drops of dilute spirits of wine and then shaken well. This vial was labelled as a strong solution of Belladonna and one drop of this solution was mixed with 300 drops of dilute spirits of wine and shaken for several minutes and labelled as a medium solution of Belladonna. Again, one drop of the medium solution was combined with 200 drops of dilute spirits of wine, shaken for several minutes and labelled as a weak solution of Belladonna (Barthel, 1991).

Drops of the remedy thus manufactured were added to liquid, but before the dose was taken by the patient it had to be vigorously stirred for one minute.

Hahnemann held that:

It is altogether hard to believe how much of the power of a particular medicine is lost (...) if one gives it unmixed, simply allowing it to be licked from a spoon, putting it on sugar, or – if one does add the drops to a liquid – without stirring thoroughly; stirring, vigorous and continuous stirring gives a fluid medicine the greatest number of points of contact with the living fibre; this alone will give it real power (Barthel, 1991: 113).

What Hahnemann discovered by giving his patients attenuated doses was that “the diminution of the action of the drug was not proportionate to the diminution of its quantity” (Ameke, 2007: 141). Indeed, the opposite was true; Hahnemann discovered the therapeutic effects of a drug such as Belladonna, prepared according to his instructions, resulted in increased therapeutic effects such as could not be duplicated by crude drugs (Ameke, 2007).

2.1.2 Dynamisation

Up to 1813 Hahnemann’s writings suggest that he concentrated predominantly on the dilution of the drug combined with a thorough shaking. But that year, following on from the idea of serial dilution or attenuation, the beginnings of the dynamisation theory emerges, whereby Hahnemann writes not only about diluting medicines but

also about the preparation of dry substances which are subjected to friction in a mortar, and fluid substances which are vigorously shaken (Goel, 2002). These processes of friction (trituration) and vigorous shaking (succussion) were responsible for the release of the dormant healing power contained within the substance (Goel, 2002). Thus serial dilution together with trituration and/or succussion constituted dynamisation or potentisation of homoeopathic remedies (Goel, 2002; Yasgur, 2004).

It was at this time that Hahnemann's observations led him to discover that so-called inert or non-therapeutic substances such as salt, lime, charcoal and Lycopodium could be transformed by the process of dynamisation to powerful healing substances (Goel, 2002).

There was a lot of experimentation with regard to the manufacture of medicines: at one time Hahnemann produced medicines according to a millesimal scale i.e. 1:1000 using 12 vials, then a centesimal scale i.e. 1:100 up to a 30th potency described in Volume 2 of *Materia Medica Pura* in 1816. Likewise, succussions evolved from shaking the solution for several minutes, shaking strongly, shaking well, shaking for three minutes, shaking twice, until finally in 1837 Hahnemann settled on ten succussions (Barthel, 1991).

2.1.3 Trituration

Hahnemann found a method of triturating gold (*Aurum metallicum*) in an Arabic medical text and in 1818 he triturated the first metal using gold leaf with lactose as a vehicle (Barthel, 1991; Dellmour, 1994; Goel, 2002). Hahnemann discusses the trituration of *Aurum metallicum* in his fourth volume of the *Materia Medica Pura* of 1818 (Goel, 2002). Hahnemann discovered that substances insoluble in water and/or alcohol would become soluble after being subjected to trituration:

The brown-black juice of the marine animal *Sepia*, which was formerly only used for drawing and painting, is in its crude stage

soluble only in water, not in alcohol; but by such a trituration it becomes soluble also in alcohol (Hahnemann, 1975: 145).

He goes on to say:

What can I say of the pure metals and of their sulphurets, but that all of them, without exception become by this treatment equally soluble in water and in alcohol, and every one of them develops the medicinal virtue peculiar to it in the purest, simplest manner and in an incredible high degree? (Hahnemann, 1975: 146).

Moreover, he discovered that substances regarded at the time as inert and of no therapeutic value became therapeutically active once submitted to the processes of trituration and systematic dilution (Goel, 2002). Hahnemann wrote:

So also the *pollen of lycopodium* floats on alcohol and on water, without either of them showing any action upon it – the crude lycopodium is tasteless and inactive when it enters the human stomach; but when changed in a similar manner through trituration it is not only perfectly soluble in either fluid, but has also developed such extraordinary medicinal powers, that great care must be taken in its medicinal use (Hahnemann, 1975: 146).

From his trituration experience with gold in 1818 until 1835 Hahnemann triturated solids – initially to a potency of 12c (or C12) – before converting to higher liquid potencies, while soluble substances were taken from mother tinctures to higher potencies (Dellmour, 1994).

However, according to Dellmour, after 1835 Hahnemann used the trituration method for both insoluble and soluble remedies such as common salt, iodine and potassium carbonate amongst others, up to a 3c potency – Hahnemann discovered that metals triturated for a total of three hours, i.e. one hour per potency, were soluble in water – before converting them to higher liquid potencies (Barthel, 1991; Dellmour, 1994).

It is clear from his comments that Hahnemann was impressed with the therapeutic results of trituration, causing him to proclaim:

The changes which take place in material substances, especially in medicinal ones, through long-continued trituration with a non-medicinal powder (...) are so incredible that they approach the miraculous, and it is a cause of joy that the discovery of these wonderful changes belongs to Homoeopathy (Hahnemann, 1975: 145).

And he extends the trituration process to plants when he recommends

Also with the freshly expressed juices of the herbs it is best to at once put one drop of the same with as much sugar of milk as is taken for the preparation of the other medicines, so as to triturate it to the millionfold powder attenuation, and then a grain of this attenuation is dissolved in equal parts of water and alcohol, and must be potentized to a further dynamization through the twenty-seven diluting vials by means of two successive strokes. The fresh juices thus seem to acquire more of dynamization, as experience teaches me, than when the juice without any preparation by triturating is merely diluted in thirty vials of alcohol and potentized each time with two successive strokes (Hahnemann, 1975: 147).

2.1.4 Early provings

In order to determine the action of drugs Hahnemann recommended the proving of such drugs on the healthy body and from the study of toxicological data gathered from poisonings. The information thus gathered contributed to the compilation of Hahnemann's *Materia Medica Pura* (Ameke, 2007).

The first provers of homoeopathic remedies were a group of students selected from Leipzig University, where Hahnemann lectured from 1812 (Haehl, 2000). In addition to proving remedies, Hahnemann's band of provers were involved in collecting and

preparing remedies for use. Hahnemann trained them to be observant and meticulous in recording symptoms (Haehl, 2000). The results of these provings formed part of Hahnemann's writings *Materia Medica Pura* which appeared in six volumes from 1811 to 1821 (Goel, 2002; Haehl, 2000).

In the early days, provings were carried out using very small doses of crude substances but, even so, the small doses used caused considerable aggravations, forcing Hahnemann to experiment with smaller and smaller doses until he developed his theory of dynamisation, whereupon the material doses were replaced by potentised remedies (De Schepper, 2006; Goel, 2002). In aphorism 128 of the 6th edition of his *Organon of Medicine*, he writes:

The most recent observations have shown that medicinal substances, when taken in their crude state by the experimenter for the purpose of testing their peculiar effects, do not exhibit nearly the full amount of the powers that lie hidden in them which they do when they are taken for the same object in high dilutions potentized by proper trituration and succussion, by which simple operations the powers which in their crude state lay hidden, as it were dormant, are developed and roused into activity to an incredible extent. In this manner we now find it best to investigate the medicinal powers even of such substances as are deemed weak, and the plan we adopt is to give to the experimenter, on an empty stomach, daily from four to six very small globules of the thirtieth potency of such a substance... (Hahnemann, 1998: 201).

2.1.5 Sherr provings

In his book *The dynamics and methodology of homoeopathic provings*, Jeremy Sherr has gathered scattered writings throughout the homoeopathic literature and set out a protocol for proving remedies in order to maintain some kind of uniformity in traditional provings. Sherr's protocol mostly follows Hahnemann's, with the notable

exception that Sherr's provings are double-blind, in contrast to Hahnemann's belief that provers should be aware of the identity of the remedy and should even prepare their own remedies (Goel, 2002; Sherr, 2003). And while Hahnemann enforced strict rules for his provers' diet, lifestyle and state of mind (for example in aphorisms 125 and 126) Sherr (2003: 30) says these strictures are impractical and recommends instead that provers "...live as pure a lifestyle as is possible for them...".

Sherr lays out a methodology for provings which yield reliable information for incorporation into repertories and *materia medicas*. This methodology is based on Hahnemann's instructions for provings in aphorisms 105 to 145 of the *Organon* and Kent's *Lectures of homoeopathic philosophy*, lecture number 28th entitled the *Study of Provings*.

Sherr (2003) suggests that 15 to 20 male and female provers will produce a complete remedy and that those provers should be in reasonably good health. They should not be pregnant, on prescription medication, hormone replacement therapy, the oral contraceptive pill or taking recreational drugs.

Before commencing the proving, the prover attends an orientation meeting where the process of a proving is explained. The prover also undergoes a medical examination and a case history is taken to ensure that a distinction can be made between pre-existing symptoms and those arising from the proving, as well as any symptoms which may be altered or cured by the remedy taken. For a period of seven to ten days prior to the proving, the prover records all his physical, mental and emotional symptoms in order to establish a baseline and to become accustomed to the process of self-observation. Experienced provers omit the seven to ten day recording of symptoms (Sherr, 2003).

In terms of the potency of the substance administered to provers, Sherr (2003) recommends a 30c for provings, which is in keeping with Hahnemann's dictates in aphorism 128:

...the plan we adopt is to give to the experimenter, on an empty stomach, daily from four to six very small globules of the thirtieth potency of such a substance... (Hahnemann, 1998: 201).

This was reinforced by Kent in lecture 28:

A master-prover (...) will begin with the first or earliest form of the drug, it may be a tincture, and potentize it to the 30th potency, putting a portion of that potency into a separate vial for each member of the class (Kent, 1967: 185).

Sherr (2003) recommends provers take a maximum of six doses over a period of two days. Should symptoms arise anytime before the sixth dose, the prover ceases taking the remaining doses. Similarly, should no symptoms arise after the sixth dose, no further doses are taken.

The prover and supervisor agree on a starting date for taking the remedy and a daily contact schedule. During the contact session, the supervisor reviews each symptom recorded by the prover, ensuring that the symptom is complete with regard to "... sensation, location, modality, time and concomitants" (Sherr, 2003: 60). As the symptoms decrease, contact between the supervisor and prover is reduced to every two, three and then seven days. Once the prover experiences no more symptoms for three to four weeks, the proving is complete, although Sherr recommends contacting provers after six months to a year to determine whether anything else of importance has taken place (Sherr, 2003).

Sherr (2003) also recommends group discussions between provers and supervisors as a way of nudging the memory for symptoms which provers may have regarded as inconsequential or not noticed at the time. He suggests these meetings add "...a deep and dynamic dimension to the proving experience" (Sherr, 2003: 65) and suggests they be conducted a month or so into the proving and another one or two interactions at later dates such as two and six months after the start of the proving.

Once the proving is complete the journals are collected, symptoms extracted and converted to the format of the *materia medica* i.e. “...plain, clear and grammatically correct English” (Sherr, 2003: 67) and then converted to repertory language and graded according to repetition. Toxicological data of the remedy is added to the final write-up (Sherr, 2003). The importance of toxicological data is raised by Hahnemann (1998: 191) in aphorism 110, where he asserts that symptoms caused by deliberate or accidental poisonings suggest the “curative action” of such poisons when used in homoeopathic potency to treat similar symptoms occurring in a diseased patient.

The Sherr methodology for provings is the method most commonly followed by the Department of Homoeopathy at the Durban University of Technology (DUT) (Botha, 2010).

2.2 C4 TRITURATION PROVINGS

C4 trituration provings began with Witold Ehrler in Germany in 1993. After ten years of gathering knowledge on a wide variety of subjects for non-degree purposes at Bremen University “... he decided that his life needed to change” (Hogeland and Schriebman, 2008: 9). With this in mind, at the age of 28, Ehrler made contact with an American Indian shaman who is said to have brought about healing in him and “opened him up to his latent psychic abilities” (Hogeland and Schriebman, 2008: 9).

Around this time, Ehrler read a book on homoeopathy and was “intrigued by the notion that a fixed chemical substance such as sulphur or phosphorus, once potentized, could have a psychological profile” (Hogeland and Schriebman, 2008: 9).

He decided to test the truth of this and triturated *Calcareo carbonica* according to the 1970 edition of the *Homöopathisches Arzneibuch* (comparable to the US Homoeopathic Pharmacy guidelines) which called for four rounds of trituration instead of the three rounds specified in Hahnemann’s *Organon* (Hogeland and Schriebman, 2008). It was during this trituration and many others that followed that

Ehrler experienced symptoms and was said to have often received “... information as entire texts during the night” (Hogeland and Schriebman, 2008: 10).

Hogeland and Schriebman (2008) maintain this phenomenon is not new, and that pharmacists at Helios Pharmacy in England have experienced proving symptoms during remedy preparations and that these data have been recorded for many years.

Ehrler compared the information or “transmissions” he had gathered during his triturations with that available in the *materia medicas* and found a consistency between the two, but found his information to be “...much more focused, precise, complex and elemental” (Hogeland and Schriebman, 2008: 10).

Having kept his trituration experiences to himself initially – because of concerns that he might be perceived as “crazy”– “He eventually shared this information with two homoeopaths, who showed no interest in his discoveries” (Hogeland and Schriebman, 2008: 10). It was a medical homoeopathic practitioner from Freiberg, Jürgen Becker, however, who saw the significance of Ehrler’s experiences and declared “Now begins a new period in Homeopathy!” (Hogeland and Schriebman, 2008: 10).

Ehrler and Becker travelled throughout Germany carrying out triturations with many homoeopaths and recording their experiences. They discovered that an increasing number of homoeopaths were drawn to the process as a way “... of gaining experiential knowledge of remedies” (Hogeland and Schriebman, 2008: 11). In their pamphlet *The new dimension of C4-homoeopathy*, Becker and Ehrler (1998: 2-3) assert that the symptoms they experienced, physical and psychological, as well as the “inner pictures and ideas concerning the substance to be triturated” – what they referred to as “trituration-resonance-phenomena” – could “be perceived by most people, who do this act of trituration with enough inner participation and attention.”

Remedies are said to reveal themselves in layers during trituration, i.e. physical sensations are revealed at the C1 level, emotional symptoms at the C2 level, mental

aspects at the C3 level and spiritual aspects at the C4 level (Becker and Ehrler, 1998).

Becker and Ehrler (1998: 2) assert that remedies triturated to C4 and converted to liquid potencies “have a much higher potential of healing power than all our traditional potencies!” and that “this new C4 dimension can only be reached by resonant C4-trituration by hand and inner participation and attention, and not at all by mechanical trituration of machines.”

In Hahnemannian parlance the letter C refers to the centesimal scale of dilution. However, in Ehrler’s triturations, C stands for carbon, in a reference to the “eight carbon levels of existence” (Hogeland and Schriebman, 2008: 7). Thus C4 trituration does not necessarily stop at C4 but may go further if the remedy has information to reveal beyond C4 (Hogeland and Schriebman, 2008). It appears to be coincidence that the levels of carbon correspond to the centesimal scale of trituration.

Becker and Ehrler developed their ideas into a method they called Resonant C4 Trituration, which Becker presented at the 53rd Congress of the Liga Medicorum Homoeopathica Internationalis in Amsterdam in 1998 as “a new dimension of homoeopathic remedies and of homoeopathy itself” (Becker and Ehrler, 1998).

Friedrich Dellmour’s response in the journal *Documenta Homoeopathica* read, in part:

It is generally known since the trituration of Lachesis by Hering, that sensitive persons may perceive drug proving symptoms during the trituration. But the assumptions, these experiences may be equal with true drug provings and may develop the remedy picture step by step clearly contradict the requirements of *materia medica* recommended by Hahnemann (Dellmour, 1998: 261-263).

Indeed, 150 years earlier, Hahnemann (1998: 211) referred obliquely to the same phenomenon when, in aphorism 144, he admonished practitioners that “...everything that is conjectural, all that is mere assertion or imaginary, should be strictly excluded” from the *materia medica*. Significantly Dellmour (1998) uses this quote to

argue against the inclusion of symptoms experienced during triturations in the *materia medica*.

Vithoulkas (2008) examines the attacks on homoeopathy by the British media and asks whether they are justified and whether the ammunition for these attacks is not derived from within the ranks of homoeopaths.

As support for his argument, he examines some of the practices and ideas of homoeopaths including the methodologies of provings which have departed from the traditional methods whereby an oral dose is given to healthy provers and the symptoms elicited are recorded over a period of time in an attempt to understand the remedy in its entirety i.e. physical, mental and emotional.

Instead, this new group of homoeopaths suggests the essence or central theme of a remedy can be imagined, and from that theme the use of the remedy may be predicted.

Although Vithoulkas does not directly refer to the C4 proving methodology, he calls into question the short-cut method of provings (2008) quoting from Sherr (1994) who discusses some of these non-traditional methods, including the practice of taking a dose of a remedy a few days before or during a seminar and then discussing and comparing the experiences and dreams elicited by the remedy in order to locate the central theme – a method, Sherr says, that was popularized by Jürgen Becker.

However, while Sherr (1994) concedes that such short cuts may be helpful in finding the central theme of a remedy, he points out the weakness in the methodology – that of missing the whole picture of the remedy, i.e. “...the larger totality of the physical, general and long term symptoms which constitute a whole proving...”; something he compares to “...eating the cherry without the icing and the cake.” (Sherr 1994:17).

2.2.1 Advantages of C4 trituration provings

In the “Author’s notes” section, Schriebman (2008: xvi) asserts that the C4 trituration process is a way of accessing the picture (symptoms) of a remedy “reliably,

personally, intensely and quickly” giving it an advantage over the Hahemannian methodology of pellet proving.

To illustrate the difference in remedy understanding afforded by C4 triturations and by that of reading *materia medicas* the authors refer to an interview with Wenda Brewster O’Reilley (who edited and annotated Hahnemann’s *Organon of the medical art*) where she discusses two different kinds of knowledge referred to by Hahnemann in the *Organon: Wissen* and *Kentniss*. “*Wissen*” refers to the knowledge acquired through the study of texts – it is knowledge acquired through the intellect, whereas “*Kentniss*” is knowledge acquired through direct experience – it is knowledge acquired on an intuitive level (Hogeland and Schriebman, 2008).

According to Hogeland and Schriebman (2008) it is the C4 trituration which gives the homoeopath access to a deeper, experiential understanding of the remedies i.e. *Kentniss*. Moreover, the homoeopath who gains knowledge using the C4 trituration method has the advantage of recognising the corresponding state of a remedy in a patient “because she/he has the *resonant knowledge* of that remedy” (Hogeland and Schriebman, 2008: 4).

The authors suggest that with each round of trituration, the homoeopath uncovers different levels of symptoms and in the process one enters “into a *resonant vibrational empathy* with the substance” and that “the homoeopath becomes more and more sensitive as a result of this process and thus becomes more adept as a practitioner, at coming into resonance with remedies and with patients” (Hogeland and Schriebman, 2008: 6).

2.2.2 Differences between traditional and C4 trituration provings

C4 trituration provings differ from traditional provings in several respects:

1. In C4 trituration provings, the remedy to be proved is triturated to a 4c potency, whereas in traditional provings it is triturated to a 3c potency (Becker and Ehrler, 1998);

2. The 3c remedy is converted to a liquid and potentised to 30c and other potencies in traditional provings (Hahnemann, 1998; 2008) whereas C4 provings are not converted to liquid; instead, the proving takes place during the trituration process;
3. Pilules are moistened with the 30c remedy and given to provers who journal their symptoms – a process of several weeks to months – in traditional provings (Sherr, 2003), whereas C4 triturators can prove the remedy and note down the symptoms they experience during the four hours it takes to complete the trituration (Hogeland and Schriebman, 2008).

2.2.3 Components of a C4 trituration proving

C4 trituration provings are done in groups. Hogeland recommends the groups be no larger than 4–10 people as any larger makes it “difficult to evaluate and synthesize material.” Moreover, the finding is that “large groups tend to fractionate, which often results in some participants feeling left out, marginalized or neglected” (Hogeland and Schriebman, 2008: 32).

All substances are triturated by hand, before being converted into liquid potencies.

The triturators record any symptoms they experience during the trituration, and these are shared after the trituration is complete (Hogeland and Schriebman, 2008).

Substances are triturated to the 4c (or C4) level – although the trituration may be carried on beyond 4c if the substance has not fully revealed itself – instead of 3c as suggested by Hahnemann in aphorism 270 of the *Organon* (Hahnemann, 1998; Hogeland and Schriebman, 2008).

2.2.4 The C4 trituration proving process

Hogeland and Schriebman (2008: 29) suggest that in the first few triturations one may not get much information, but that with more experience one becomes “more easily attuned to a substance.” The result is that the triturator is able “to trust as reliable whatever information surfaces”.

Triturators are usually unaware of the substance being triturated, nevertheless according to Hogeland and Schriebman (2008: 27)

With a well-intentioned group, at the end of the trituration process there is often very little doubt as to what the substance stands for and what it can be used for. The group frequently identifies the substance before being told what it is.

C4 trituration provings have captured the imagination of homoeopaths, with many groups forming all over the world (Hogeland and Schriebman, 2008). One of the main proponents of C4 provings and C4 trituration remedies is homoeopath and head of the Hahnemann Instituut Nederland, Alize Timmerman. Timmerman was introduced to C4 trituration remedies by a colleague who attended a lecture by Jürgen Becker. Timmerman had prescribed *Argentum metallicum* for a patient, with good results; however she found the remedy did not hold, and her patient suffered a relapse after several years. When the patient was given the same remedy but in a C4 trituration potency, the symptoms were relieved and the patient continued to be well four years later (Brinton and Miller, 2004).

That there is a difference in remedies produced from a 3c trituration and 4c trituration is borne out in a study completed by Izel Botha (2005) to establish by Nuclear Magnetic Resonance (NMR) whether remedies produced from 3c and 4c triturations respectively have different physical and chemical properties. The results of the study indicated a “significant difference between the samples produced from a respective 3CH and 4CH trituration level”. The study went on to conclude that “... 4CH potencies are physico-chemically distinct from 3CH-derived potencies (as currently employed)” (Botha, 2005: iii-iv).

Timmerman’s postgraduate course includes C4 trituration provings in which every group starts with a trituration of *Lac Humanum* which Timmerman feels grounds the group and opens them and improves resonance for future provings:

This trituration (*Lac Humanum*) grounds them, and the group becomes one with this remedy. It brings them back to basics and protects them from falling in a hole with future provings, so that they can open up and increase resonance, when doing future provings (Brinton and Miller, 2004: 41).

Hogeland and Schriebman (2008) recommend a structured and orderly substance like a mineral as an initial trituration substance in order to get a grounding in the process, or a plant remedy to assist in developing sensitivity. They also mention that some people recommend *Lac Humanum* as an initial trituration substance. However, in the final analysis the consensus is that there are “no hard and fast rules” (Hogeland and Schriebman, 2008: 32).

Botha (2010) revealed in an email that a trituration group of around ten members was formed in South Africa on the 9th August 2001 in Durban when it triturated *Lac Humanum*. Since then, the group has triturated several substances including *Vibuthi* – holy ash – gathered from the home of a Sai Baba devotee, “emanating from the photographs of Sri Sathya Baba” and it is Botha and Somaru’s assertion (2010: 114-115) that “the group has found that the intensity of the trituration experiences increase the more they work together”. It is this group that participated in the present study.

Around the same time as the Durban group, 15-20 homoeopaths led by Ruth Bloch got together in Cape Town to participate in resonance proving every three weeks (Erasmus, 2009).

2.3 COMPARING PROVING METHODS

An obvious question is whether C4 trituration provings may be used instead of, or in addition to, traditional provings. However it is not clear whether the two methods produce similar results. There appears to be nothing in the literature which answers

the simple question: “Do participants in a C4 trituration experience the same symptoms as subjects in a traditional proving of the same remedy?”

Symptoms observed through traditional provings over the past century are collected in the various *materia medicas*, but there is no comparable compilation of symptoms experienced by C4 triturators while proving the same remedies.

In 2004 California-based homoeopath Jonathan Shore, together with Anneke Hogeland and Judy Schriebman, published *Birds: homeopathic remedies from the avian realm*. This book contains traditional and C4 provings of substances drawn from the avian realm, but these are all new to the *materia medica* and so are not useful as a point of comparison.

In 2008 Hogeland and Schriebman published *The trituration handbook: into the heart of homeopathy* dealing with C4 triturations and including five C4 provings. One of these, *Calendula*, is reflected in standard *materia medicas*. Unfortunately the classical provings on this substance are known to be extremely weak. Kent (1989: 354), for example, says the proving of *Calendula* is “so nearly worthless that we cannot expect at present to use it as a guide to the internal administration of the remedy.”

Botha’s doctoral thesis (2010) compared the methodologies of C4 provings, Sherr provings and dream provings in terms of each method’s efficiency in eliciting reproducible symptoms. She found that C4 trituration yielded 841 out of the total of 1 373 rubrics i.e. 61 percent. However the substance used in the study, *Protea cynaroides*, does not appear in existing *materia medicas* and so her study does not cast light on whether the symptoms derived from a C4 proving are comparable to the *materia medica* of an existing, well-proven homoeopathic remedy.

2.4 THE SUBSTANCE: BORAX

The substance triturated for purposes of this research was Borax. As this was a double blind trituration, the substance was not revealed to either the researcher or the triturators until after repertorisation of the symptoms was completed.

The Borax was British Pharmacopoeia grade marketed by Dis-Chem (Pty) Ltd, Johannesburg, South Africa; batch number 30945, expiry date February, 2011.

2.4.1 Definition and properties

The name “borax” is derived from the Arab *buraq*, meaning “white” (Gavira and Frances, 2008). Its systematic name is sodium tetraborate decahydrate and it is also known as sodium borate or sodium pyroborate (Vermeulen, 2004).

Borax is an evaporite mineral formed in dry desert lake beds, and is accompanied by halite, other borates and various evaporite sulphates and carbonates (Gavira and Frances, 2008).

Borax takes the form of odourless crystals, granules or crystalline powder consisting of sodium, boron, oxygen and hydrogen. Its molecular formula is $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$ (Gavira and Frances, 2008).

The colourless crystals dehydrate rapidly when exposed to air forming a chalky mineral, tincalconite (Gavira and Frances, 2008).

2.4.2 Occurrence

Borax is found in evaporite deposits, salt lakes and pans and has been mined since ancient times from saline lakes in Kashmir and Tibet. Today it is the principal source of boron compounds widely used in industry (Gavira and Frances, 2008). Extensive deposits of borax are also found in California, Turkey and the Andes mountains (Vermeulen, 2004).

2.4.3 Uses

Borax has various industrial uses including the manufacture of glass products, where it gives strength and heat resistance; it is an ingredient of enamel glazes and ceramics, porcelain, paint, and coated paper (Vermeulen, 2004; The mineral borax, 1997).

Other uses include the manufacture of detergents, soaps, fertilisers and pesticides, as a fungicide for wood products, as a flux for smelting and soldering metals, fireproofing fabrics and wood, and for curing and preserving skins (Vermeulen, 2004).

Borax is also used to conduct a bead test which is used to test for the presence of certain metals in a substance (The mineral borax, 1997).

It has a mild bacteriostatic action and has been used as a gargle or mouth-wash for the treatment of aphthous ulcers and stomatitis; as a lotion for bromhidrosis and inflammatory conditions of the eyes; and as a nasal douche. When added to solutions for storing surgical instruments, borax prevents the formation of rust (Blacow, 1997).

2.4.4 Toxicology

Sodium tetraborate gives off irritating or toxic fumes in a fire. On inhalation it may cause coughing, shortness of breath, sore throat and epistaxis. Skin exposure may result in dry skin and erythema. Ocular exposure may cause redness and pain. Ingestion may cause abdominal pain, diarrhoea, nausea, vomiting and weakness (International Programme on Chemical Safety, 1997).

Ingestion of a high dose or entry through damaged skin may cause effects on the central nervous system, kidneys and gastrointestinal tract (International Programme on Chemical Safety, 1997) including nausea, vomiting, abdominal pain, diarrhoea, unconsciousness, depression and renal failure (Pongsavee, 2009).

Effects of long-term exposure or repeated exposure may include dermatitis and respiratory tract irritation (International Programme on Chemical Safety, 1997).

2.4.5 The provings of Borax

The homoeopathic remedy is known as Borax or Borax Veneta because of its association with the Venetians who brought the crude salt from the lakes in Tibet to Venice (Hahneamnn, 1975).

The first proving of Borax by Gustav Adolph Schreter was published in Hartlaub's *Annalen*, 1832, vol. iii, p.309 and included 87 symptoms (Hering, 1991).

In 1835, Hahnemann's proving (1975) included a total of 460 symptoms including those from Schreter's proving, in his 2nd edition of *Chronic Diseases* (Hahnemann, 1975; Hering, 1991; Vermeulen, 2004).

Hahnemann (1975: 421) makes reference to the use of a solution of borax in households as a treatment for aphthae in children and for "facilitating the labor-pains of parturient women".

Another proving of a tincture of borax was published in the Austrian Journal in 1857 by Anton Fischer (Hering, 1991; Vermeulen, 2004).

As far as is known, the present study is the first proving of Borax using C4 trituration methodology. This process is described in detail in the next chapter.

CHAPTER 3 – METHODOLOGY

3.1 INTRODUCTION

This study set out to establish whether the symptoms elicited during the C4 trituration of a well-proven substance were similar to those encountered during traditional provings. The expectation was that a positive finding would encourage further studies to determine whether C4 provings might be used in conjunction with, or instead of, traditional provings as a means of developing homoeopathic remedies.

The C4 trituration proving undertaken for this research followed instructions laid out by Hahnemann (1998) for triturations as well as Method 6 in the German Homoeopathic Pharmacopoeia (GHP) (Benyunes, 2005) – which is essentially based on Hahnemann's instructions – with the following modifications:

- The trituration substance was chosen and prepared by the research supervisor before the morning of the trituration. The substance was pre-mixed with lactose powder so as to render it unidentifiable to the researcher and triturators. The substance was, therefore, blind to the researcher and triturators.
- The substance was triturated to a 4c potency rather than 3c as outlined by Hahnemann (1998); although the GHP does allow for trituration up to 4c (Benyunes, 2005: 1)

Triturations up to and including the D4/C4 are triturated by hand or machine in a ratio of 1 to 10 (decimal dilution) or 1 to 100 (centesimal dilution).

- During each round of trituration, participants recorded their symptoms on paper, and after each round they discussed their symptoms during a debriefing session. Triturators who did not wish to discuss their symptoms in a group were able to do so later with the researcher.

- The triturations and debriefing sessions were videotaped for later reference by the researcher.

With the possible exception of blinding, the above protocol is the same as that proposed by Hogeland and Shrieberman (2008) and Timmerman (2007).

3.2 SAMPLING

Convenience sampling was used because a criterion of the study was that the triturators should have prior triturating experience. The underlying assumption, discussed in the previous chapter, was that experienced triturators were likely to be better provers and to give more useful information.

Triturators were, therefore, recruited from an existing group of experienced triturators, including homoeopaths and senior homoeopathic students from the Homoeopathic Department of DUT. All the participants in the study were known to the researcher from the *Vibuthi* trituration referred to by Botha and Somaru (2010) and were contacted by phone or email.

For the purposes of this study ten triturators were recruited. Hogeland and Schrieberman (2008) recommend four to ten people for a C4 trituration, pointing out that larger groups need more time to share experiences between rounds, making it more difficult to evaluate and synthesise results. Longer debriefing sessions would mean a trituration exercise would extend over two days, which in turn would reduce the number of people willing to participate, while negating a key benefit of C4 trituration provings, namely the rapidity with which a substance can be proved. In addition, Hogeland and Schrieberman say “large groups tend to fractionate, which often results in some participants feeling left out, marginalized or neglected” (2008: 32).

Once confirmation was received from the participants, a subject information letter, an informed consent form, a programme of events and a trituration timing sheet were emailed or posted to them (refer Appendices C, D, E and F respectively). Copies of these forms were also made available on the day of the trituration.

3.3 ETHICAL CONSIDERATIONS

All triturators voluntarily agreed to participate in the study and signed informed consent forms (refer Appendix D) before the start of the C4 proving. The informed consent form made it clear that participants could withdraw from the study at any time without having to give a reason.

It was made clear in a subject information letter (refer Appendix C) that all information gathered during the trituration, including participants' and researcher's notes and video tapes, would be secured under lock and key, and that such data would be shredded or erased once the research was published.

Triturators were advised in the same letter that their identity would be protected in the report. Where there was a need to refer to an individual triturator, this would be done by number rather than name.

The letter also advised triturators that in the event of anyone experiencing any unpleasant or prolonged symptoms during or after the trituration, these would be antidoted by giving them a C1 potency of the substance. Hogeland and Schriebman (2008) maintain that a sensitive triturator's equilibrium may be restored by triturating the raw substance or administering a lower potency of the same substance.

Participants were given several weeks to clear up any questions between the time of verbally agreeing to participate in the study and signing the consent forms. Questions were addressed via email, SMS or cell phone.

3.4 INCLUSION AND EXCLUSION CRITERIA

Sherr (2003: 44) suggests the following inclusion criteria:

- Provers should be in reasonably good health; elderly people are fine provided they are "dynamic"
- They should be honest and diligent in supplying accurate information

- They should be sensitive and observant of any symptoms experienced during a proving
- A proving should include males and females.

Sherr (2003: 44) also suggests the following exclusion criteria:

- Provers should not be on prescription medication or taking recreational drugs
- They should not be on contraceptive or hormone replacement therapy
- They should not be pregnant
- Children should be excluded from provings.

The question of inclusion and exclusion criteria for C4 provings is not discussed by either Hogeland and Schriebman in *The Trituration Handbook* or Timmerman in her *C4 Protocol*. Botha (2010: 55) maintains “There is no strict inclusion protocol for the participants involved in a C4 proving” while Becker and Ehrler (1998: 1) suggest that most times the participant who has the right intent will be successful:

In the last four years we could verify, that these phenomena of resonance during trituration can be perceived by most people, who do this act of trituration with enough inner participation and attention.

The researcher felt the only necessary inclusion criterion was that participants had previous trituration experience as they would more likely be able to observe their own symptoms and be willing to share these with the group. Moreover, the proving protocol would not have to be explained in detail – thus saving time – as they would all be familiar with the steps involved.

3.5 C4 PROVING METHODOLOGY

3.5.1 The setting

Hogeland and Schriebman (2008) suggest the ideal setting is informal and comfortable, with participants sitting around tables, and with minimal distractions from phones, television and other noises. However, public liability insurance and weather considerations precluded the researcher from following the informal route. The season at the time of the proving meant air conditioning was a prerequisite for the comfort of the provers and, if the proving had taken place off-campus, any accidents during the course of the proving would not have been covered by the university's insurance.

For these reasons, the proving took place in the Homoeopharmaceutics laboratory, MS 159, of the Homoeopathic Department at DUT, and the debriefing sessions took place in a separate air conditioned room.

Hogeland and Schriebman (2008: 33) mention that they sometimes videotape the proceedings "...which can be illuminating to watch afterwards." For the purposes of this research, video cameras were set up in both the laboratory and the debriefing room.

3.5.2 Preparation

The laboratory was prepared in advance by the supervisor and an assistant (refer Appendix A for greater detail of the materials and methods involved). This preparation entailed measuring lactose powder, placing the powder in vials, measuring the substance to be triturated, integrating this with a portion of lactose powder so the substance could not be identified by triturators, and washing and flaming spatulas, mortars and pestles.

At the end of each round of trituration, the participants and researcher retired to a separate room for the debriefing session while the supervisor and assistant prepared the laboratory for the next round of trituration.

The timing of proceedings was adhered to, as far as possible, according to the “Programme of events” laid out in Appendix E.

At the start participants were thanked for their time; a request was made for cell phones to be turned off; participants were given the opportunity to ask questions; “informed consent” forms were signed and witnessed by fellow-tritulators; and the trituration procedure was briefly outlined.

Each of the ten workstations had drinking water; pens, pencils and paper for recording symptoms; timing sheets; mortar, pestle, stainless steel spatula and three vials containing lactose of which one, containing the unknown substance already combined with lactose, was labeled “1”.

Participants were asked to record any symptoms during each of the four rounds of trituration and to identify these writings with the trituration level on the stationery provided. Thus the first round would be headed “C1” and the triturator's observations would be recorded under the heading.

Participants were advised that all written recordings of the trituration would be collected at the end of the day. They were also free to draw pictures if they wished. These would assist the researcher later in establishing whether any themes arose e.g. a preponderance of physical symptoms during the C1 proving or emotional symptoms during the C2 proving, as suggested by Becker and Ehrler (1998: 5) who wrote:

Thus the following rule can be established:

- remedies triturated to the C1 level will show their effect merely on the physical level,
- remedies triturated to the C2 level will add more of the emotional aspect,
- remedies triturated to the C3 level will develop the psychic or mental aspect of the remedy and will have their effect on it
- and remedies triturated to the C4 level will bring out the spiritual aspect.

Five minutes of breathing exercises followed so that participants could focus and prepare for the task ahead. According to Hogeland and Schriebman (2008: 26)

It is good to have a clear and focused intention at the start of the trituration process to bring everyone's attention into the same space and time in a concentrated and earnest manner.

3.5.3 Trituration process

The C4 trituration protocol followed method 6 described in the GHP (Benyunes, 2005) and was similar to the procedure followed by Hogeland and Schriebman (2008) and Timmerman (2007). It is also, in essence, the protocol laid out by Hahnemann (1998) in aphorism 270. The difference between Hahnemann's instructions and a C4 trituration is the addition of a fourth round of trituration required for C4 provings. Consequently the trituration process is increased from three to four hours.

Hahnemann (1998) mentions triturating for six to seven minutes and scraping the mortar for three to four minutes. Hogeland and Schriebman (2008) and Timmerman (2007) choose to triturate for seven minutes and scrape for three minutes, whereas the researcher for this study opted for six minutes trituration and four minutes scraping (Appendix B outlines the protocol in more depth) in keeping with method 6 laid out in the GHP (Benyunes, 2005).

The researcher timed the proceedings using a stopwatch, giving instructions such as “start triturating”, “stop triturating and start scraping”, “stop scraping”, “add lactose” etc.

The trituration commenced with the participants emptying the labeled vial containing lactose powder and the (as yet unnamed) substance into their mortars. This was triturated for six minutes then scraped from the sides and bottom of the mortar with a spatula for four minutes. This was followed by another six minutes of trituration and four minutes of scraping, giving a total of 20 minutes. At this point the contents of a second vial of lactose was added to the triturate and the process of triturating and

scraping was repeated twice, so that another 20 minutes elapsed. Finally, a third vial of lactose was added to the triturate and the procedure was repeated twice more before the C1 trituration round concluded after 60 minutes.

During the trituration, participants recorded their symptoms on the paper provided.

At the end of the first 60 minutes of trituration, the triturate was left in the mortars and the supervisor and an assistant prepared the laboratory for the next round of trituration.

Each trituration was followed by a debriefing session in another room where triturators were asked to report their experiences in the presence of the group, and on video. However it was explained again that they were under no obligation to speak in front of the group, and that one-on-one meetings with the researcher could be arranged. Nevertheless all the triturators participated in the debriefing sessions.

A period of 45 minutes was set aside for debriefing, refreshments and snacks after each round of trituration, except after the second (C2) round a 90 minute break was provided for debriefing and lunch. Refer Appendix E for the “Programme of Events”.

At the end of the final debriefing session, participants were asked to write down what they thought the remedy was before handing in their notes from all trituration sessions. The day’s proceedings ran 16 minutes over the allotted time.

3.5.4 Data collection

The triturators’ comments were transcribed verbatim into a Microsoft Word document and checked against the notes collected from participants.

3.5.5 Rubrics

The researcher extracted symptoms from the transcriptions and manually converted these into rubrics and sub-rubrics using Schroyens' *Synthesis* repertory (2004) as a guide.

The rubrics and sub-rubrics were entered in a column headed “Rubrics” on a Microsoft Excel spreadsheet and grouped under chapter headings in the same order as that of the *Synthesis* repertory (2004) i.e. “Mind” followed by “Vertigo”, “Head”, etc. A second column headed “Prover no.” was used to record prover numbers to see how many participants experienced the same symptoms.

The next task was to undertake an unprejudiced repertorisation in an attempt to identify the substance before unblinding. This was done by repertorising 43 rubrics and sub-rubrics in Radar 9.0 experienced by more than three provers with a couple of PQRS (peculiar, queer, rare, strange) symptoms included.

Once the researcher completed the repertorisation, the supervisor unblinded the remedy. The identity of the remedy was immediately conveyed to all who had taken part in the C4 proving.

The results of the unprejudiced repertorisation are discussed in chapter 5.

3.5.6 Quantitative statistical analysis

An extraction of all rubrics relating to Borax was carried out in Radar 9.0 and these rubrics were statistically compared to those from the C4 proving using SPSS Statistics 17.0.

The primary output data were binary – either a rubric from the C4 proving matched a rubric from previous traditional provings, as reflected in the Radar repertorisation, or it did not. The 74 rubrics which occurred in both the C4 trituration proving and the Radar repertorisation were then further disaggregated by Schroyens’ chapter headings (e.g. Abdomen, Mind etc.) and by the frequency that main rubrics and sub-rubrics occurred in each category. A Pearson Chi-Square test was applied to determine whether there was a significant correlation between the C4 and Radar repertorisations, and a Cramer V test to determine the strength of that association.

It was hypothesised that a significant correlation exists between the symptoms observed during a C4 proving and the symptoms observed in traditional provings of the same substance. Thus the hypothesis would be accepted if $p > 0.05$.

The null hypothesis states that a significant correlation does not exist between the symptoms observed during a C4 proving and the symptoms observed in traditional provings of the same substance. Thus the null hypothesis is accepted if $p < 0.05$.

The outcome of this process is described and analysed in the following chapter, and discussed in chapter 5.

CHAPTER 4 – RESULTS

4.1 THE RESEARCH QUESTION

The aim of the study is to establish whether symptoms elicited in a C4 proving are comparable to the symptoms produced in traditional provings of the same substance.

4.2 THE HYPOTHESES

The null hypothesis is that there is no significant correlation between the symptoms experienced by provers during a C4 trituration, and provers taking part in traditional provings of the same substance.

The alternative hypothesis is that the symptoms observed during a C4 proving will demonstrate a statistically significant correlation to the symptoms observed in traditional provings of the same substance.

These hypotheses may be stated as follows:

H_0 : a significant correlation does not exist between symptoms produced in a C4 proving and traditional provings of the same substance.

H_1 : a significant correlation exists between symptoms produced in a C4 proving and traditional provings of the same substance.

The hypotheses were accepted or rejected according to the following decision rule:

Do not reject H_0 if $p < \alpha$

Reject H_0 in favour of H_1 if $p > \alpha$

$\alpha = 0.05$; p = significance probability

4.3 THE STATISTICAL TESTS

In order to test these hypotheses a C4 proving was conducted with ten experienced C4 provers who recorded their symptoms during each round of trituration. Their symptoms were converted to rubrics in accordance with the style set out by Schroyens in the *Synthesis* repertory (2004). After the substance was revealed to be Borax, the rubrics from the C4 proving were statistically compared to rubrics associated with Borax in Radar 9.0

Radar is a computerised compilation of rubrics derived from the *Synthesis* repertory which includes a range of repertories, incorporating various proving methods. The repertory used for the extraction of Borax rubrics was Synthesis English 9.0 (SE90) which constituted a complete extraction of all the rubrics associated with Borax.

The origin of rubrics in Radar can be traced back to the original author by virtue of a code which is assigned to all rubrics. In this way it could be established that none of the rubrics associated with Borax in SE90 were derived from non-traditional methods, including dream, meditation or C4 provings (personal communication with Dr Werner Kerschbaumer, representative of Radar in South Africa, 6 July 2011).

The comparison of rubrics was done using SPSS Statistics 17.0 software. A Pearson Chi-Square test was applied to determine whether there was a significant correlation between the C4 and traditional provings of Borax, and a Cramer's V test was used to determine the strength of that association.

The SPSS comparison showed how many C4 rubrics for Borax were present in Radar and how many were absent (refer Table 1).

Table 1 – Data description

	Borax		Total
	Absent	Present	
C4 Trituration Absent	0	3474	3474
C4 Trituration Present	449	74	523
Total	449	3548	3997

This analysis was disaggregated by chapter level, main rubric level, sub rubric level and other rubric level. The SPSS tables were then summarised using Microsoft Excel in order to facilitate interpretation of the data as follows:

- Total number of C4 rubrics present or absent in Radar rubrics for Borax at chapter level, e.g. Abdomen (Refer Table 2).
- Total number of C4 rubrics present or absent in Radar rubrics for Borax at main rubric level found within the chapters, e.g. Abdomen, Flatulence (Refer Table 3).
- Total number of C4 rubrics present or absent in Radar rubrics for Borax according to sub rubric level found within the chapters, e.g. Abdomen, Flatulence, obstructed (Refer Table 4).
- Total number of C4 rubrics present or absent in Radar rubrics for Borax according to other rubric level found within the chapters, eg Abdomen, Flatulence, obstructed, morning (Refer Table 5).

Table 2 – Analysis of rubrics at chapter level

BORAX IN C4 TRITURATION VS. BORAX IN RADAR					
FREQUENCY SUMMARY					
Repertory Chapter	N	C4 rubrics in Radar	C4 rubrics not in Radar	Radar rubrics	p*
Abdomen	170	1	5	164	.000
Back	146	2	18	126	.000
Bladder	30	0	0	30	–
Chest	227	2	15	210	.000
Chill	38	1	0	37	–
Cough	46	0	0	46	–
Dreams	15	0	1	14	.000
Ear	106	4	16	86	.000
Expectoration	24	0	0	24	–
External throat	9	0	0	9	–
Extremities	335	2	42	291	.000
Eye	117	4	17	96	.000
Face	139	1	13	125	.000
Female	123	0	0	123	–
Fever	53	0	0	53	–
Generals	504	3	29	472	.000
Head	254	4	23	227	.000
Hearing	9	2	1	6	.134
Kidneys	10	0	2	8	.002
Larynx	38	0	0	38	–
Male & Female genitalia	5	0	0	5	–
Male genitalia	42	1	1	40	.000
Mind	585	36	213	336	.000
Mouth	117	2	4	111	.000
Neck	2	0	2	0	–
Nose	104	3	14	87	.000
Perspiration	22	0	0	22	–
Rectum	66	0	0	66	–
Respiration	32	0	0	32	–
Skin	85	2	3	80	.000
Sleep	99	2	1	96	.000
Stomach	172	1	10	161	.000
Stool	50	0	0	50	–
Teeth	82	0	5	77	.000
Throat	39	1	10	28	.000
Urethra	29	0	0	29	–
Urine	15	0	0	15	–
Vertigo	34	0	0	34	–
Vision	24	0	4	20	.000
Chapter total:	3997	74	449	3474	.000

* p = 0.05. Based on Pearson Chi-Square & Cramer's V tests.

Table 3 – Analysis of rubrics at main rubric level

BORAX IN C4 TRITURATION VS. BORAX IN RADAR					
FREQUENCY SUMMARY					
Repertory Chapter	N	C4 rubrics in Radar	C4 rubrics not in Radar	Radar rubrics	p*
Abdomen	25	0	1	24	.000
Back	13	0	2	11	.000
Bladder	7	0	0	7	–
Chest	42	1	2	39	.000
Chill	26	1	0	25	–
Cough	29	0	0	29	–
Dreams	12	0	1	11	.001
Ear	16	4	0	12	–
Expectoration	13	0	0	13	–
External throat	1	0	0	1	–
Extremities	33	0	2	31	.000
Eye	30	1	6	23	.000
Face	12	1	1	10	.020
Female	38	0	0	38	–
Fever	28	0	0	28	–
Generals	316	2	23	291	.000
Head	35	1	0	34	–
Hearing	4	1	1	2	.248
Kidneys	3	0	0	3	–
Larynx	12	0	0	12	–
Male & Female genitalia	4	0	0	4	–
Male genitalia	15	1	0	14	–
Mind	212	31	99	82	.000
Mouth	47	1	1	45	.000
Neck	2	0	2	0	–
Nose	23	2	3	18	.000
Perspiration	18	0	0	18	–
Rectum	20	0	0	20	–
Respiration	15	0	0	15	–
Skin	23	1	0	22	–
Sleep	25	1	0	24	–
Stomach	40	0	1	39	.000
Stool	30	0	0	30	–
Teeth	22	0	3	19	.000
Throat	16	1	5	10	.000
Urethra	5	0	0	5	–
Urine	10	0	0	10	–
Vertigo	24	0	0	24	–
Vision	9	0	2	7	.003
Main rubric total:	1255	50	155	1050	.000

* p = 0.05. Based on Pearson Chi-Square & Cramer's V tests.

Table 4 – Analysis of rubrics at sub-rubric level

BORAX IN C4 TRITURATION VS. BORAX IN RADAR					
FREQUENCY SUMMARY					
Repertory Chapter	N	C4 rubrics in Radar	C4 rubrics not in Radar	Radar rubrics	p*
Abdomen	58	1	3	54	.000
Back	43	2	8	33	.000
Bladder	12	0	0	12	–
Chest	58	1	7	50	.000
Chill	10	0	0	10	–
Cough	15	0	0	15	–
Dreams	3	0	0	3	–
Ear	59	0	13	46	.000
Expectoration	11	0	0	11	–
External throat	4	0	0	4	–
Extremities	110	2	19	89	.000
Eye	61	3	9	49	.000
Face	61	0	9	52	.000
Female	52	0	0	52	.000
Fever	22	0	0	22	–
Generals	140	1	6	133	.000
Head	116	3	6	107	.000
Hearing	3	1	0	2	.000
Kidneys	3	0	1	2	.083
Larynx	7	0	0	7	–
Male & Female genitalia	1	0	0	1	–
Male genitalia	16	0	1	15	.000
Mind	298	3	106	189	.000
Mouth	42	1	3	38	.000
Nose	60	1	8	51	.000
Perspiration	2	0	0	2	.000
Rectum	37	0	0	37	–
Respiration	15	0	0	15	–
Skin	51	1	3	47	.000
Sleep	51	1	1	49	.000
Stomach	112	1	7	104	.000
Stool	20	0	0	20	–
Teeth	42	0	2	40	.000
Throat	21	0	5	16	.000
Urethra	8	0	0	8	–
Urine	4	0	0	4	–
Vertigo	10	0	0	10	–
Vision	14	0	2	12	.000
Sub-rubric total:	1652	22	219	1411	.000

* p = 0.05. Based on Pearson Chi-Square & Cramer's V tests.

Table 5 – Analysis of rubrics at other rubric level

BORAX IN C4 TRITURATION VS. BORAX IN RADAR					
FREQUENCY SUMMARY					
Repertory Chapter	N	C4 rubrics in Radar	C4 rubrics not in Radar	Radar rubrics	p*
Abdomen	87	0	1	86	.000
Back	90	0	8	82	.000
Bladder	11	0	0	11	–
Chest	127	0	6	121	.000
Chill	2	0	0	2	–
Cough	2	0	0	2	–
Ear	31	0	3	28	.000
External throat	4	0	0	4	–
Extremities	192	0	21	171	.000
Eye	26	0	2	24	.000
Face	66	0	3	63	.000
Female	33	0	0	33	–
Fever	3	0	0	3	–
Generals	48	0	0	48	–
Head	103	0	17	86	.000
Hearing	2	0	0	2	–
Kidneys	4	0	1	3	.046
Larynx	19	0	0	19	–
Male genitalia	11	0	0	11	–
Mind	75	2	8	65	.000
Mouth	28	0	0	28	–
Nose	21	0	3	18	.000
Perspiration	2	0	0	2	–
Rectum	9	0	0	9	–
Respiration	2	0	0	2	–
Skin	11	0	0	11	–
Sleep	23	0	0	23	–
Stomach	20	0	2	18	.000
Teeth	18	0	0	18	–
Throat	2	0	0	2	–
Urethra	16	0	0	16	–
Urine	1	0	0	1	–
Vision	1	0	0	1	–
Other rubric total:	1090	2	75	1013	.000

* p = 0.05. Based on Pearson Chi-Square & Cramer's V tests.

4.4 REPORT OF THE STATISTICS

A total of 523 rubrics found in Synthesis (2004) were generated from symptoms arising in the C4 trituration. Of those 523 rubrics, 74 were listed among the 3 474 rubrics for Borax in Radar (refer Table 1).

Pearson-Chi Square and Cramer's V tests showed no significant correlation between the C4 and traditional rubrics at the global level, therefore the null hypothesis cannot be rejected.

An analysis of rubrics at chapter level (refer Table 2) showed no statistical significance (i.e. $p < 0.05$) for 21 out of 39 chapters; while the statistics for 17 chapters could not be calculated due to the absence of C4 rubrics in Borax, thus the null hypothesis cannot be rejected. Whereas the Hearing chapter demonstrated a significant correlation ($p = 0.134$), consequently the null hypothesis is rejected for this chapter.

Similarly no significant correlation for 15 of the 39 chapters (i.e. $p < 0.05$) was noted for rubrics at main rubric level (refer Table 3); the statistics for 23 of the chapters could not be calculated due to the absence of C4 rubrics in Borax while correlation with the Hearing chapter was again statistically significant ($p = 0.258$). Therefore, the null hypothesis cannot be rejected for 38 chapters, whereas it is rejected for the Hearing chapter.

An analysis at sub rubric level (refer Table 4) showed no significant correlation for 22 of the 38 chapters (i.e. $p = < 0.05$); the statistics for 15 chapters could not be calculated due to the absence of C4 rubrics in Borax and the Kidneys chapter demonstrated a statistical significance of $p = 0.083$. However, after checking, this was found to be an anomaly in the data. According to the data, the null hypothesis cannot be rejected.

The rubrics analysed at other rubric level (refer Table 5) demonstrated no significant correlation for 11 of the 33 chapters (i.e. $p = < 0.05$); the statistics for a further 21

chapters could not be calculated due to the absence of C4 rubrics in Borax and the Kidneys chapter demonstrated a statistical significance of $p = 0.46$ which, as mentioned above, proved to be an anomaly in the data. The null hypothesis is, therefore, not rejected.

4.5 RESULTS SUMMARY

In total, there were 3 997 rubrics generated collectively by the C4 proving and the Radar extraction of Borax (Refer Table 1). Of all the rubrics extracted for Borax from Radar (3 474), 2 percent (74) were recorded during the C4 proving of the same substance during this research. Conversely, of the 523 rubrics derived from symptoms reported by the participants during the blind C4 trituration of Borax, 14 percent (74) correspond with those in Radar (3 474).

Statistically, the data from all levels (chapter, main rubric, sub-rubric and other rubric) show that a significant difference exists between the rubrics of the C4 proving and those of traditional provings of the same substance, thus the null hypothesis cannot be rejected. The alternative hypothesis, that there is a significant correlation between the two methods of proving, is therefore rejected.

There are several exceptions or anomalies. The Hearing chapter shows a 0.134 significant correlation at chapter level, and a 0.248 significant correlation at main rubric level. Similarly, the Kidneys chapter shows a significant correlation of 0.83 at the sub rubric level and 0.46 at the other rubric level. The data have been checked and verified. Considering the consistency of the remaining data, these anomalies are considered to be outliers. With more than 500 data points generated by the triturators during this research, and compared to nearly 3 500 data points in Radar, this level of outlier is not unexpected in terms of the three sigma rule (enotes.com, 2011) and may safely be ignored.

The significance of these results is discussed in the following chapter.

CHAPTER 5 – DISCUSSION

The proving of a homoeopathic remedy according to the protocol set out by Hahnemann (1998) and modified by others, e.g. Sherr (2003), can take, at the very least, months to complete. By contrast, in a C4 proving participants experience symptoms during the four hours it generally takes to triturate a substance, and these can be documented in a matter of hours.

The question, however, is whether the results of the two methods are comparable. The aim of this research was to ascertain whether a significant correlation exists between the symptoms elicited during a C4 proving and those of a traditional proving of the same substance.

Ten triturators – three male and seven female – were recruited from a group of experienced C4 triturators, including homoeopaths and senior homoeopathic students from the Homoeopathic Department of DUT.

A total of 532 rubrics were derived from the blind C4 trituration of Borax, while an interrogation of Radar 9.0 produced 3 474 rubrics for the same substance.

Of the 3 474 rubrics for Borax extracted from Radar, 74 corresponded with those reported during the C4 proving, i.e. 2 percent. Conversely, of the 523 rubrics derived from the blind C4 trituration of Borax, 14 percent (74) correspond with those in Radar (3 474).

The rubrics from the C4 proving were statistically compared to the rubrics derived from traditional provings for Borax, as reflected in Radar 9.0, using SPSS Statistics software. A Pearson Chi-Square test was applied to determine whether there was a significant correlation between the two, and a Cramer's V test was used to determine the strength of that association.

As reported in the previous chapter, at a global level the outcome of this statistical analysis indicated no significant correlation between the rubrics from C4 and

traditional provings (refer Chapter 4, Table 1). Thus the null hypothesis could not be rejected.

Moreover, when this analysis was disaggregated by chapter level (refer Chapter 4, Table 2), only the Hearing chapter demonstrated a significant correlation ($p = 0.134$), thus the null hypothesis was rejected for that chapter alone. No significant correlation was found between the C4 and traditional rubrics in the remaining chapters, so the null hypothesis could not be rejected for those chapters.

Similarly at main rubric level (refer chapter 4, Table 3), only the Hearing chapter demonstrated a significant correlation ($p = 0.258$), thus the null hypothesis was rejected for that chapter alone. No significant correlation was noted between the C4 and traditional rubrics in the remaining chapters, where the null hypothesis was not rejected.

At sub rubric and other rubric level (refer Chapter 4, Tables 4 and 5) the Kidney chapter showed a statistical significance. However, as discussed in Chapter 4, this proved to be an anomaly in the data. Therefore no significant correlation was found between the C4 and traditional rubrics, and the null hypothesis could not be rejected in respect of all chapters.

At the chapter level, the 3 474 rubrics for Borax in Radar 9.0 were located within a total of 39 chapters, while the 74 rubrics elicited from the C4 proving were located within a total of 19 chapters (refer Chapter 4, Table 2). This means 20 chapters were not represented in the C4 trituration proving.

5.1 ANALYSIS OF BORAX RUBRICS COMMON TO C4 AND RADAR

5.1.1 Mind symptoms

Table 6 lists the 74 rubrics elicited from the C4 proving which correspond with those attributed to Borax in Radar 9.0. Of these rubrics, 36 (or 49 percent) relate to the Mind chapter. This may be influenced, to some extent, by the fact that the physical

action of trituration requires very little concentration, leaving the mind free to roam - or to receive information from the remedy, as Becker and Ehrler (1998) describe it.

Table 6 – C4 rubrics for Borax which also occur in Radar

ABDOMEN – PAIN – pinching pain	MIND – DESPAIR
BACK – PAIN – burning	MIND – DULLNESS
BACK – PAIN – Lumbar region	MIND – ENNUI
CHEST – CONSTRICTION	MIND – GESTURES; makes
CHEST – PAIN – s itching	MIND – INDIFFERENCE
CHILL – DESCENDING	MIND – IRRITABILITY
EAR – FULLNESS; sensation of	MIND – LAZINESS
EAR – HEAT	MIND – MILDNESS
EAR – ITCHING	MIND – NOISE; aversion to
EAR - Stopped sensation	MIND – QUIET; wants to be
EXTREMITIES – ITCHING – Upper limbs	MIND – RESERVED
EXTREMITIES – NUMBNESS – legs	MIND – RESTLESSNESS
EYE – ITCHING	MIND – SADNESS
EYE – ITCHING – Canthi	MIND – SENSES – acute
EYE – PAIN – burning	MIND – SENSITIVE – noise; to
EYE – PAIN – s itching pain	MIND – SENSITIVE – noise; to – labor – during
FACE – HEAT	MIND – SERIOUS
GENERALS – CONSTRICTION – External	MIND – STUPEFACTION
GENERALS – FOOD and DRINKS – cold drink, cold water – desire	MIND – SUSPICIOUS
GENERALS – WEAKNESS	MIND – THINKING – agg; thinking of his complaints
HEAD – HEAVINESS	MIND – THOUGHTS – rush
HEAD - PAIN - accompanied by – Neck; pain in	MIND – THOUGHTS – thoughtful
HEAD – PAIN – Forehead	MIND - THOUGHTS – vanishing of
HEAD – PAIN – Occiput	MIND – TRANCE
HEARING – ACUTE	MIND – VIOLENT
HEARING – ACUTE – noise to	MIND – WEEPING
MALE GENITALIA/SEX – SEXUAL DESIRE – increased	MOUTH – DRYNESS
MIND – ABUSIVE	MOUTH – SALIVATION – profuse
MIND – AFFECTIONATE	NOSE – CONGESTION
MIND – ANGER	NOSE – ITCHING
MIND – ANXIETY	NOSE – ITCHING – inside
MIND – CHEERFUL	SKIN – ITCHING
MIND - CONFUSION of mind	SKIN – ITCHING – unchanged by scratching
MIND - CONFUSION of mind - time; as to - space; and	SLEEP – SLEEPINESS
MIND - CONFUSION of mind – time; as to	SLEEP – SLEEPINESS – weariness; with
MIND – CONTENT	STOMACH – PAIN – cramping
MIND – DELUSIONS – visions; has	THROAT - DRYNESS

5.1.2 Acute and chronic symptoms

The 38 rubrics which were not contained in the Mind chapter were distributed within 18 chapters and, on closer inspection, represent mainly acute symptoms. This is perhaps not surprising when one considers that, unlike a traditional proving, a C4 proving does not allow enough time for chronic or metabolic symptoms to occur. Botha (2010: 203) notes something similar in her proving of *Protea cynaroides*:

The C4 methodology seems to be most effective in eliciting acute responses, particularly with respect to the organs of sensation – eyes, ears, nose, tongue and skin – as well as those organs in which diseases develop quickly, for example the respiratory system.

Indeed, in the present study, after the Mind chapter, the highest numbers of rubrics were found in the Ear (4 rubrics), Eye (4 rubrics), Nose (3 rubrics) and Skin (2 rubrics) chapters.

5.1.3 Itchiness

Hogeland and Schriebman (2008: 43) note the common occurrence of certain symptoms during trituration provings, and caution against overemphasising them unless they display “unique qualities”. Some of these common symptoms are:

Spacey or drugged feelings; itchiness of the eyes, nose and skin;
inability to keep track of details; time distortion.

They give an example of a “unique quality” from the C4 proving of Persimmon, where triturators described itching symptoms as “burning sensations, like that of fire” (2008: 43).

Of the 3 474 rubrics for Borax in Radar, 44 relate to itching. Eight of these were also elicited during this C4 proving, and four of these in turn are main rubrics: “Ear itching”, “Eye itching”, “Nose itching” and “Skin itching” - which clearly do not display the “unique qualities” referred to by Hogeland and Schriebman (2008). The remaining four rubrics: “Eye itching, canthi”, “Extremities itching upper limbs”, “Nose itching, inside” and “Skin itching, unchanged by scratching” are sub rubrics which, although adding more information about the locality (i.e. inner canthi, upper limbs, inside the nose) and modality (i.e. unchanged by scratching) do not convey anything “unique” about the itching experience.

Of the ten triturators, seven (70 percent) experienced symptoms of itching during the trituration. (Refer to Appendix G for a transcript of the debriefing sessions which took place after each trituration round.)

Curiously, seven of the eight rubrics relating to itchiness which are common to Radar and the C4 proving of Borax were also found in Botha's provings of *Protea cynaroides* (2010). An analysis of her findings shows that, of 69 episodes of itching which contributed to those seven rubrics, 49 were reported by C4 provers (71 percent); 15 by provers in the Sherr groups (22 percent); three by provers in the Dream groups (4 percent) and two in the placebo group (3 percent) (2010: Appendix 8).

This suggests that the process of trituration – of any substance – is likely to result in itchiness. It is conceivable that the itching is caused by the grinding of lactose powder which, inevitably, is inhaled or comes into contact with the skin, causing irritation.

Indeed, the Material Safety Data Sheet (MSDS) for lactose monohydrate B.P. (2010:1) outlines its potential acute health effects as being “Slightly hazardous in case of skin contact (irritant) of eye contact (irritant), of inhalation”.

Clarke (2006: 1055) mentions that Hahnemann chose lactose powder (*Saccharum lactis*) as a vehicle for his remedies because it was the most inert substance he could find. However, Clarke's view is that no substance is “*absolutely* inert in any form” and he cites the experience of homoeopath H.A. Hare who said that many patients could not take lactose powder without “inconvenience”. One such patient complained that pilules of lactose made his “eyes ache and feel weak”, a symptom which Clarke notes was also found in Swan's proving of lactose “Sight fails; eyes tire very easily”.

With respect to itching symptoms in the proving of *Saccharum lactis*, Clarke (2006: 1055-1060) lists the following:

- Creeping, itching and crawling around anus...
- Itching of labia
- Itching in palm of r. hand
- Violent itching of a liver spot on r. hand
- Very restless at night from itching all over body as soon as she is covered in bed. - itching of both shoulders.

There is little commonality between the itching symptoms recorded in Clarke (2006) for *Saccharum lactis* and those recorded by the triturators in the present study (refer Table 6); with the exception of a general itching sensation (Skin – itching) and, arguably, itching of the upper limb (Extremities – Itching – Upper limb), which tends to support the idea that the itching symptoms may be a product of the powder coming into contact with the skin during the act of trituration rather than proving symptoms of *Saccharum lactis*.

5.1.4 Space and time distortions

Another of the “common symptoms which should not be overemphasized” referred to by Hogeland and Schriebman (2008: 43) are “spacey, drugged feelings” and “time distortion”. Of 16 rubrics for Borax in Radar which are associated with time and space distortions, five were experienced by triturators during the course of the C4 proving. Three of these were main rubrics: “Mind – Confusion of mind”, “Mind – Thoughts – vanishing of” and “Mind – Trance”. A fourth was a sub rubric: “Mind – Confusion of mind – time – as to” while the fifth was at other rubric level: “Mind – Confusion of mind – time; as to – space; and.”

The question arises whether a correlation of five out of 16 rubrics, or 31percent, is due to the influence of the remedy on the triturators or simply to the nature of a C4 trituration where participants’ sensory input is curtailed in a way that is similar to

meditation, leading to time and space distortions. Indeed, the similarity of a C4 proving to meditation is mentioned by Hogeland and Schriebman (2008: 6):

When carried out with intention, a trituration is a deeply meditative exploration into the heart of a substance.

Neuroscientist James Austin (1999: 373) talks about the psychological and physiological side effects of meditation, mentioning research which showed that:

... volunteer [meditation] subjects can experience distortions of perception, affect and of their sense of time within ten minutes of relaxing into a passive attitude in a psychology laboratory.

It is interesting to note that in her proving of *Protea cynaroides* Botha (2010: Appendix 8) recorded four of the five “time and space” rubrics which Radar and the C4 trituration have in common for Borax, namely: “Mind – confusion”, “Mind – confusion – time; as to”, “Mind – thoughts – vanishing of” and “Mind – trance”. Botha also showed that these rubrics arose more often in a C4 trituration than in other proving methods. This reinforces the notion that certain symptoms may have more to do with the proving method than with the substance being proved.

5.1.5 Hearing chapter

In the Hearing chapter there is a significant correlation between symptoms recorded during this C4 trituration and in the traditional proving (as reflected in Radar 9.0) of Borax, with $p = 0.134$ at chapter level, and $p = 0.248$ at main rubric level (refer Chapter 4, Table 2).

Of six rubrics found in Radar 9.0 for Borax in the Hearing chapter, two were noted during the C4 proving. These two rubrics are reflected in Table 6 and are: “Hearing – acute” and “Hearing – acute – noise; to”.

In Appendix 8 of Botha's study on *Protea cynaroides* (2010) the same two Hearing rubrics appeared more often in C4 provings than in other proving methods. “Hearing – acute” arose three times and five times respectively in two C4 provings, while it

occurred once in each of two Sherr provings, and twice in a single Dream proving. “Hearing – acute – noise; to” occurred three times in each of two C4 provings, twice in a single Dream proving, and not at all in the Sherr provings. Commenting on these Hearing symptoms, Botha (2010: 182) said they were

... more likely to be present than absent in the C4 group whereas the opposite holds true for the other groups.

She went on to say:

... the small number of rubrics in this chapter [i.e. Hearing] make it impossible to draw a conclusion as to a particular affinity to a specific methodology employed. One can, however, hold that the C4 group was the only group to elicit all six rubrics representing this chapter.

The similarity in rubrics emerging from the C4 trituration of two entirely different substances (*Protea cynaroides* in Botha’s doctoral dissertation and Borax in the present study) in terms of itchiness, space and time distortions and hearing, make it difficult to avoid the conclusion that these symptoms relate to the act of trituration rather than the substance being triturated.

In the case of the Hearing rubrics, the participants in a C4 trituration sit together for a total of four hours, grinding and scraping powders in their mortars. In the present study five of the ten triturators found the sounds of trituration unpleasant, describing them as “jarring”, “irritating” and “clanging” (refer Appendix G) while two described the sounds as “musical” and “singing”. In other words, it is unclear whether the observed symptoms were a product of the remedy “talking” or simply a noisy environment.

5.1.6 Head chapter

Of the rubrics for Borax which are common to C4 and Radar listed in Table 6, the Head chapter has a relatively high number at four. The transcription (Appendix G)

shows that seven out of ten triturators reported headaches, while four – three of whom had headaches – complained of back or neck discomfort. Moreover, five triturators reported cramps in their hands, weak joints, “stuck” elbow joints, heavy arms, and numb toes, which would contribute to the relatively high rubric count under the Generals chapter. One triturator experienced a stitching in the ribs, thus contributing to the rubric “Chest – Pain – stitching”.

All of these symptoms could conceivably be attributed to the physically demanding work of trituration. Indeed, Botha (2010: 174-175) noted in her proving of *Protea cynaroides* that the Back chapter

... reflects a high incidence of rubrics, much higher in fact than the incidence in any of the other groups... This may indicate that the mechanical action of trituration augments the effects of the remedy, making physiological strains on the body more pronounced. Less weight should be given to symptoms in this chapter with regard to Group one provers [i.e. her C4 trituration group] as this is probably more due to the physical strain of the process than the effect of the remedy.

5.1.7 Sleep chapter

Two rubrics in the Sleep chapter were common to the C4 proving and Radar rubrics of Borax (Table 6): “Sleep – sleepiness” and “Sleep – sleepiness – weariness; with”. Of the ten triturators, five reported feelings of sleepiness: “I just wanted to go to sleep”, “... I felt very tired and sleepy”, “... feel sad and sleepy”, “Falling asleep...”, “Very sleepy no energy” etc. (refer Appendix G)

In the light of the itchiness, space/time distortions, headaches and backaches reported above, one wonders whether the C4 triturators felt sleepy because of the act of trituration, rather than through any influence of the substance they were triturating?

A comparison with Botha’s proving of *Protea cynaroides* (2010) found that, although a high proportion of participants in her C4 provings reported sleepiness

(“Sleep - sleepiness” was recorded four times and seven times in each of two C4 provings), the same rubric occurred with the same frequency in her Dream provings (four and seven respectively) and almost the same frequency in her Sherr provings (four and six respectively).

5.1.8 Quantitative conclusions

The only statistically significant correlation between the symptoms elicited from this C4 proving of Borax and traditional provings of the same substance (reported in Radar 9.0) relate to the Hearing chapter. However, in the interests of scientific rigor, one must ask whether there may be a banal explanation for triturators’ complaints of sensitivity to noise (ie: “Hearing - acute” and “Hearing – acute – noise; to”).

The fact that Botha (2010) found exactly the same two rubrics emerged more often in her two C4 triturations than from other proving methods, when she was proving an entirely different substance, gives rise to the suspicion that these symptoms have more to do with the noise of grinding and scraping, than with the nature of the substance being triturated.

An analysis of other rubrics which are common to Borax in Radar 9.0 and to this C4 proving - even where that correlation is not statistically significant - further reinforces this suspicion, since these are symptoms which can easily be attributed to the act of trituration - itchiness, headaches, backaches and space/time distortions.

5.2 COMPARISON OF BORAX SYMPTOMS IN C4 PROVING AND *MATERIA MEDICAS*

Rubrics are a standardised format for symptoms, which makes it possible to establish a quantitative relationship between the rubrics for Borax which appear in the repertories (listed in Radar 9.0) and the rubrics which emerged from the present C4 trituration.

However, the *materia medicas* are anecdotal in their style and ordering, so any comparison between the symptoms from the present proving and those reported in the *materia medicas* will, of necessity, be qualitative.

According to Morrison (1993) Borax – commonly referred to as sodium borate – has many similarities to other Natrum remedies although the Borax patient is, he suggests, more practical and less refined than the *Natrum muriaticum* patient. Table 7 presents a number of the keynotes of Borax outlined by Morrison (1993) and Vermeulen (2000 & 2004) in the left-hand column, and comments arising from the present C4 trituration on the right:

Table 7 – Comparison of C4 proving and *materia medica* keynotes for Borax

Section	<i>Materia medicas</i> on Borax	Comments on C4 proving of Borax
Mental	Great sensitivity to noise. Sudden, sharp or unusual noises such as sneezing, coughing, thunder, gun fire, lighting of a match, cause the patient to jump.	Five triturators reported sensitivity to noise with descriptions of “banging and clanging”, “jarring”, “clinking” and “irritating”.
	Marked irritability.	Irritability was expressed by six triturators as follows: “.. felt very annoyed with the interruption” (triturator number 3); “I felt annoyed, irritated and aggressive” (triturator number 4); “It irritates me that the powder keeps going up the sides of the bowl ...” (triturator number 2); “Worse for noise of mortars; irritating me...” (triturator number 10); “Impatient and very restless” (triturator number 5); “And then I had a strong resentment with trituration, like boredom, the interminable repetition, slowness, waste of time – it takes so long; no patience” (triturator number 7).

Section	<i>Materia medicas on Borax</i>	Comments on C4 proving of Borax
	Fear from descending or any downward motion such as descending stairs, on an escalator, in an aeroplane or in a rocking chair. A child carried down stairs is fearful of falling. Similarly, an infant placed in its crib will scream and throw out the hands as if afraid of falling	This key symptom of Borax was not expressed by any of the triturators during the debriefing sessions. Movement during the trituration rounds was effectively restricted to sitting on a stool or standing, which may explain the absence of this symptom.
	“Giddiness and nausea from mental exertion” (Vermeulen, 2000:278)	Four of the ten triturators reported nausea (without giddiness) during trituration.
Head	In terms of time modality, the headaches of Borax are similar to that of <i>Natrum muriaticum</i> , in that they occur at 10am. The Borax headache is concentrated across the forehead (Hering, 1991) similar to one of several types of headaches found in <i>Natrum muriaticum</i> (Vermeulen, 2000).	Seven of the ten triturators reported headaches with four triturators reporting headaches during the first debriefing session which would roughly accord with the 10am time modality for Borax headaches. With regard to locality, triturator number 1 reported a headache “above the left eye”; triturator number 3 “... all kinds of different headaches frontal ones...”; triturator number 4 “... developed a sudden headache in the frontal region especially in the forehead...”; triturator number 6 reported “Pressure in the forehead, just above the eyes”; triturator number 8 reported the headache “... may have been a headache that moved from the front to the back...”; triturator number 9 described a “a massive headache on the left side in the temple area” while triturator number 10 referred to a “a pain in my right temple”.

Section	<i>Materia medicas on Borax</i>	Comments on C4 proving of Borax
Mouth	Aphthae feature prominently in the proving of Borax, especially of the mouth and tongue. Hering (1991: 476) mentions “Aphthae on tongue and inside of cheek, bleeding when eating.” and “Aphthae are so tender that they prevent the child from nursing.” Similarly, <i>Natrum muriaticum</i> has the symptom “Aphthae on tongue, gums and cheeks.” (Vermeulen, 2000: 1112).	Mouth ulcers would take time to develop and were not reported during the debriefing sessions.
Female	When the mother nurses the infant, there is contractive pain in the opposite breast. Soreness or aphthous nipples of nursing women. (Hering, 1991; Morrison, 1993; Vermeulen, 2000). The mother's milk is thick, tastes bad and curdles shortly after it is drawn (Vermeulen, 2000).	Triturator number 3 reported an image of “...the mother and baby breastfeeding”; triturator number 6 described a “Sensation of pressure, heaviness, tingling in the breasts” and triturator number 9 reported “Thinking about breasts...”
Chest	“Stitches in chest during inspiration and cough.” “Every three or five minutes obliged to take a quick, deep breath, which is each time followed by a stitch in right side of chest...” (Vermeulen, 2000: 280). “Tension in chest with inclination to deep breathing” (Hering, 1991: 481).	Triturator number 6 described the following symptoms: “Slight restriction in the throat, the chest, the heart region, I had to breathe deeper”. Triturator number 3 reported: “ I have to take a deep breath”.

5.3 THEMES ARISING IN THE C4 TRITURATION PROVING OF BORAX

While the themes discussed below have no bearing on the traditional proving, they might be of interest to other researchers wishing to use the same approach.

5.3.1 Colours

An intense blue colour was mentioned by four triturators (refer Appendix G) in the C1 debriefing. Red was mentioned by three triturators: two during the C1 debriefing and one during the C2 debriefing.

5.3.2 Water, lake, ocean

Seven triturators described imagery relating to the ocean, ocean waves, a lake, pond, salt water. Five of the seven triturators reported these images during the C1 debriefing.

5.3.3 Mountains, hills

Four triturators described mountains and hills (Mount Rushmore, Table Mountain, Swiss Alps, green hills). Triturator number 6 described mountains in Tibet. Gavira and Frances (2008: 204) mention that “Borax has been mined since ancient times from saline lakes in Kashmir and Tibet”. The same triturator went on to say during the C3 debriefing session (Appendix G):

And the feeling of floating away again when I closed my eyes and I was in water, not the sea but like a lake and there was a taste of the water of the lake in my mouth, and it tasted like minerals, it made my mouth water, I wanted more of this taste.

5.3.4 Deception

The theme of deception was first introduced during the C1 debriefing session by triturator number 5: “...a lot of deception; deceptive personality; you can’t trust anything because nothing is as it seems...” (Appendix G) and continued throughout

the debriefing sessions. Triturators number 1, 2 and 6 reported in similar vein during the C3 and C4 debriefing sessions:

- Triturator number 1: “I had an idea of disguises, how one thing can reveal another and how one substance can be veiled and say something else under that substance.”
- Triturator number 2: “I was thinking about the theme of deception...”
- Triturator number 6: “I have to be careful of those who are deceitful; I have to watch out and be careful not to be tricked” and “And then back to that deceitfulness; the thought that holy people can also be deceitful...”

5.3.5 The four levels

Reading through the transcriptions (Appendix G) there is no evidence that Borax revealed itself in layers as Becker and Ehrler (1998) suggest, i.e. physical sensations at the C1 level, emotional symptoms at the C2 level, mental aspects at the C3 level and spiritual aspects at the C4 level. Instead there is a spread of all four types of symptoms throughout the four levels of trituration. Hogeland and Schriebman (2008:141) devote a chapter in their book to the C4 trituration experiences of other homoeopaths, including practitioner Susan Lacroix who makes the observation that a “clear cut scheme” can not be made for the suggestion that a remedy reveals itself by layers; in some instances it holds whereas in others it does not.

5.4 IDENTIFICATION OF THE SUBSTANCE BY THE TRITURATORS

Hogeland and Schriebman (2008:27) contend that often the triturating group are able to discern the identity of the substance being triturated before it is revealed:

With a well-intentioned group, at the end of the trituration process there is often very little doubt as to what the substance stands for and what it can be used for. The group itself frequently identifies the substance before being told what it is.

At the final debriefing session after the fourth and final round of trituration, the researcher asked the ten triturators to write down what they thought the identity of the remedy was. The results are shown in Table 8.

Table 8 – Remedy guess

TRITURATOR	REMEDY
1	<i>Natrum muriaticum</i> – or some other salt.
2	Animal remedy, from sea; <i>Kalium bichromicum</i> ; <i>Mercurius solubilis</i> .
3	Bird, snake, a Lac.
4	Sea remedy, component of a cell e.g. DNA.
5	<i>Mercurius iodatus ruber</i> ; <i>Arsenicum album</i> , <i>Alumina</i> .
6	<i>Natrum muriaticum</i> ; <i>Aurum metallicum</i> ; a Lac
7	“No idea.”
8	<i>Lachesis mutus</i> ; <i>Lac caninum</i> ; <i>Calcareo fluoric</i>
9	<i>Natrum muriaticum</i> ; <i>Mercurius solubilis</i> ; <i>Calcareo carbonica</i>
10	<i>Calcareo carbonica</i> (or a mollusc); <i>Aurum metallicum</i> ; <i>Carcinosinum</i> ; a spider

None of the triturators was able to restrict themselves to choosing one remedy only. Seven triturators thought the remedy was a mineral i.e. *Natrum muriaticum* (tritulators 1, 6 and 9); *Calcareo carbonica* (tritulators 9 and 10); *Kalium bichromicum* (tritulator 2); *Arsenicum album* (tritulator 5); *Calcareo fluoric* (tritulator 8).

Nine triturators did not think it was a plant and one triturator had “no idea” of the remedy's identity.

Five triturators also thought it might be an animal: triturator number 2 suggested “Animal remedy from the sea”; triturator number 3 suggested a bird, snake or Lac; triturator number 6 suggested a Lac; triturator number 8 suggested *Lachesis mutis* or *Lac caninum* while triturator number 9 put forward a spider.

Five triturators suggested a metal remedy: *Mercurius solubilis* (tritulators 2 and 9); *Alumina* (tritulator 5) and *Aurum metallicum* (tritulators 6 and 10).

Seven triturators (tritulators 1; 2; 3; 4; 6; 9 and 10) thought the remedy was associated with the sea: three triturators thought it was *Natrum muriaticum*; two

tritulators suggested *Calcareo carbonica* while the remaining two were less specific, referring to “Animal remedy, from sea” and “Sea remedy”.

Certainly, the intention of the trituration group cannot be called into question, as they are all experienced tritulators with a passion for their profession. However, in this instance, the nature of the substance was not easily identified as suggested by Hogeland and Schriebman (2008).

In general terms, seven tritulators correctly identified the substance as a mineral and three tritulators identified the substance as containing sodium ions as is evident from the molecular structure of *Natrum muriaticum* (NaCl) and Borax ($\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$).

5.5 UNPREJUDICED REPERTORISATION

Prior to unblinding, an attempt was made to identify the – as yet unidentified – substance by extracting 41 rubrics from symptoms which were experienced by three or more tritulators, together with two PQRS symptoms which emerged from the debriefings. These 43 rubrics were entered into Radar 9.0, which produced a 92 page printout of possible remedies listed in descending order of best match.

The first six pages of the Radar output are attached as Appendix H. Although the first remedy was *Causticum*, a mineral, and *Natrum muriaticum* occupied position number nine, Borax itself appeared only in position number 52. The attempt to identify the substance prior to unblinding was therefore unsuccessful.

CHAPTER 6 – CONCLUSION AND RECOMMENDATIONS

6.1 CONCLUSION

The aim of this study was to establish whether symptoms elicited in a C4 proving are comparable to the symptoms produced in traditional provings of the same substance.

If primary research can demonstrate a similarity between the symptoms observed by the two methods of proving – even on a single substance – it will encourage further studies to decide whether C4 provings might be used in association with, or instead of, traditional provings as a means of developing homoeopathic remedies.

The hypotheses were stated as follows:

The null hypothesis is that there is no significant correlation between the symptoms experienced by provers during a C4 trituration, and provers taking part in traditional provings of the same substance.

The alternative hypothesis is that the symptoms observed during a C4 proving will demonstrate a statistically significant correlation to the symptoms observed in traditional provings of the same substance.

In order to test the above hypotheses, ten triturators were recruited from an existing group of experienced triturators, including homoeopaths and senior homoeopathic students from the Homoeopathic Department of DUT, to triturate an unknown substance.

The data gathered during debriefing sessions after each round of trituration, and the notes kept by triturators during the trituration sessions, were transcribed and converted to rubrics. An unprejudiced repertorisation was undertaken in an attempt to identify the substance before unblinding.

After unblinding, the rubrics from the C4 proving of Borax were statistically compared to rubrics associated with this substance in Radar 9.0, a database that reflects traditional provings for Borax, but does not include rubrics derived from dream, meditation or C4 provings. The comparison was done using SPSS Statistics 17.0 software. A Pearson Chi-Square test was applied to determine whether there was a significant correlation between the C4 and traditional provings of Borax, and a Cramer's V test was used to determine the strength of that association.

The above comparison showed that a significant difference exists between the rubrics of the C4 proving of Borax and those of traditional provings of the same substance, thus the null hypothesis could not be rejected. The alternative hypothesis, that there was a significant correlation between the two methods of proving, was therefore rejected.

The exception was the Hearing chapter, which showed a 0.134 significant correlation at chapter level and a 0.248 significant correlation at main rubric level.

However, as discussed in Chapter 5, identical rubrics for hearing were elicited during the C4 proving of Borax in this study, and in a C4 proving of *Protea cynaroides* by Botha (2010). The idea was posited above that these rubrics may well be a product of the exposure of triturators to a noisy environment rather than to their exposure to a homoeopathic remedy.

The Kidney chapter also showed a significant correlation of 0.83 at the sub rubric level and 0.46 at other rubric level. However on closer analysis these data were found to be anomalous and were treated as outliers.

The C4 trituration proving produced 74 rubrics which match those listed in Radar 9.0 for Borax. These 74 rubrics are located within 19 chapters out of a total of 39, and mainly represent mind symptoms and acute symptoms. Thus, 20 chapters were not represented in the C4 trituration. The absence of chronic or metabolic symptoms is almost certainly because, unlike a traditional proving, a C4 proving does not allow sufficient time for such symptoms to develop. It was posited above that the

preponderance of mind symptoms may be due to the provers performing a repetitive activity with very little external stimulation, thus freeing their minds to receive information from the remedy – or simply to roam.

While C4 provings are faster than the traditional method, as refined by Sherr (referred to as a “standard traditional proving” by Hogeland and Schriebman, 2008: xv), in view of the above findings it cannot be recommended that C4 provings be considered as a means of developing homoeopathic remedies instead of standard traditional provings, because C4 provings would not produce a complete symptom picture.

However, this is not to say that C4 provings do not have value when used in conjunction with traditional provings to extend the symptom picture as suggested by Botha (2010). Indeed, Hogeland & Schriebman (2008: xix) say that C4 trituration can be used to clarify or confirm existing remedy information. This falls outside the scope of the present research, which sought only to establish to what extent the symptoms elicited from a C4 proving match those of traditional provings of the same substance.

In conclusion, it is only human for a researcher to hope for a positive outcome. However, scientific evidence is essentially built from negative outcomes (or sustaining null hypotheses), i.e. eliminating all that is false.

Perhaps the negative outcome of this study should not come as a surprise. After all, Friedrich Dellmour (2008: 223-289) pointed out that the founder of homoeopathy, Samuel Hahnemann, enjoined practitioners to strictly exclude from the *materia medica* “everything that is conjectural, all that is mere assertion or imaginary”. Dellmour concluded his condemnation of C4 provings thus:

Due to their unhomeopathic, unclear and not understandable sources, the symptoms of these remedies should not be included into the *materia medica* or the repertories!

6.2 RECOMMENDATIONS

Firstly, as far as is known, this is the first study of this nature. Ideally it should be replicated – with a different substance and a different set of provers – to see whether the outcome is the same.

Secondly, this researcher is concerned about the common practice of debriefing C4 provers as a group, after each round of trituration, which means that each prover hears what the others have to say. This may lead to (a possibly subconscious) influence over even the most impartial and experienced provers as they perform subsequent rounds of trituration. It is recommended that, in future studies of this nature, a process of confidential debriefing be developed to avoid this possibility.

Third, the potential of using C4 trituration as an adjunct to conventional homoeopathic proving has only just begun to be explored by researchers such as Botha (2010). There is clearly a great deal of work to be done in investigating – using scientifically robust research methods – the extent to which the additional symptoms elicited by C4 provings can be relied upon to indicate or confirm remedies in clinical practice.

Finally, the writings of Witold Ehrler, who pioneered C4 trituration, have still to be translated from the original German. These include many provings. The translation of these provings, and their comparison to remedies in the existing *materia medicas*, would greatly advance the understanding of C4 methodology, as would repeating his provings to see whether the results are consistent.

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APPENDICES

APPENDIX A: PREPARATION FOR C1 TO C4 TRITURATION PROVING

Aim: To set up workstations in preparation for a blind C4 proving

Apparatus

Mass balance (accurate and calibrated)

Unglazed porcelain mortar and pestle

Stainless steel spatula

Cigarette lighter

Consumables

Ethanol: 96% – for flaming

Distilled water – for rinsing

Paper towelling

No 2 and No 4 glass vials

Filter paper

Labels

Pen

Ingredients

Lactose monohydrate powder B.P.

(For purposes of this research, Batch number: 1033011; expiry: August, 2012)

The crude substance

(For purposes of this research, Borax powder, Batch number: 30945; expiry: February, 2011)

Method: preparation for C1 trituration

1. Clean spatula, mortar and pestle and rinse with distilled water; dry with paper towels.
2. Flame the spatula, pestle and mortar with ethanol and leave enough time for the equipment to cool down before use.
3. Place a sheet of filter paper on the scale and tare it.
4. Mass 0,1 g of the crude substance onto the filter paper and set aside.
5. Place a fresh sheet of filter paper on the scale and tare it.

6. Mass 3,3 g lactose monohydrate powder and set aside.
7. Repeat steps 5 and 6 twice more so that there are three equal amounts of 3,3 g lactose monohydrate.

The crude substance to lactose vehicle is thus 0,1g: 0,99g, which represents 1:100 or the centesimal scale.

8. Combine the crude substance and one amount of 3,3 lactose monohydrate in a vial mixing sufficiently so the crude substance is unidentifiable by the triturators, and label so that it is clear that this vial is the first to be triturated.
9. Place the remaining two amounts of lactose in two number two vials; it is not necessary to label these.

The workstation is now ready for the prover to start the first round of the C4 proving. At the end of the trituration round, the prover leaves the triturate in the mortar.

Method: preparation for C2 trituration

1. Transfer triturate from mortar to a number 4 vial, label as “1CH”.
2. Repeat steps 1 to 9 above with the following differences:
 - No. 4. Mass 0,1 g of the 1CH (instead of “crude substance”)
 - No. 8. Combine the 1CH with one amount of 3,3 g lactose monohydrate in a vial and label.

Method: preparation for C3 trituration

This follows the procedure above, from steps 1 to 9, except:

- No. 4. Mass 0,1 g of the 2CH (instead of “crude substance”)
- No. 8. Combine the 2CH with one amount of 3,3 g lactose monohydrate in a vial and label.

Method: preparation for C4 trituration

This follows the procedure above, from steps 1 to 9, except:

- No. 4. Mass 0,1 g of the 3CH (instead of “crude substance”)
- No. 8. Combine the 3CH with one amount of 3,3 g lactose monohydrate in a vial and label.

APPENDIX B: METHOD 6 – TRITURATIONS

Aim: To prepare by hand a 4CH trituration from Borax

Apparatus

Mass balance (accurate and calibrated)

Unglazed porcelain mortar and pestle

Stainless steel spatula

Cigarette lighter

Stopwatch

Consumables

Ethanol: 96% – for flaming

Distilled water – for rinsing

Paper towelling

No 2 and No 4 glass vials

Filter paper

Labels

Pen

Ingredients

Lactose monohydrate powder B.P.

(For purposes of this research, Batch number: 1033011; expiry: August, 2012. Purchased from Merck, South Africa.)

The crude substance

(For purposes of this research, Borax powder, British Pharmacopoeia grade, Batch number: 30945; expiry: February, 2011. Purchased from Dis-Chem (Pty) Ltd, South Africa.)

Method:

1. Clean spatula, mortar and pestle and rinse with distilled water; dry with paper towels.
2. Flame the spatula, mortar and pestle with ethanol and leave enough time for the equipment to cool down before use.

3. Place a sheet of filter paper on the scale and tare it.
4. Mass 0,1 g of the crude substance onto the filter paper and set aside.
5. Place a fresh sheet of filter paper on the scale and tare it.
6. Mass 3,3 g lactose monohydrate powder on the filter paper and set aside.
7. Repeat steps 5 and 6 twice more so that you have three equal amounts of 3,3 g lactose totally 9,9 g.
8. Add one amount of 3,3 g lactose to the mortar, triturate briefly before adding the 0,1 g crude substance.
9. Triturate for 6 minutes, followed by 4 minutes scraping the bottom and sides of the mortar with a spatula. Repeat 6 minutes of trituration and 4 minutes of scraping.

Elapsed trituration time = 20 minutes.

10. Add the second amount of 3,3 g lactose to the triturate in the mortar and triturate for 6 minutes, followed by 4 minutes scraping the bottom and sides of the mortar with a spatula. Repeat 6 minutes of trituration and 4 minutes of scraping.

Elapsed trituration time = 20 minutes + 20 minutes = 40 minutes.

11. Add the third and final amount of 3,3 g lactose and proceed as for number 9.

Elapsed trituration time = 20 minutes + 20 minutes + 20 minutes = 60 minutes. This constitutes a 1CH potency.

12. Place triturate in a number 4 vial and label Borax 1CH.
13. Steps 1-12 are repeated for the preparation of Borax 2CH, 3CH and 4CH except step 4 will be different in that the crude substance Borax is replaced with 0,1 g Borax 1CH for the manufacture of Borax 2CH; 0,1 g Borax 2CH for the manufacture of Borax 3CH and 0,1 g Borax 3CH for the manufacture of Borax 4CH. And step 12 will differ in that the vial labels will reflect Borax 2CH, 3CH and 4CH respectively.

APPENDIX C: SUBJECT INFORMATION LETTER

Day-month-year

Dear (triturator)

Thank you for agreeing to participate in this research project, and for giving your time to further the interests of homoeopathy.

You will be participating in a double-blind C4 trituration proving of a well-proven remedy in the *Materia Medica*. The study explores whether the symptoms we observe in the group during the trituration include those symptoms described in the *Materia Medica*. If they do, this raises the possibility that C4 trituration provings could augment or replace conventional Hahnemannian provings.

As a double-blind study neither you nor I will know the identity of the remedy during the trituration process, but once it has been revealed I will of course let you know. I will also email you a copy of the dissertation once it has been published.

Value of the research

As a seasoned triturator you will know that C4 trituration is a method of accessing information about remedies not only in the physical, emotional and mental realms, but at a level which reveals the very essence of the remedy – what Becker and Ehrler referred to as its “spiritual or essential dimension.”

By taking part in this study you will therefore not only add to our knowledge of C4 trituration provings but may also acquire a more profound understanding of the remedy than is available from books or patient feedback. This, in turn, may help you to use the remedy more confidently in a clinical setting, and to empathise more deeply with patients experiencing those symptoms.

Date and venue

The trituration proving will take place on Saturday, *day-month-year*, from 09.00 to 17.00 at the Durban University of Technology, corner Ritson and Steve Biko roads, in the Homoeopathy Department’s homoeopharmaceutics laboratory, MS 159.

Off-road parking will be provided in the DUT staff parking off Steve Biko road.

The debriefing sessions between triturations will take place in an airconditioned room – either the end clinic or observation room.

Programme of events

A programme of events (appendix E) and trituration timing sheets (appendix F) are provided to give you an idea of the sequence of events. Copies will be provided on the day of the trituration.

To ensure that the day runs as smoothly as possible and that your time is not wasted, we will start promptly at 09.00 and adhere strictly to the times laid out in the programme of events. If you anticipate a problem with transport, please let me know well in advance so that I can help.

A vegetarian lunch, refreshments and snacks will be provided. However, if you have any other dietary requirements, please let me know at least a week before the trituration proving.

Data collection

The trituration and debriefing sessions will be videotaped. Participants will be provided with paper and pens to record their symptoms during each round of trituration. Following each round there will be a debriefing session in which triturators are encouraged to report their symptoms in front of the group. For those triturators who do not wish to disclose symptoms to the group, one-on-one meetings with the researcher can be arranged. All notes and drawings recorded by triturators during the rounds of trituration will be collected and retained for analysis.

Confidentiality

Any information gathered during the trituration – participants' and researcher's notes, video tapes etc. – will be secured under lock and key. Once the research has been published, video tapes will be erased and paperwork shredded. Triturators' identity will be protected by referring to them, if at all, by number rather than name.

Safety

In the event that a participant experiences unpleasant or prolonged symptoms during a trituration, they will be given C1 potency to triturate. According to Hogeland and Schriebman in *The trituration handbook: into the heart of homoeopathy* (2008), a sensitive triturator's equilibrium may be restored by triturating the raw substance or a lower potency of the homoeopathic substance.

Informed consent

I have attached an 'informed consent' form, appendix D for your perusal. It is mandatory to

sign this document before taking part in the trituration. This serves to ensure that you are aware of the implications of your participation. Copies will be made available on the day of the trituration for you to sign.

Should you have any questions, please don't hesitate to email, SMS or call me.

Thank you once again for your valued support.

Kind regards

Chryso Goote, researcher: 082 895 2742; chrysgoote@yahoo.co.uk

Dr Izel Botha, supervisor: 031 373 2917; izelb@dut.ac.za

APPENDIX D: INFORMED CONSENT

(To be completed in Duplicate by Patient/Subject)

Date

xxxx

Title of Research

A comparison of symptoms arising from the C4 trituration of an existing, well-proven homoeopathic remedy with symptoms ascribed to the same remedy in standard *Materia Medica*

Supervisor

Dr. Izel Botha (031 373 2917; izelb@dut.ac.za)

Researcher

Chryso Goote (082 895 2742; chrysgoote@yahoo.co.uk)

Please circle the appropriate answer

1. Have you read the information sheet?

Yes/No

2. Have you had an opportunity to ask questions regarding the study?

Yes/No

3. Have you received satisfactory answers to your questions?

Yes/No

4. Have you had an opportunity to discuss the study?

Yes/No

5. Have you received enough information about this study?

Yes/No

6. Who have you spoken to? _____

7. Do you understand the implications of your involvement in the study?

Yes/No

8. Do you understand that you are free to withdraw from this study?

Yes/No

- a) at any time
- b) without having to give any reason for withdrawing, and
- c) without affecting your future health care.

9. Do you agree to voluntarily participate in this study?

Yes/No

If you have answered No to any one of the above, please obtain the information before signing.

Please print in Block letters:

Patient/Subject name:	
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Signature:	
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Witness name:	
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Signature:	
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Researcher name:	Chryso Goote
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Signature:	
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APPENDIX E: PROGRAMME OF EVENTS

09.00	briefing, collect 'informed consent' forms
09.10	breathing exercises
09.15	C1 trituration
10.15	tea and debriefing
11.00	C2 trituration
12.00	debriefing and lunch
13.30	C3 trituration
14.30	debriefing
15.15	C4 trituration
16.15	tea and debriefing
17.00	close

APPENDIX F: C4 TRITURATION TIMING SHEETS

C1 TRITURATION	C2 TRITURATION	C3 TRITURATION	C4 TRITURATION
Add contents of vial No.1-X to mortar	Add contents of vial No.1 to mortar	Add contents of vial No.1 to mortar	Add contents of vial No.1 to mortar
Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.
Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.
Add contents of vial No.2 to mortar	Add contents of vial No.2 to mortar	Add contents of vial No.2 to mortar	Add contents of vial No.2 to mortar
Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.
Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.
Add contents of vial No.3 to mortar	Add contents of vial No.3 to mortar	Add contents of vial No.3 to mortar	Add contents of vial No.3 to mortar
Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.
Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.	Grind 6 mins. Scrape 4 mins.

Design by Goote, C.

APPENDIX G: C1 TO C4 TRANSCRIPTIONS AND NOTES

TRITURATOR NO 1

C1 trituration

It started off with a right ear itch right at the entrance of the ear canal with a sensation of fullness and water sloshing and then from the water sloshing it reminded me of the movement of the sea and of salt. The sound of the grinding reminded me of the rumbling of the ocean far in the distance or like the rumbling of thunder.

There was a lot of imagery of water, of blueness and the rolling motion of water over stones. And that went on from the 1st and 2nd powder.

The last powder brought on a sensation of movement and hyper-alertness; particularly with a very hyperacute sense of smell

The very last about 20 minutes, the only thing I could think of was this very sweet smelling substance; sort of like Dior perfume, but I couldn't put a name to it; and that's all I could focus on was the sweet smell.

Nat mur came to mind.

C2 trituration

It sounded like a large lack of rhythm and I couldn't seem to get it round smoothly; there was a lot of banging and clanging of the pestle and mortar –there isn't any symmetry or equality in C1 and lack of coordination of my movements.

That together with brief burning at my xiphoid process, similar to heart burn, with a little bit of slight nausea.

Then I thought of silver moonlight on water and the thought of the moon pulling in the tides came to mind. With the second powder there was a sensation of chills running up and down my back, sort of like a premonition of something bad or something exciting is going to happen, but something was going to happen and again there was a jarring in all aspects; the scraping is jarring my teeth and I could hear all sorts of clanging around the classroom – I felt there was no rhythm; everybody wasn't doing it right.

It felt like I was breathing in the dust of the remedy and it's sitting at the back of my throat. After that I was just drifting and staring into space; found like two moments where I actually had stopped altogether and just blanked out completely. I feel like my mind has been washed out.

The last part, time seems to pass so fast and I'm locked in my own world.

There was stomach cramps again; mix of heartburn and feeling hungry.

And the very last thing was that the remedy wants to break out.

C3 trituration

I really felt the remedy was more earthly and more grounded; so in C1 and C2 it was more of a watery, shapeless image whereas here it was more grounded, in a sense. I had an idea of disguises, how one thing can reveal another and how one substance can be veiled and say something else under that substance.

The remedy felt more adherent at this stage and I thought of diseases like fibrosis. After that I had an empty mind.

Despite the friction, the remedy felt like it radiated coldness, so I thought it was a cold remedy, there was an element of structure more than in C1 and C2 and I had a weird symptom of flashes in my upper and lower peripheral vision; so as I'm looking down I think that there was this image of someone walking but when I looked there was nobody there and the same thing happened, there was something and then when I looked there was nothing, so it was like flashing images.

There was lots of emptiness of mind, losing track of thoughts, drifting into space. At the end of the second powder, I felt like I was in control of the classes trituration, so if I was going faster everyone would speed up, if I slowed down everyone else slows down.

And then right at the end in the third powder, the remedy just started breaking out; I spilt it all over. It couldn't stay inside and I thought I'm mixing too vigorously and I couldn't concentrate because I had too much energy, so I stood up.

C4 trituration

I started off with a peaceful, blank mind no thoughts really and I was contemplating whether the remedy is an animal, mineral, plant or imponderable and the more I thought, I thought it was a mineral or an imponderable it could never be a plant or animal or something.

And then I was very distracted, unable to concentrate; at the end of the first powder I had lower back pain and my arms were getting tired, was forcing them, had to swap arms (*during grinding*).

Similar to C1, where I was thinking of the rumblings of the ocean and the salt and the water.

And the second powder, it was very peaceful, overpowering my mind, slow-paced, relaxed movements, almost distracted. And I kind of had an idea that the remedy is better for continued movement and worse for initial movement, because every time it started it was bad and got better again.

Losing track of time, sequence and events; desire to stop the trit and just stare at the mixture.

Towards the third powder, it was mostly blank. Feeling of euphoria, maybe because the trituration was coming to an end.

I had a slight burning in my right hand like a brief flash of tingling heat, though quite prominent; head was heavy and ears feels blocked up as if flying.

TRITURATOR NO 2

C1 trituration

My experience was different, I thought immediately, as soon as I started grinding, I thought hot, scorched earth, like the desert when it's cracked open and then a post-nasal drip which physically didn't last long.

I liked the smooth sounds of pestles and mortars as we were grinding but I found the clinks quite jarring.

Then I had a drawing pain in my right ear and then the sound of the grinding I just had this image of an airplane on the runway ready to take off.

After scraping, when we started grinding again the powder suddenly looked grey and dirty to me and it seemed sticky in the bowl, there were almost smears in the bowl, as though there was moisture in it.

After the 2nd powder I felt I was alternating between a meditative state and being distracted, thinking of everyday things and wanting to go back to that meditative state.

I also had an alternation between feeling tired and energised.

After scraping the powder I almost stopped grinding and I looked and thought I can't get liquid in this powder but it looked to me as though there was liquid in the middle of the powder and it was very sticky.

After we added the third powder I actually felt quite bored I felt I'm not getting much information and I wondered if I'm just not a good prover or if I'm not very sensitive to the substance

I got a sense there was a lot of mucous in the remedy. I also at that stage got a sense of mucous, phlegmatic, watery thing, so I wondered whether it was a sea remedy, maybe Sepia.

And then I was very aware at the end that most people were getting quite desperate and grinding faster and faster.

C2 trituration

I felt an affinity towards the powder and again it seemed to be like a paste, moist. I was very aware that [*triturator number 8*] was tritting very fast, but I didn't feel any need to follow suit.

Then I noticed my writing was much neater and more legible than in the C1 trit.

Then there's a feeling of care and being careful, feeling kind toward the powder and very aware of its smoothness.

Then I had an image of being under water in the sea and that led me off on to thoughts of my daughter, who was doing a diving course this week.

And then when you said scrape, I completely lost concentration, I found myself

grinding instead of scraping. And when I noticed it I just went back to scraping, I didn't feel guilty, I just thought 'oh well' and felt calm and non-judgemental about it.

I started thinking about pets and stroking a cat. Linked up with that was smoothness, it seemed like the whole powder was going into a smooth paste it was sticking to the sides of the bowl. Smooth, comfort, comfortable, peaceful, tranquil.

I found my thoughts wandering, and started feeling almost spaced out, but it didn't worry me, actually a very comfortable feeling.

Again alternating between periods of thinking and just grinding and being spaced out, but it was very comfortable.

Then my right leg and fingers of my right hand started cramping they were better for stretching and I was aware of wanting to keep my writing nice.

At the beginning of this grinding I was reluctant; I didn't want to disturb the powder. And I found I kept yawning.

After we added the third powder when I started grinding suddenly I saw a dark grey under the powder almost as though the mortar was changing colour; as if something was coming up out of the depths.

I felt disconnected from the trit as if I was floating off in my own world; found it difficult to stop my mind from wandering but I feel very calm, I don't mind. I'm quite spaced out.

And then just towards the end of the last grinding I found a solution to an issue that has been bugging me for a long while.

I'm still feel quite floaty.

C3 trituration

I also didn't have very much; again as soon as we started I had the same like in the C1, the cracked earth image, it looked like the markings of a tyre.

Then I got an itchy nose, in my right nostril.

I didn't like it when the lactose formed crumbs I wanted it all smoothed out, so I kept focusing on smoothing it out.

I also again had a time warp; the end of the grinding always seemed to come too soon and the end of the scraping seemed not to come quickly enough, I could have stayed with the grinding forever.

It irritates me that the powder keeps going up the sides of the bowl and I wanted it to stay in the centre.

And then the whole trit seemed to be a futile exercise, there seemed to be so little common ground; I started wondering how anyone ever manages to find a common thread or theme in a proving.

Then I felt apologetic to the substance for getting impatient with the process; I was a

bit distracted because I had a much smaller pestle and mortar this time around.

When we added the second powder, from then on I felt disconnected from the substance. Physically I noted that the garlic that had been in the lunch kept repeating on me – I don't know whether it was anything to do with the lunch or substance.

And my eyes got itchy but I had relief from scratching.

The clinking sound made me think of tea cups and then that sort of set me off on a whole train of thought about the whole ritual of drinking tea, that it's much more than just the physical act of imbibing food or liquid, it denotes companionship, connection, relaxation, time out etc.

And then I went through a whole train of thought about rituals, the fact that they have symbolic meanings; they fulfil certain needs, and the whole is greater than the sum of the parts and similarly the energetic value of what we're doing has a value even if we don't experience it directly or see the whole picture.

And when we added the third powder I also thought like a juxtaposition of that sense of futility which I had initially and that was counterbalanced by the trust that the big picture does make sense, has a purpose.

And then again like in my C1, the darker grey below the surface of the powder showed through; and I kept spraying lactose out of the bowl and I felt I needed to grind slower to prevent that.

C4 trituration

Immediately I had the same feeling like with the C2 that the substance was drawing me in and felt affection for it and gentle towards it.

Again I wanted to smooth out the crumbs, then I felt as though I was in the galaxy; I saw the whole galaxy and thought everything needs to find its place in the universe.

I was thinking about the theme of deception which came up with others and asked the substance if it's deceiving me. And then I decided to go back to concentrating on what insights do I actually get, I sort of I thought maybe I'm thinking this and it's not the substance.

And then just a random thought; how much of what we're doing in life is just going through the motions; is it ultimately of value; is the most important thing just to be there for someone else at a specific time as support, be it as a partner, friend, parent, therapist etc. Is it all a farce, do we bluff ourselves that what we do is important or of any significance.

With the second powder I wanted to grind in a compact way, close to the powder.

I sort of had a sense there was an ultimate, unknowable purpose to everything, even the most insignificant-seeming incident.

Then the powder seemed to stick in a pattern at the base of the bowl and I couldn't change it, it didn't seem to be moving. [*Triturator draws shape seen in bottom of*

mortar – looks like the letter ‘Z’.]

My left palm got very itchy.

Then the shape [*in the mortar*] changed and it looked sort of like a random shape with two dots, it reminded me of Casper the ghost [*triturator draws shape with two dots in the middle*] and the feeling was actually of light heartedness, don't take life so seriously; it isn't all as it seems.

Then I was aware of shifting shapes stuck to the base of the bowl, that changed like clouds changing in the sky.

And with the third powder not much; things change, reality changes, a kind of etherealness to the feeling. And the rest was just a kind of blankness.

TRITURATOR NO 3

C1 trituration

I started off enjoying the rhythm [*of the trituration*] and I noticed the others' speed – irritating, why are they so fast? I noticed that I had a very different speed to all the others; mine seemed to be to me very slow, melodic, equal and rhythmic. There also was a sensation of everything seeming very soft; my pestle was just gliding very effortlessly over the lactose.

I had a picture of very blue sky and big mountains like the Alps, very craggy, with blue, blue, crystal sky. Clear crystal air and a sprinkling of pieces of snow coming down. And everything was very kind and pleasant and effortless and perfect. And even when it came to the scraping it also was very soft, there was no effort involved.

The perspective was of the tops of the mountains; not me as a person standing there but just the whole view was that of looking over the top of the mountains.

Then I turned my awareness to my body but I didn't feel anything unusual.

Then we added the 2nd vial [*of lactose powder*] and my right leg was asleep, so I changed my position but it still stayed asleep for a very long time.

Then I started to have a headache, very sharp and short above the left eye, a kind of shooting, coming very suddenly and appearing very suddenly on a small spot and disappearing.

Then I had a tickling in my left nostril – also in a small spot and I had to sneeze. And I just had the thought of: “its all about the pattern” and I could see a different pattern coming up now; and then again there was itching of left side of the occiput, again in a small spot.

Again a feeling of a different rhythm to the others; that I'm much slower, and there's still no effort; and the softness and gliding; and I love the gliding silently over the compressed lactose – just like a bird gliding in the sky. The picture of the mountain is till very strongly present, blue, blue sky, silence, clean, fresh air, white, alive, majestic mountains high, the view is from somewhere on the top; alone but complete.

An itching on my left ear, better for scratching; now the right side above my lip, always in a small spot.

And then suddenly I had to grind faster, faster and faster. Everyone was grinding very fast and I was also grinding faster till I had same rhythm like the others.

Something is rushing; perfect picture of a twister.

Lots of itching in different spots. Small spot with stitching, sensitive and itching, changing location.

Sharp stitch on the right side, in the back in the area of the kidney.

Then came a the picture of a volcano. It's the whole grinding process, gave me the picture of the opening of the volcano while I'm grinding coming up in the pattern of the lactose.

Now the right ear [*is itching*], have to scratch, better for scratching . Everyone is going faster and faster and faster. There's a hollow feeling in my stomach; nearly nauseous. I can't bear the thought of drinking cold water.

Now everyone is very fast, sounds very industrious and busy, quite hectic scraping all around. I have to take a deep breath; I have to scrape widely in circles.

C2 trituration

It was very unusual, not unusual but somehow it was a good nothingness. It took me a little bit, not a long time, to get into it.

In the beginning it was a bit unsettling to be in a different rhythm again,

So that issue of rhythm was again there. And the unsettling feeling with having to listen to other rhythms.

And the really great appreciation and comfort for my own rhythm.

And then when I had my rhythm, I stayed for a very very long time – nearly a whole scraping session - without any thought. I was aware of sounds, looks, everything but there was no thought at all.

There was just awareness also of how I appreciated just the substance and right at the end of the grinding, I just thought this is lactose, nothing else, lactose, lactose, lactose beautiful soft, smooth, milk sugar. The experience of time was that the grinding felt much shorter and the scraping felt much longer.

Physically, there was again the itching sensation in spots mostly itching and itching at the same time, mostly left side; and coming very suddenly and I had to scratch a little bit and the nausea there was just the nausea from the beginning when I started; very strong when I started, nausea that was rising up with a lot of hyper-salivation; it got a little better when we were grinding, but it persisted throughout the whole cycle.

Then the next grinding session was just the thought soft and smooth and the picture of the mother and baby breastfeeding; no thought, only soft and smooth.

There was an extra beat – systole – in between and I had to sit up straight and I felt better then.

And then after the 3rd round of grinding when the scraping came I had the thought, “it does its own thing”. I watched my arm manoeuvring the scraper effortlessly – it had to be a pattern and I wanted to carry on. It protects the sugar, just can't stop. And then when you said “stop scraping” or “stop grinding” I found it an extreme interruption every time; felt very annoyed with the interruption. There was no thought, just do always, just the feeling do, do, do. Carry on and on and on and nothing else, that's it, what you are supposed to do; don't like interruptions.

Burning, stitching pain along and under my rib; fleeting on both sides. No thought, only the thought of “carry on carry on, carry on”.

I tell myself “think, don't stop the thought – that's good, I can scrape, I am scraping”.

And then there was a thought of “what will happen if you interfere and change the pattern, what possibilities”!

Then it came to grinding and there was the urge to always carry on grinding in the same direction and just the little thought “what would happen if you grind in the opposite way”, but I couldn't, I just had to carry on carry on, round and round and round and round. I thought “I'm losing my ego here, that's nice, nice and so effortless”; no thoughts, then it just came “I'm a slave. I can't change direction I must go on and on. If I turn the other side, I fear I'll lose my comfort and security”.

Scraping came and the thought of mother again, nurturing, mixing, round and round, compulsive. And suddenly I changed direction but I only realised it a second later, and I felt the pain in my solar plexus and a slight nausea again, I watch and carry on; the grinding it goes on and on. I think not one thought; “slave” again and “I want to only feel the smoothness and nothing else, forever and ever and ever, leave me alone”. “Will I ever get bored”. “Cream cheese”. And then this last scraping, “I have to do, I have to do” but no emotions. “It's all okay it has its purpose; it feels wonderful not to be emotional, on and on and on; worker bee and Kali carb”.

C3 trituration

I think this remedy might be therapeutic for me because it was such an easy process and during the other triturations that I did, I remember there I was impatient; it was completely different.

This time I'm really one with the process, there's no emotions, there's no big aspiration, there's no conflict, there's no resistance, there's no doubts – there's just dedication to the task on hand with contentment and inner peace.

I'm just observing what is happening without any comment, without any thoughts popping in my mind, it's just I'm seeing things, I'm hearing things, but I'm not going with anything; I'm just there and staying with what is there. That is very unusual for me, I only have that when I meditate and I haven't meditated for a long time.

There is a time issue, the time goes very fast.

Then I asked for the qualities of the substance because I thought maybe it will help me to bring a little more light into it. And I asked for the qualities and thoughts that I got or phrases that I got were “fixated, stubborn, opportunistic, deceiving, cool and fragrant”.

And then I asked for any good ones: “tolerant, soft, gentle and wise” and then I asked if it had any vital sensations – “clenched”.

C4 trituration

I had a lot of physical symptoms again, also itching again, especially the upper arm and I see some kind of a rash or whatever coming up, very, very itching on the left upper arm and this time not influenced by scratching.

Then I had a very stiff and sore upper back which was better for stretching.

Also itch above the right eye and quite a lot of headaches throughout the trit – unspecific – different ones, all kinds of different headaches frontal ones, in the centre, I didn’t note them so much.

I thought at one stage surely one must deduct the symptoms of the lactose during the trit because of all the lactose around; I was just feeling lactose poisoning some how.

I had quite a lot of olfactory delusions right through, there were waves of different smells that I couldn’t recognise, good ones, bad ones, but not really recognisable ones.

And then it was after the third round of grinding, when you said “stop” I didn’t recognise your voice and I thought a voice was coming from behind, so it was quite a moment of severe disorientation and I got quite a big fright.

And then for the next two grindings there was silence and then I asked the remedy if it can tell me something and then it was just in my head “everything is the way it is, there is no life and no death, no beginning and no end” and then I watched myself making patterns in the bowl and I thought of creation and destruction but without any pain, it was a very deep feeling of continuity for whatever there is.

Then I had a feeling of something opposite me like a kind of a presence. It was in a way a dark, and maybe for somebody, a scary presence but there was something very immature about it – like somebody trying to scare but not successful. At the end of the grinding I opened my eyes and I had incredible clarity, I was tired before and then all the tiredness was gone; incredible clarity and awareness.

TRITURATOR NO 4

C1 trituration

I had mostly physical symptoms.

I developed itchiness in the right eye and when I touched my eyeball it was almost painful; like a sensitivity.

I felt a sudden rush of affection for homoeopathy; I’ve been doubting this profession

lately, but deep down I know this is actually where I belong. This is what I need, to live a fulfilling life.

Then I developed a sudden headache in the frontal region especially in the forehead; it was a dull, throbbing pain accompanied by neck stiffness and along with that eye sensitivity as well; it was better for touch, worse for movement and worse for noise.

And then I developed a dryness in the mouth; like nausea rising from the pit of the stomach and that feeling got stuck at the throat, at the base of my throat.

There was a sour taste on either side of the tongue and I just felt a strong desire to throw up. It was worse touching the throat or thinking about the symptoms.

The headache then moved to the right side of my head, above the ear. There was the same dull, throbbing pain, accompanied by eye pain; the eyeball feels bruised and sensitive.

There was a strange feeling of “awareness”; I felt connected to others in the trit. I feel almost able to “sense” their emotions like a weird clairvoyance. Feel almost afraid to admit this; everyone in the group might think I’ve “lost it” for sure! [*this paragraph extracted from triturator's diary.*]

C2 trituration

I started off quite aggressive and I had a sudden burst of anger and irritation and started saying to myself, “Hey what about me, where is my ‘me time’” and I suddenly thought I was being short changed by someone – I felt annoyed, irritated and aggressive, hated being taken advantage of. But at the same time not understanding where this weird thought was coming from; because it had nothing to do with me.

And then I got this image of hot syrupy chocolate being melted in a pot over a stove and this image of a wooden spoon stirring the pot of chocolate, lifting the sticky chocolate into the air and I could actually smell the hot, sweet sugar of the chocolate which was very, very welcoming and this, off course, made me suddenly hungry. The hunger was weird, because it gnawed at the pit of my stomach; it was weird because we’d just eaten.

I then developed a sharp pain on my right wrist as I was writing. It felt like a very dull yet almost crippling pain; like my hand will give up writing any second because of the pain. Feels weak, useless, thin and brittle. Even my writing went weird, immediately stopped writing because of the pain.

And then eventually as I began to scrape the anger came back and I was scraping with such force, with power, with anger. I wanted to let out my anger and this scraping helped me feel less aggressive.

I actually felt at that point that physical activity makes the anger of this remedy less, so I came up with a rubric: Mind, anger, physical activity ameliorates or exercise ameliorates, something like that.

And then I developed a pain in the thoracic region of my spine; it feels very strained and bruised, like I've been walking 'hunched' over for days. Feels sore and aching, worse for movement, better for bending forwards.

And then again I was overcome by the sweet strong smell of cooking chocolate, but this time I could smell melting butter. Images of chocolate melted over chocolate cakes, dripping, hot, sweet, delicious.

I got the final image in the mortar itself of the face of an Ndebele woman. To me she was a tribe member, but someone higher up in the tribe, she was like almost royalty, like a queen or a princess, she was obviously someone held in high regard by the actual tribe, she was very royal, very distinguished, very respected. I could see the hat with beading she was wearing. And I enjoyed that.

C3 trituration

I just had this desire to spread the powder everywhere not just in the mortar but out as well; I didn't want anything in the centre.

Also the feeling of dazed and spaced out like in another realm; also very exhausted, very preoccupied and very aware of everything that's going on outside, the noises were extra loud, you could hear them very close and again the eyes were very strained and heavy.

Then I had the image of a man's fist clenched around a wad of notes, like dollars, they were green dollars and his hand was clenched around them and I had this feeling of avarice and greed and materialistic kind of image, which is interesting cos the other lady also said "clenched" [*triturator number 3, in the C3 trituration round*].

And then I got a very dry hoarse feeling in my throat, like something was stuck in there it started off itchy, burning and rough, worse for swallowing and I would say there was sand in my throat: dry, itchy and scratchy.

And then I had strange sensation of tears running down my cheeks and whenever I touched them it was dry there were no tears, but I could feel tears running down and I thought that was very strange, but there was no emotion attached to this sensation.

And then strange words popped into my mind, this is very weird, I had this phrase pop into my mind, that "this remedy is found in the building blocks of life", and then the word "deoxyribonucleic acid" popped up.

And then strangely I got an image of mount Rushmore and the five presidents carved out into the mountain. I don't know what that signified.

And then I felt irritable and restless like I needed to stop the trit and exhausted, I just wanted to go to sleep.

And then I had sexual thoughts but not overtly sexual just more thoughts of expressing love rather than having sex.

And then finally I got the image of a star that appeared in the powder itself and again like [*triturator no 5, in the C1 trituration round*] said earlier, it was the five pointed

star.

C4 trituration

I didn't have much. The back of the right eye was dry, itchy and felt strained again, as if I'd been awake for days on end without sleep and then eventually I had a sharp, piercing, needle-like pain in the right eye; it was a sudden, fleeting pain.

My mind throughout the trit was very blank; unable to keep thoughts together, thoughts would come but not enough to make a sentence or keep an idea at all. I can't focus at all.

My hands are very crampy, very tired, feeling of powerlessness or a lack of energy.

I felt weak even old and exhausted and I even at one point dropped the pen cap and it fell far away from me and I felt very clumsy, weak and unable to grasp objects.

And then again the sense of smell was very heightened. I could smell something sweet and musty, almost like old sweets stored away in a dusty old cupboard for a long time.

TRITURATOR NO 5

C1 trituration

The first part, the image that popped up was the obsidian crystal, the snowflake...it was the actual flecks on the crystal, that has that very silvery, dark grey colour that came into my mind;... that part of the crystal against this blackness.

Then I kept getting the words, "elemental emptiness within something hard", so it's like you have a shell that's quite hard and inside it's intimate.

Also a lot of deception; deceptive personality; you can't trust anything because nothing is as it seems and the word "mercurial" comes up in relation to that deception.

More hard exterior with hollowness inside.

Then I had an image of a knife with jagged edges, that's serrated, with someone stabbing downwards with it; sharp shards of metal with metallic silver colour or sheen that's quite attractive. The mind feels tumultuous; chaotic; unable to concentrate; distracted awareness.

...couldn't concentrate awareness being flung everywhere, and it was hard to bring it back to one point; kept thinking of something silvery; the colour silver. I had an image of hubcaps on the tyres of a car.

Then I had a vision of rocky mountain outcrops with all these rocks and you had to mine into the rock to get at the metallic ore. I felt that the substance was in metal compounds, and it was somehow associated with silver or the colour silver and I wanted to complex it with something to make it into a salt.

The second part I had this frothy, foamy image, like when a wave crashes and falls

down and rolls and you get the foam, I thought that maybe the substance was found in the ocean somehow.

Then there was something to do with a partial separation like when you bring down an axe on something but it doesn't completely cut something in half; it's a partial cut.

Then I started thinking of a guillotine in France and severed heads and when you bring down the guillotine and sometimes it jams.

I was thinking of "American Psycho" the reason being because he was so deceptive; from the book when you read it's...how to be.. and become totally psycho at the end but you don't know, he looked so innocent at the start and then slowly starts to degrade.

Kept wanting to say the word "mercury", as if the remedy somehow relates to mercury or is the same colour or maybe it follows well in some way.

Then I had a stage where "I don't want to waste time"; I don't know why.

And then I said "you can't trust this person – he is like a snake – he can mislead you and will get you". "He's not a nice person, not trustworthy at all". "He's not the type of person you want to share secrets with even if it's like a neighbour; even a neighbour is deceptive and he'll come and get you".

Then I was thinking of something with cracks; something which is resilient enough not to break, but it cracks. It is resilient though hollow inside.

Then the term "The Destroyer. Caustic. It will eat you up alive" came up.

"They want to kill you while they play with you; like a court jester with a knife and a bloody severed head".

Thinking about the "Puppet Master" in the "Saw movies", I haven't watched the film [*Saw I*] but I know there's a puppet that appears on the screen.

It's a puppet with like a hollow person but you see him, it's like a deception that goes on you don't know who it really is, it's the Puppet master – it's deception, malicious, a killer.

Afterwards I wanted to talk loudly and bring attention to myself.

Then all the joints in my left felt weak, which is strange because I'm right-handed.

During the 3rd part, I was thinking about the numbers 5, 7 and 57 and it was strange because my triturator number was number 5 and the pestle was number 7 and I only found it out when I walked out the door.

Kept thinking of the five pointed star – it has dual meanings. [*2 points up = Satanists; 2 points down = most widely used religious symbol*] on the one hand it is quite deceptive, darkness and then on the other side, it represents the balance of elements and lightness.

I wanted to disturb everyone because I wanted to feel comfortable, I don't know how

I was going to do this but I felt I had to do this.

And I said “it hits you like an axe and splits you partially in half”; it’s associated somehow with the colour red or with blood; it likes or revels in blood.

And I said “a nice person will deceive you, will trick you”.

I had an image of a metallic green housefly and thought how disgusting that such creatures are drawn to pus and decay. And that the remedy is associated with diseases where pus is discharged from open sores and wounds.

C2 trituration

The first part I started envisioning some silver shards dispersing into darkness and blackness.

Kept thinking about breakdown, decay, letting go, resigning yourself to decay, but like you can’t fight back, you just have to let yourself go and decay.

I was praying that I’m not mentally twisted!!! God help me!

Great disconnection from self. This is wonderful because it gives you the impression you can do things on your own; you are your own master, but this is also not true because no man can exist as an island. This disconnection from self is also dangerous for others because it means your humanity starts lacking.

I had images of metallic vessels holding caustic, decaying or dangerous liquids – poisons, but unlabelled. [*Drawing of Mercury symbol, Hg, in notes*].

Tiredness. Drawing into self; introverted feeling, but aware of what’s going on in the inside.

Also kept wanting to say “it’s a sudden clout that causes disfigurement”, it’s like you want to hit somebody or hit out and it’s like a stunning, sharp clout and that causes disfigurement. Hopelessness, despairing.

Then started thinking about pork and the flesh of pigs. Thinking about how humanity feeds on the red meat of swine that in turn feeds on our own filth.

Find it strange that flies spread disease and maggots clean decay from festering wounds.

Is this not the story of humanity; we bring ourselves to the edge or precipice of destruction and then think whether we should fall or fester?

In the second part, I had an image of a blood red heart in the middle of a black box [*drawing of triangle with red heart in it and black background*] and it felt like a sensation or like an idea of where morals become twisted and immoral, so that is the source that’s behind the image.

Started becoming averse to bright lights, sunlight, any type of brightness; I wanted it to be very dull grey because it reminded me of silver.

Then had image of blades; or thin shards of metal that could become cutting or

blade-like. Kept thinking about the old razor blades that we used to shave and which had a chunk of the blade going into the handle.

Left eye slightly itchy.

And then I wanted to make rude gestures at people, just because I could and then I wanted to laugh at that because their reaction would be quite amusing to me.

Started thinking of a castle with many tall towers, spires and turrets stretching up to the sky. Thinking about how beautiful it is – especially because it's built on the top of a mountain peak surrounded by dense, green trees. Made me think of the Swiss Alps, that type of setting.

Then started thinking about people especially close friends for instance and wondering if they feel guilty when they are deceptive.

During the third part of the trit something festering inside, drawing flies to it.

For some reason this remedy reminds me of the story of the Emperor and his new clothes; I was thinking how innocent the king was to be conned as having been clothed when he was in fact naked. How ludicrous he is and was; so foolish.

Didn't want to grind anymore; wanted to thump the sac lac with the pestle and beat it into a submissive flatness.

If this remedy substance was a person to me and they were trying to talk to me, I'd tell them to get the hell away from me out of repulsion. They in turn would react by becoming very sad, feeling dejectedly confused at why they're being shunned. And then I started feeling very guilty at having these thoughts.

Then I had an image of small, see-through balls – like those found in silica sachets that you put into medical containers – and felt these were ground down for the substance.

C3 trituration

I was feeling quite different from the last two [*trituration rounds*] it was sort of, it was like becoming the opposite of what it was in a very strange way.

During the first part I kept getting images of the fine strands that make up a feather, like you're looking at a feather under a microscope and you're seeing this very intricate strand coming off the central parts of the feather. I don't know what it was about but it was as if you had to observe very intricate details of something.

Then started thinking of mirrors or shards of mirror pieces; like somebody has taken a mirror and shattered it and then thrown the pieces into the air and you're watching the pieces in slow motion falling back to the ground and they're reflecting images of each shard.

Feeling very closed, very secretive, don't want to let on what is truly happening; It's strange how the ONE [*capital letters in notes*] who feels deceived can also act as the deceiver.

Thinking of shoals of silver fish and how they swim in unison as one ENTITY; it looks so gently rhythmical, it flows so smoothly yet so strikingly DECEPTIVE. It throws off the predator and causes him to attack another innocent victim through confusion.

Then the inner canthus of the right eye started to burn and then the eye started to water as well, felt better for scratching but the burning continued.

Also as if the remedy has an issue with UNITY or bringing about “ONE-NESS” or remaining as a single entity.

During the second part I started thinking about how things can be polluted on such a subtle level that you can’t see it and when you don’t notice it you feel that it’s not there, but in actual fact it is there.

Then the thoughts became very random and very confused, very flighty; it was difficult for me to follow like a single thread of thought to its completion; so I couldn’t continue a thought it would run in a pattern and then suddenly stopped; I could never complete it.

C3 seemed very different compared to C2, the feeling was a lot more detached. I couldn’t relate to the substance anymore; it took on a personality of its own, it was its own entity and it wanted to be left alone now.

Felt very impatient, I wanted to rush through this. Impatient and very restless.

Then I thought that the substance started to take over and it started to box me in a false perception of self; it made me ask myself forcefully “Who are you really?” “What are your real feelings?” “What is really the truth?”

And then I started to think, there is no such thing as truth, because for me there can be no single truth as truth is distorted through perception. If this is TRUE, then there are only lies. So if every person told their perception of one single truth, it was always a lie; so how can we all clamour for the one truth that may not exist.

During the third part I felt that the substance had an affinity to the sea, maybe ameliorated or aggravated by the sea. It may be even found dissolved in the sea.

And then the process became very mechanical, there were no emotions linked to the trituration anymore and I didn’t feel attached to it anymore.

The remedy itself felt very mechanical; automated. And I thought that the person who needed the remedy would learn to mimic the responses of other people and then when they come across a situation where that response would be indicated, they would just respond; but they wouldn’t respond through emotions or through choice but as if it was a learnt thing; so it felt both cold and calculating, but it wasn’t really to that extent yet; it was getting to that point, then it stopped.

C4 trituration

First part, I had images of the moon progressing through the various phases; so continually had a cycle where it started off full and round and then progressed and

becomes splinter-like and it tied in with a couple of phrases that came up, “Divine retribution” and then “Cycles of karmic influence”.

It had to do with when we deceive another person to the point of death, then you set up a chain reaction of events that inevitably pays you back.

Both perpetrator and victim are one and the same. I felt that at some level the “victim” had to find forgiveness in order to release themselves from the pattern. So the perpetrator is therefore no longer tied to the “victim” and then moves on in his or her evolution.

Started to feel very vague; thoughts became quite distant and vague; disconnected and I felt the remedy itself was disconnected from self.

Then “the shackles will break” came up and I had an image of a wrist bound by thick heavy chains and then attached to something else; but it had broken away from its site of attachment.

And I said that the remedy looked similar to a bird in some instances but it isn’t a bird remedy, but you get this thing of being shackled down and then you break from the shackles.

The second part I had deception; deception itself asked what is victim and what is perpetrator and on some other awareness, or some other level there is no such thing as they’re both one and the same. And then I had all things have TO CHANGE THROUGH PERIODS AND CYCLES; that took us back to the moon image right in the beginning.

Then the right clavicular region got really itchy and the region near the right sterno-clavicular joint. Scratching didn’t make the itch better, but it also didn’t worsen it.

Then I had “Where do you fit into the pattern?” That was a question that came up and then “Is it really you who are the ‘do-er’ or are you really the observer of perceptual experience?”

And then right towards the end of the third part, I had to wait a long time, and then the single phrase “Trust in your self” came up. And that basically sort of answered what is deception and how do you get rid of deception – by trusting in yourself.

TRITURATOR NO 6

C1 trituration

During the breathing exercise before starting the trituration, experienced surfacing of intense grief, for a pet that died recently. Could be unrelated to the trit, since it was a recent incident.

Immediately when I started there was a runny nose, the left nostril; it’s been a troublesome symptom for months, now as soon as the trit started it was worse than normal; went away later came back again and it’s still there now.

Immediately a feeling I want to take small sips of cold water.

I had a feeling I wanted to take off my watch, my ring, my shoes, I felt restricted. And I actually did take my shoes off finally.

Slight restriction in the throat, the chest, the heart region, I had to breathe deeper.

Feeling of being in a box, but the question was “Is it a bad thing, no one can reach me here, that is good?”

More awareness of the throat, difficulty swallowing; increased saliva and I was also thinking of Mercury then, I almost had that feeling of the wet mouth, not the saliva but still dry.

I felt slightly more grounded and stable than in the last few weeks; a bit more focused than normal, not so easily distracted, The feeling of “I am here to do this and this only and nothing must interfere”.

Nose better now, not running anymore.

Slight spasm, left side of lower back; normal symptoms but I experience it always on the right side.

Pressure in the forehead, just above the eyes. Eyes feel dry as if I was crying a long time.

I had the feeling I would like a glass of cold milk – I never drink milk unless in tea or coffee.

Sensation of pressure, heaviness, tingling in the breasts.

Sensation of heat in the face; in the cheeks.

And then a smell of and a desire for garlic. It came and it went

The muscles around the mouth started to feel very tight.

The thirst for small sips of water now increased to I want to drink big gulps of water and I even want ice to chew.

And then the thought of “What is the purpose of our existence on this earth? Is it not just futile? Suffering, too much of that in the world; what can I do to stop it. I must stop it.”

Then the nose got worse again; only left nostril running.

Dry mouth with increase in saliva.

Right at the end there was a fear I will hurt my children physically. I had a dream last night of hurting my daughter, can’t remember anything more about it.

Towards the end the colour red and thinking of elephants.

And the feeling of slowness, of feeling slow, but there was no need to go faster.

C2 trituration

Feeling that I neglected or abandoned my children by being here today.

When we started I had the feeling I had to close my eyes for the information to come through and when my eyes were closed it felt good; there was more rhythm when the eyes were closed; and I felt I can do this motion forever.

Smell of garlic.

Time going too quickly; I felt I was going to run out of time, I didn't know what for, but I was running out of time.

There was an image of green hills all covered in green.

Spasm on the left side of back – C1; have to stretch.

Thinking of challenges lying ahead and how I will approach them.

Then these words "I want to escape all this, but where do I go?"

Also "I should trust; but who is there to trust?" I cannot link this to any situation; just words that came through.

Feel hot and uncomfortable, shoes must come off.

Itch in a small spot on right occiput.

Pressure in a small spot above the right eye; the eye felt funny, strained.

Dry left eye. Quite a few eye symptoms, dry eyes, burning eyes, feeling strained.

"I am going to run out of time" Did not know what for, just words that came through.

There was a feeling of other trituration experiences before which were healing, but I don't know about this one and then the feeling that I must put good energy into this substance.

Still want small sips of water but the thirst is not as intense as during C1.

Suddenly half way through I felt very tired and sleepy. The feeling was something from outside was draining my energy; my life force and then the thought I need to identify and protect myself from this entity.

Time went too quickly; could not believe it was over when I looked at the watch.

Then another thought, "How fortunate am I to have all this knowledge". I didn't know what knowledge; not related to homoeopathy necessarily.

Slight nausea sitting at the pit of my throat.

Tightness on right side of scalp and pressure in and around the ear.

And then again the thought of "This is not me writing here but something from outside".

Also the thought if I trit faster and harder, it will become clearer who or what this presence is.

Itch in the middle of the back; I had to scratch. Very small spot, it was very itchy.

"I need to go into myself and block out the outside world to get clarity on

everything”.

Then the thought “I want material things but they are so insignificant”.

“I have the ability to destroy others, be careful”.

Tightness in muscle of face, eyes, around mouth.

And then I felt the pace was picking up there was almost an anxiety with that because everyone was going faster; a definite anxiety and restlessness.

“I do not dislike other”s.

Then I thought, this is now enough, must open my eyes, have to stop information from coming through – too much.

C3 trituration

It is interesting about the deceit, because although that came later for me, I had the thought of “I have to be careful of those who are deceitful; I have to watch out and be careful not to be tricked”.

But before that with the grinding I was absolutely lost because when you say “stop” I couldn’t believe that the six minutes had gone and I actually wanted to slap you because I was in a very good place. The six minutes felt like seconds.

And the feeling of floating away again when I closed my eyes and I was in water, not the sea but like a lake and there was a taste of the water of the lake in my mouth, and it tasted like minerals, it made my mouth water, I wanted more of this taste.

And the thought was “I can let bad thoughts flow away when I’m in this place; nothing can touch or hurt me when I’m underwater, it’s safe, it’s protected, it’s like in a the womb where there’s nothingness, I don’t have to think I can just be”.

So there was peace and happiness, I don’t want this feeling to go and then you said “stop grinding”, I was so disappointed. There was the thought, “I just want to capture this feeling.” But it didn’t come back again. I am open to new knowledge.

Then the thought of the deceit came through; I have to be careful of those who are deceitful, have to watch out and be careful not to be tricked.

Dry eyes, worse on the left.

There was also a feeling of weightlessness floating in outer space

An itchy foot on left side – small spot.

And then the thought “I am not insignificant, I have a purpose”.

And then about the third round there was a sudden draining of energy, the arms were very heavy with the tongue feeling too big for the mouth.

Thinking of children in my family, nephew, nieces, felt a strong connection.

Feeling of being determined to succeed even though difficult and a lot of obstacles.

Interesting, although the time went very fast there was suddenly a thought of frustration that things don't happen faster, why is everything so slow – so sort of contradictory.

“I do not always have to do the right thing, I can do what I want because what I want will be the right thing”. A thought that made me feel quite liberated.

Then there was a thought that maybe this is a milk remedy.

And then towards the end there was the thought of flowers, I think I would call them lilies, if I can, but in bright colours, red, orange, purple, yellow.

And a constriction in throat, I can't swallow but I have to keep on trying.

And pain on the left side intercostal muscles, I had to stretch, I had to release the pain.

C4 trituration

The first thing was there are two polarities in the remedy and there's a strong theme of judgement versus non judgemental.

Left nostril again; itchy nose.

There was a musical tone to the grinding; did not want to stop.

And then the thought that “Music is all around us, if you just listen”.

Then also for me the sound like an oncoming train and that took my thoughts through a journey that we're all travelling somewhere and then maybe slightly similar to [*triturator number 2*], the thought that our existence is so much bigger than what we think, everything happens for a purpose, nothing is without purpose and every experience is about learning and about discovering what is true. But in the end, it might all be for nothing.

Lots of spasm of intercostal muscles; have to stretch back or stand.

Heard a train braking.

Picture of Table Mountain and a lot of rocks.

Ears felt very hot, worse on the right.

Then I had the image of people dancing – like a tribe – dancing around a fire with the light of the fire reflected on their faces. The fire is cleansing and healing and hot.

And the image of the fire made me think of gold and what gold represents, wealth, power and beauty. And the other end would be coal which symbolises poor, dirty, polluted.

There's a theme of music, which is also like gold: powerful, sacred, holy.

And then back to that deceitfulness; the thought that holy people can also be deceitful, can be powerful and I had the image of a Buddhist monk and a priest/pope at the same time – I don't know what that means; but at the same time we can see the

opposite that there also can be good people.

They are or can be those who protect and have inner goodness. Mountains, Tibet, holy, sacred.

Felt closer and more connected to the substance on this level.

Image of God, can't see but it must be golden light, peace, security, protected.

Then there was the thought that the eye is vulnerable and should be looked after, although the only physical sensation remaining was dryness.

Prostitutes rejected other end, but are they bad or merely desperate; we should not judge prostitutes, rather judge those who behave like prostitutes when they don't have to.

Images of holy water, bible, cathedrals, holy places, dead bodies.

"So difficult not to judge when I am always judged and criticised by others".

I want to be high up on a mountain, same feeling as underwater; isolated, safe, protected, alone – a good feeling.

Also [*triturator number 5, in C1 trituration round*] mentioned earlier about the star there was just an image of a golden star surrounded by golden light and it felt warm and inviting. The ultimate goal is to be in this light.

Outside of this light it is dark, cold and isolated and it's not a good isolation and because of this the thought of life after death and what happens.

And very itchy ear lobes, had to remove earrings.

TRITURATOR NO 7

C1 trituration

I found myself thinking quite a lot; about things like the principles of normal molecular, quantitative stoichiometry do not apply here. I discussed this with a chemist that you can't be guaranteed that when we're doing a trit and you're scraping, that you're actually making a molecularly homogeneous mixture – yet it works. So what I was thinking was that the grinding and scraping was the Buddhist work of homoeopathy, just capturing the energy which refines it and transmits it from trit to trit.

And that theme came up a few other times, I thought in a way, potentially, it looks like we're making a homogeneous mixture but the experience of it is that we're creating this homogeneity and equal-ness.

"I write what I like – I say what I say – the bowls are singing".

"To write is a joy to escape the interminable grind".

I was thinking about writing and the time grinding. The more I wrote the less usable the product would be due to time spent writing versus grinding. But then I thought

the product is not for pharma use anyway, so who cares!

Nose is a little sniffy.

I am going to get some use out of this exercise – to exercise my shoulders or shoulder blades or upper back or lower back or muscles, to get stronger and fitter, to repair, to rehabilitate, to improve!

Purely mixing a trit cannot guarantee a perfect molecular dispersion to be carried forward trit to trit level. It must be the energy that moves forward, held in the mix – sensually we see the trit as homogeneous and well mixed, that is our experience.

“Pity the bugger who gets my half-baked trit – but it feels good enough for me”.

I was aware of speed. I was aware of different speeds of trituration; sometimes some of the bowls were singing.

I was also thinking a bit about my patients and my move to the Seychelles that I'd like to let them know and encourage those who have not had much success to have a final fling at getting their constitutional remedy.

Left-handed grinding, slow, weak, clumsy, uncoordinated; needs lots of effort to spin a few slow revolutions – tiring.

I heard at one point the sound was like a dull background roar; like the sound of a seashore in the distance.

And then I felt like going very fast, faster, faster ‘let’s grind the shit out of this remedy’.

C2 trituration

I was thinking about patients, a new one whom I suddenly thought needs Strontium or a salt thereof; some sort of column 2 remedy – he’s very adaptable and very needy.

I was happy with the slower, softer grind.

And then I had a strong resentment with trituration, like boredom, the interminable repetition, slowness, waste of time – it takes so long; no patience, then I felt better for expressing my truth.

Stiff neck came up, and pain in the left lateral occiput, close to the jaw, it felt like a tension pain, related to the root canal; it was better for pressure on the point.

I noticed my mind was wandering, very nicely, very enjoyable, thinking about surf ski race last night. Gave it a right royal tonk on the last lap home; reeled in the two young girls who had effortlessly passed me in the first section.

The pestle has a rhythm and a control of its own – more effortless.

Then I felt like I’m wasting time; the cricket is on the go and I don’t know what the score is, I wonder if it’s raining; what will be will be. I think England deserve the series; then I feel it’s a fate of rain and time.

I think that Wanderers is a “bridge too far” and I think it’s a damn good effort by Smith and company, but I fear that it will be a draw; but at least they’ll go down fighting.

Then I thought of a reggae song from the 1980s called “Fighting, fighting... Jah warrs”; I think it’s The Ramones.

Then thinking about patients again, especially far-flung ones, need to contact, try and see and refer on somehow e.g. in Port Elizabeth.

Feeling hot and I’ve been giving the pestle a good tonk as well.

Mind is wandering; root canal, scraping inside tooth canal; periosteal damage – sepsis and asepsis. And UV light as an antimicrobial.

The work of a homoeopath is so interior; so on my off hours I want to go big on exterior: surf ski; kayak; get outside into the sun to walk and sweat; feel the muscles work until physically tired; a high heart rate, breathing like a steam train; competing physically and loving it.

Then think about scraping and not too hard, only enough force to loosen the stuff. I was thinking early as well that too much scraping could bring some metal into the mix and it would be less pure.

C3 trituration

I had a large mortar and pestle which I enjoyed.

And then I thought of just using one hand but not holding the mortar and then grinding and then I saw that the mortar was spinning slowly.

I also saw that grey and sticky look to the substance.

And then I thought you know, C4 trit, I heard something about spiritual; then I couldn’t remember what C3 was.

And then I thought “spiritual smiritual who cares as long as you’ve got your health”.

I prefer scraping versus grinding. When I heard you can “start grinding” my heart sinks. During scraping I seem to be able to disassociate better.

With scraping you can see something happening, you know, moving and removing the paste from the sides, clearing it up into one nice pile.

With grinding I think, “how fast can I go?” Not necessarily trying too go hard. And then if I do go fast, how long can I keep up before exhaustion sets in.

Thinking about all sorts of things: PhD homoeopathy, travel, flying and homoeopathy.

And then itchy left eye of the inner canthus.

Toes numb, right leg, small toes a bit numb; feet sore, too much standing.

Intensely itchy back of left hand.

And then I thought about the substance “substance, schmubstance, who cares as long as you’ve got your health”.

C4 trituration

I didn’t notice anything, nothing really happened.

Actually I thought what if nothing happened, what if nothing comes out of this phase? Then the grinding felt smooth. Then when you did say “stop grinding” I was surprised to hear it because I was actually enjoying it for a change. Enjoying thoughts about really getting fit and strong to paddle like a demon.

And at one point I had enough of scraping, so I stopped scraping even though you hadn’t said it; I wanted just to start grinding.

I got the pestle and then I thought “oh well it’s my own time coming in now”.

There were very overtly sexual feeling about women giving me a hand job; women doing it to other men, ejaculation in young men full of sexual life.

Thoughts wandering: friends, watching rugby together.

Then while scraping I had an image of the planet earth from space in the pattern of the trituration on the bowl; it looked like those sort of wispy clouds up above the polar regions – the Antarctica or North Pole.

And then a feeling, that I enjoy competition, to beat others, feel like I can and I should do it – enjoyable. And I should extend myself to beating men not just young girls.

More overt sexual feelings, feeling hot; the mind, thoughts wandering about future actions; how to transport the remedies to the Seychelles, by sea or air, things like that.

TRITURATOR NO 8

C1 trituration

I had three very vivid dreams last night.

I was in my car travelling in an alley or a road that had just enough space for one vehicle and another car came in the opposite direction towards me, not at high speed.

And I felt obligated to, or at least felt that one of us should shift over.

Then I assessed the road on either side and I noticed only my side of the road had a pavement and the other side had no pavement at all

I felt obliged to move over on to the pavement to try and let the other person through.

Just the feeling there was like I had to make the effort to allow the other person through because the pavement was on my side and not on his side. And yet there wasn’t anger, I don’t know how to describe the feeling from the dream, but it was almost as if, why was the pavement on my side, why did I have to turn my wheel

over on to a high curb and damage my car? It was almost like a control issue, I was obliged to move over.

The other dream, I was wheeling a trolley, like a Pick n' Pay-type trolley full of stuff, it wasn't shopping; it was like motor vehicle parts and a whole lot of rubbish.

And there was no space left in the trolley from what I could see and I had a bucket of tennis balls that I had in my hand but I was thinking of putting it in the trolley, but I thought "no" there was no space for this bucket in the trolley, so someone came behind me and whispered into my ear "Your bucket of balls can go right there." and I said "No, no, there's no space for the bucket of balls." He said "Yes there is space, put it there." So again I felt obliged to put the bucket where he said, so I put it there and when I moved the trolley, the bucket of balls tipped over and all the balls went rolling down the road into a garden and ended up being dispersed over the whole garden and then I had to spend the next hour searching for all the balls while this trolley sat there.

Again it was just this feeling of being aggravated, of upset of "Oh gosh, why did I listen to this person?" And just the feeling of "Why didn't I just take my own opinion and make my own decision on that, why did I listen to someone else?" "Now for the next hour I'm stressed having to find all these lost balls."

In the 3rd dream, was where I entered a room and I saw an old friend of mine, she's a bit older than me but in the dream she was a lot older now, she was like in her 60s, grey hair and she smiled at me and said to me "Oh jeez I've got such wonderful news, I've finally found my remedy and now I've met the man of my dreams and now I've got married and I'm happy." She's been single all her life and now she's gotten married in her 60's and I kind of almost felt like "Well what's the point; you're supposed to marry when you're young, you go through your whole life alone only for this to happen to you in your 60's!"

The theme is based on the issue that I haven't found anyone in my life, neither have I found my remedy. And this person an old friend has gone through the same circumstance and the same issue and we once joked about it that she couldn't find a guy and I couldn't find a girl in my life.

But in the dream there she was very at peace within herself that she'd found someone. In one respect there was envy and jealousy, and "Oh gosh why am I still sitting and my life is stagnation and loneliness and nothing happens?" And she's actually content, she's bloody content at the age of 60 and I thought if I have to reach 60 I'll be dead!

Then with regard to the trit itself, maybe I should go back again to yesterday.

Some stuff happened yesterday and the day before, I'm convinced unrelated to the trit, although if you want me to I'll send the story to you.

It put me into an intense Nat mur state yesterday, where I didn't want to be around people today, I had a lump in my throat, I felt absolutely awful and it still kind of

carried through today. Circumstances led me to such an extent I was tempted to either take a dose of Nat mur last night which I didn't or phone you and tell you that I wasn't in the right state of mind to do it today at all.

Entering the trit I felt peace, calm and tranquil and that carried through to the first stage of C1 trit; I felt great, at peace, I felt gentle and kind and loving and all those things that are an extension of meditation pulling though into the trit itself.

An then, it was almost like a circular switch, my mind started switching on to reality and reflecting back on what had happened yesterday and the day before – the personal circumstances – , and I couldn't switch my mind off on those issues. So there was this tug of war, I was trying to tell myself, "Just remove yourself from that situation in mind and do the exercise", and I couldn't. My mind was going off on a tangent I was thinking and feeling terrible about past circumstances.

Then issues of anger came up, of revenge came up, which is not me at all. I'll tell you the exact story later.

More like feeling the victim, and issues of self-value and self-worth; not how dare this happen to me, but I can't believe that sort of thing has happened to me. Rather than feeling like Nat murish like I felt yesterday, feeling more angry.

Physically, may have been air-conditioning, my posterior pharynx was very dry, I noticed the dryness at the back of my throat, where it was a bit uncomfortable for a while.

Also I noticed my legs going to sleep and I had to actually make sure I moved them around and not standing still for too long a period and they definitely went very cold and a little bit numb.

C2 trituration

I just want to go to sleep!

Ja, I couldn't stop my left brain activity again and then I got into this notion with left and right; the concept of left brain and right brain got stuck in my head.

My thoughts were stuck on those types of words and thoughts, like the right brain is more creative and can just move more into the present whereas the left brain is more consumed by thinking thoughts and my mind was just racing on the subject of thoughts and after a period time I felt like I'd completely detached myself and even my emotions and I was just a left brain entity.

Then I went into a much more quiescent and quiet phase where I was able to relax.

And then at some stage in the trit I had this idea that are we really gathering reliable information. So wouldn't it be more useful if people could just speak their mind at that moment in time when they're tritting, but then I thought that wouldn't work because everyone would be babbling.

I thought well I heard recently, they've developed a device that can attach electrodes

to the brain and can actually translate the thoughts into words, so I thought maybe we could attach electrodes to everyone's brain and just decipher all their thoughts so that they don't miss anything out in a trit.

I thought so there must be a lot of reliable information lost in these trits because we're just grabbing onto that which we feel is relevant; we filter the information.

But then I thought there could be a more sinister application for these electrodes, because stuff could go in rather than going out, then I thought to myself "just shuddup" and get back to reality.

Then when tritting with my right arm my elbow got stuck, not that it was painful but I actually couldn't bend it, almost like frozen shoulder but here in the elbow where I'd have to slowly stretch it and almost get that kind of crepitus type click. I've been tritting regularly and it's never happened before.

Then I started developing like a headache, a right sided headache, and soon as I was aware of the headache, then I thought "Yeah, now let me note down the characteristics of the headache" and I only noticed it in the direction of what I was aware of so I don't know whether it was a head ache that moved from the post orbital region through to the occipital region, or whether it was only I drew my awareness from the front and then thought, no hang it's also here and there and the whole right cerebral hemisphere, but it may have been a headache that moved from the front to the back because the way it drew my awareness was from the front to the back.

And then the last thing, I developed a craving for chicken; also again I have a family that enjoys that type of food and I certainly haven't joined in any of that Kentucky fried chicken eating in 10 years.

I don't know if it's the idea that revolted me or that it's unhealthy type of eating...or whether it's the cruelty to the chicken that also goes through a production process, but I've just been off that for 10-15 years, but I've developed a craving for chicken.

And then when it came towards the end, again crazy thoughts where looking at the pestle, it almost looked like a sexual connotation or something like when I stared scraping with the scraper I was actually making myself do a DNC or something like that.

An then the last part was when I looked at the table and I saw I'm number 8 and I visualised a snake.

C3 trituration

Very, very little. My mind is just running through all sorts of stuff, but nothing that was totally out of the ordinary for the most part, nothing that had a recurring theme or no images, or, nothing.

My mind was very active in thoughts again, but stuff that I may think about if I was given the space and time to think; quiet time if you're not able to find that repose and quiet space in your mind to think.

...my mind was over-active so maybe that's a theme in itself, because usually I can just calm my mind down not to be too perturbed by issues; but then again, it's been a week of issues, so I don't know if that had something to do with it.

There was a moment when I had like an anxiety of conscience, I kind of felt almost remorse or guilty for having said certain things or having thought certain things.

There was one very peculiar thought though ofagainst the wall and that was I had a very strange patient yesterday and whilst doing the trit I thought, I wonder whether it wasn't like a joke, you know, like a set up type of patient, like that person was looking to test me or something like that and then the word that came up was 'deception' and I felt like maybe I was deceived like maybe there was another agenda to the patient's visit rather than a consult itself; there were certain irregularities that didn't match up from the patient's history of the symptoms through to the examination and it required me to make certain decisions which felt peculiar for me to advise the patient on; I don't know, so it was just a moment in the trit when I kind of went back to that consultation yesterday and thought about it.

I don't know if I would ordinarily have given time and thought to it, but it was a strange thought to think that there was a patient coming to see you for an ulterior motive; so that was worth noting down.

The last bit is that towards the end of the last trit and this trit I think it's a pimple or acne or something that's come up on my inferior and posterior aspect of my pinna of my right ear; never had any acne there before and it's a little bit sensitive, I can actually feel it's sore when I touch it. It actually started in the C2 trit at the end of our discussion, and now it feels like it's come to a head; but I didn't pay too much attention to it then, but now I'm very aware of it being there.

C4 trituration

From the C1 trit to the C3 couldn't remove myself from the attachment of the past, was reflecting back on circumstances and things and people and things that affect me and all that sort of stuff – ego driven.

And then like in the C4 trit I almost had like this outbreath, this exhale, it was like a laugh and leave the world behind me and then I thought I'm going to go into a philosophical reverie or stream of thought that is going to encompass me further, and it didn't happen.

In fact it was the complete opposite, I was so seduced by the awareness that we were coming to the end [*of the trituration*] that I was getting more and more excited, more and more energetic, more rebellious within myself, more jovial and completely elated by the prospect that our whole programme was going to come to an end.

I felt the prospect of the freedom, the release was so seductive that I couldn't engage any further in the process at all, I felt not helpful to you or the trit.

I felt very restless and cheerful and jovial and had a song, a tune in my head and then

I had a moment where I thought no I'm losing out here, I've really got to switch off the addiction because it felt like that, and I needed to get back into the whole process so I closed my eyes and tried to go back into a meditative state and then I almost slipped off my chair. I just went weak, it was like in order to be present physically I had to be fuelled by the excitement and the adrenalin; if I tried to cut that off, I almost kind of went to sleep or it was like I went out of my body; that was the kind of experience that I had.

My feeling was that if we had closed today and come back tomorrow, I don't think I'd feel like it; just for me the whole process of the trit had become so painful, cos I do them so often that I actually dread having to do it and when I see the prospect of coming to the end, then I feel....

I never do a trit all in one go, this is the first time I've done it all in one go; generally I'm very subdued after a trit; even if I happen to do two in a row, like C1 and C2 I never have that high energy in a trit, I've done a few C4s as well and still haven't had that high energy, I just felt absolutely zapped.

And I don't know if its because paradoxically I was obviously doing a substance that I was going to be utilising so that in itself means I could approach it in a mature way whereas it was almost immaturity that took over and said "what the hell" and the thought of freedom was so seductive.

I feel like I have more energy now, but if you told me to start C1 – I'd probably have the energy to do it again!

I had one physical symptom, I had a very, very sharp like lancinating pain into the left side, the parietal lobe, it was very sharp and lasted maybe about five or six seconds, very noticeable and then it passed.

And the other physical symptom was my right elbow got stuck in an earlier trit and now my left elbow got stuck as well, it almost felt as if I could have dislocated my elbow; I'm not lax jointed or anything like that – it almost felt like I was lax-jointed.

TRITURATOR NO 9

C1 trituration

At first I was apprehensive...Archangel Michael. I started off with blue; the powder was in the mortar and it was smiling for some reason; I don't know why.

I felt very affectionate, and loving towards the substance and I needed to take care of it. And while I'm writing down I'm thinking "Oh, these people are going to think I'm so crazy." and then I'm like, "Oh I don't care what they think; I have to write this stuff."

I also had that quality, like my eyes feel like I'm chopping onions, just a sting and then it was gone.

I was singing "Here we go round the mulberry bush" it was very childish; I felt like it was something that had to be handled with lots of care and while I'm caringly

scraping it I don't mind how it falls, as long as it's contained, in the mortar; feels like my child – I was very gentle with it.

I thought [*triturator number 1*] was scraping too hard “Don't be so harsh”, there were tears in my eyes, feeling sorry for the mortar, for the remedy, I don't know. Felt they were scraping too hard.

I'm feeling lost in the substance, I imagined snail shells or shells, I could stare at the remedy for ever, so loving...It's MINE – very possessive.

I had burning sensations around my right side from head to my thigh.

The remedy was doing its own thing in the mortar; let the remedy play, I don't mind it playing in there. I felt like it had its own little play ground there.

Then I had sensation of someone holding my right arm, like grabbing it around, with pressure then gone.

Tears in my eyes, I want to cry; [*triturator number 1*] doing it too hard, OUCH, it hurts my ears. Itchy in my left ears – mainly on my left.

Thinking about breasts; God knows why, looks like that within mortar. And then I drew the exact same thing as [*triturator number 10*], a circle with a dot in the centre.

Itching sensation on my right cheek moving to my left cheek.

Feel protective of the remedy.

Thinking about a spiritual singer – but not the hymn really – rather the love he sings with – soul stirring.

I didn't want the grinding to end, I just wanted to keep on grinding.

While scraping, thinking about bonds of friendship and how much I value friendships and then grinding again, gently, softly, I don't want to hurt the remedy.

“I'm still such a kid.” And I wrote there I don't know how I got to that thought; got lost.

I'm feeling sorry I couldn't be there for [*triturator number 1*], I don't know where that came from. I want to know how her morning was and apologise for not keeping in touch in the last few days. Feel so pathetic; feel like a loser. It was like kind of self-destructive.

I wanted to thank [*triturator number 5*] for helping me with my allergy; I felt like such a bad person for not thanking him first and I wanted to cry again.

With the 3rd powder, I was itchy and sensitive on the face and arms.

And then there's one part where I clenched my teeth and I'm squeezing the pestle and I was grinding hard – grinding the shit out of it – I wanted grinding to be hard, deep and with force, until the mortar goes swivelling around; thinking about all the unresolved issues I have; every relationship that I thought was unresolved went around my head, feel sad and sleepy.

Appendix G

With the scraping, I was making patterns like waves, and the way I was grinding reminded me of how waves move in the ocean, the churning of it, in and out; because I was never moving in one direction, I was all over the place. I was also thinking of Nat mur and salt.

C2 trituration

I lost it completely.

When I started off I felt content; but also lots of shifting; I want to help others; it was just completely random things coming to me; very spaced and drifting from one thought to the other, nothing very...it was like past relationships...I felt like I really went into myself, very inward and deep...

Then this whole issue of love: “Why are we searching for love? What is it that drives us? Why is it a need and not a want? Is it really that important?”

Really going inward, wondering why I am the way I am. So happy being in stress or being in love with things that aren’t good or right for me. “Why do I thirst for that which can not be mine? Why do I like a challenge so much? Why can’t I just do the easy things in life? Am I really masochistic?”

I feel like I’m selfish.

Eyes burning.

Still so gentle with the remedy...

“I must learn to keep secrets, why do I share everything?”

Lost in thought, thinking about what proving I want to do – sense of eagerness and excitement about it.

Then I had the thought that this whole issue with time is such an illusion; can’t believe how quickly it goes. “Does it even exist? What does time really mean? Why is our world governed by it? Why are there such rules? Why shouldn’t we do what we feel like doing when we feel like it? Why does time have to be such a priority?” I feel like I’m stuck in a system I don’t want to be part of.

I had a stabbing pain in the mid-back to the right of my spine, it felt like a bee piercing my skin; it burned, and then it itched, then it went away.

And then I also felt kind of dead; I don’t feel passionate or argumentative – normally I get passionate, I spark, when talking about non-conforming to society, but now thinking about non-conforming, that same spark of passion didn’t arise; dead.

I don’t want to write – feel lazy or uninterested – I just want to dwell in my mind.

Thinking about how badly relationships end off with me. “Why do I enjoy it?” Thinking “my whole life is twisted, perversion of humanity”. But then, “what is right and what is wrong, but just man-made social standards?” “Why must I conform? Just do what makes me happy, even if it is ‘wrong’. As long as I don’t hurt others.”

I want to play with the remedy; I felt like the remedy has been through enough, I don't want to grind it anymore, I just want to play with it.

Thinking about my mum and her life and her issues, her failed marriage, about past relationships, past memories. My mum says her life was a lie. Is that how life is? What's the point?

Generally lost in thought, about the past; relationships, jokes, good memories; feel a release or appreciation for all that was.

Feel like I was yearning for something, but don't know what, like a deep internal longing, feel lost in another time and place. Feel like I'm in a deep place within myself. Like I'm not who I show myself to be; like my entire consciousness has shrunk and pulled into my core; very deep.

Feel like I have something unresolved within me; like a feeling that I have to do something, but I don't know what, I feel grave and internal.

Feel like the remedy itself is crumbling.

I was reflecting on my life in the last year; completely lost in all that I've done. Just stuck there. Don't want to write; too incoherent to put into words.

Completely spaced out, but calm.

When I walked out of there I had a massive headache on the left side in the temple area; like a tension.

Tell me about the feeling of the headache.

I don't know....like a pulling down.

And now it's gone?

It's kind of there, but not as intense as what it was.

C3 trituration

For the first part I felt like the remedy was singing to me beautifully and I was just lost in its power.

Felt like jokey and mischievous; wanted to copy [*triturator number 1's*] notes or make my remedy disappear from the mortar and I thought "Mmmm how can I do that?"

Then I was thinking about tiredness.

Then how once it starts then you know will be over soon; like when you're born, you know you're going to die. So once the trit starts, you know it's going to end soon. It all starts to end.

I was lost within myself and enjoying it, I was in a happy place.

Thinking about continents and the world; how small we are, yet it is us that makes it whole. No matter how insignificant, we still make a difference.

I wanted to draw flowers and pretty girly things [*draws curly petals of a flower*].

I was content and peaceful. I have all my issues but I'm okay with it; everything is as it's meant to be. I feel aloof from the world, I don't care where the remedy is going.

I feel like doodling and drawing unimportant things [*draws a flower, on a stalk with one leaf; a heart and the outline of a smiling face*].

Falling asleep; feel like I'm going to pass out.

Crave ice-cream with nuts and chocolate.

The powder is all over the mortar and I don't really care.

Itchy in the left side of neck.

Totally BLANK – SPACED OUT.

Confusion, I couldn't recall what day it was today, what time of day, where I was; feel like I'm in a constant state of day dreaming.

Then when I woke up, left temporal headache shooting down to the neck; it was an intense throbbing pain, and then it was gone.

C4 trituration

I started off feeling content.

Feel like I'm in a constant state of daydreaming.

Wish I could go out and go into like another world.

I didn't know what I was doing; again thinking just random thoughts of things that happened ... yesterday.

Mind is just thinking what it wants; I don't mind. Feel like I'm achieving something – don't know what.

Detached, I'm not feeling the substance anymore, I don't think I want it, take it away from me, feel like it's not something I can relate to anymore; take it away, I want to sleep.

I feel like I can't support my weight; I'm too heavy; my head is falling, I have to hold my head up. Feel drained, zapped of energy. Feel like I'm not getting anywhere; it's told me all it could.

Just bored. Started reading [*triturator number 1's*] work, but hers was blank; started laughing, we were sharing the same sentiments.

Then I said, I wonder if I should lie and just make up something to say. I thought about the deception.

TRITURATOR NO 10

C1 trituration

I started off thinking about frogs and toads, and then blue water, I had a lot of blue stuff coming up – blue water.

Then I thought about a dream I had last night in which my sister was holding the tail of a long, straight, very patterned snake and coming straight towards me and pointing it like a rod.

And then blue just light, light blue and blue water lilies. I was thinking of the blueness of a water lily and I had a witch doctor come out at me.

And then later on I thought about my folks they live in Tsitsikamma – they've got a pond which has got a swimming pool in the middle; it's got blue water lilies all around it.

My right eye was very itchy and I had a pain in my right temple.

Then I started thinking about my practice and consulting and my thoughts were wandering; just about different methods of consulting.

The main thing was it was important for me if I have to refer patients to another practitioner that they would consult in the same way I would and I thought I would actually want to sit in with another homoeopath and know that my patients would be safe with someone else; that was the main thing. But it was care and worry for my own patients.

After the 1st sac lac powder I had this picture of a bus and blue, blue, blue sky; around a stationary bus and that was in my head.

I thought about transport; the main thing was the blue sky behind it though.

Then I went on to this thing about injustice; and I got angry that people plant the wrong ideas in our youths' naive minds, ruining or spoiling purity and innocence through spoken words.

Then I was very aware that I was very isolated from everyone; the whole time I'd been boxed into my own space, and not really actually aware that there were people around me. I was very much in my own space; I was very happy to be alone and isolated like that.

And then the bus picture came back into my head; one bus and blue surroundings; it was an isolation of the bus with the blue surroundings. [*drawing of bus set against a sky blue background*]

Then I had a picture of an aeroplane with blue sky behind it.

And then I said, "Always one object surrounded by blue sky and was also isolated" [*drawing of aeroplane set against a blue background*].

Thought about embryo and a foetus in an amniotic sac surrounded by nothing. The main thing is it was something surrounded by nothingness; it was isolated [*drawing of an oval with small black central core*].

Then I thought about a reindeer with a red nose – the red nose was the point of focus, the surrounding was not important. Always one thing surrounded by nothingness.

Very itchy and my nose was running quite a bit.

After the 2nd sac lac power, I had to go back to the pictures I'd drawn and colour them in and make it clear the picture or main object in each picture was surrounded by nothing i.e. the point of focus is the nose (red) not the surroundings; the surroundings are unimportant; shows isolation.

Then I had this thing about being slower than everyone else and must catch up; I was happy to be slower than everyone else but I did feel as if I was very slow; thought about Calc carb and their slow development.

C2 trituration

When I started off, the powder seemed very smooth.

I still can't function very well.

My arm was very heavy when I was trying to do the trit; my right arm felt like it was heavy and weighted; it was just a mission to do anything.

My sense of smell was very acute, I could smell alcohol.

Eyes very heavy, dull and heavy and slow.

I feel like I'm oversized, like I'm bigger than what I really am, like an elephant, very slow.

Very itchy as well I had a lot of itching everywhere; starting on the right eye, like in C1, but then left leg, left shoulder, left wrist and later on I had a lot of itching on back

Very sleepy no energy.

My bra is irritating me, feels too tight, I want to rip it off.

Then I actually felt I didn't know what was going on. I didn't know if I was grinding or scraping, or whether I was even part of the whole process, I was very numb.

No thoughts; I didn't even know if I'd been there, or what I'd done, or where we were.

Dull, stagnant mind.

Serious brain fog, I feel stupid and numb, I can't even think how to spell words and I have a feeling of being trapped; that happened for a long time.

Then I felt like I had been drugged and had a picture of being stuck in a cell and isolated.

Then I saw [*the supervisor of this research*] walking outside and I just had this vision of me screaming and hanging onto the bars, shouting to her to save me "get me out of here, someone is drugging me".

Then I had a picture of concentration camps and pale, skinny people with dark glazed eyes that are suffering, stuck in a cell with no life no soul, sucked out of them, very isolated.

Then I thought about jaundice – I was back onto those people – and I saw their see-through skin like geckos. They're completely isolated, but they can't change their situation.

Then I felt like my whole face is drooping and I was frowning.

Right ear got very itchy, back and shoulders.

And then I started picturing the powder as being this thick, yellow, mustard colour, soft, mushy, gelatinous kind of substance that we shouldn't be pushing so hard. I was actually offended by other people scraping so hard. I wanted to make it as quiet as possible, it felt like it should be soft and mushy and we were crushing the life out of the mussel.

Worse for noise of mortars; irritating me; other people scraping so hard. It's squashing the mussel.

NOISE; VERY ACUTE HEARING.

C3 trituration

When I first started off I was still very much wishy washy, spaced out.

I felt like the bottom of my mortar was uneven; it felt like I was going over bumps and it made me think of stones and rocks.

I felt hypnotised by the scraping, like I was lost in time, like I was not there.

Very itchy, super itchy, very, very itchy; worse for scratching.

Itchy lips and nose, itchy, itchy, itchy.

And then I had this very strange pinching pain here in my lower abdomen, on the right and I kept checking my body for like a rash, all over me, it was so itchy.

And then I went through this whole thing where I don't know where I am, I'm not attached to this place, I'm not attached to the trit; how long have I been here, what are we doing?

I felt very detached, hypnotised, my mind is not part of my body, I'm floating; Chrys' voice [*the researcher of this study*] is like some alien instructing me to do something and then I'm like where am I, what am I doing?

And then that passed and I felt like I was drifting and I just had this picture of a ship wreck; wrought iron came to mind, and corroded, rusted metal, metal that had been corroded in salt water – that popped into my head and then my head cleared up a little bit – no it didn't, very spaced out, no thoughts.

Feeling bad that I'm not contributing anything except itchiness.

And then I saw this sort of picture [*shows drawing of a mitochondrion*]; it popped into my head and those were the colour and it made me think of the sea and mitochondria, urchins, or mussels.

Then I suddenly had an image of cancer and I tried to describe what the image looked like, but I couldn't describe it. I said "foreign object which is attached to another thing". Can't describe anything; no words are coming to mind [*picture of a 0.5cm solid circle with eight one cm, wavy spokes radiating from it*].

And then suddenly it made me feel like it was linked to the earlier isolation theme, where there was a focus point which was catching my attention but it is the surrounding area that is more important. We need to save the surrounding area in other words save the "reindeer" from the "red nose".

Then I talk about chemo patients and the chemo patients looked like the people in the concentration camp; with the isolation.

Pain lower right abdomen; worse for pressure and contracting pains in the abdomen came back.

C4 trituration

I had an itchy nose with, well actually my whole face was itchy, especially here in the crease of my mouth.

But my nose started to run in the beginning of the trit and then scratching did make it better but I was sniffing a lot, but that's gone now.

Then I had this thing that I have no affection for this remedy, I usually in the other trits I've done, I usually want to take the substance; I usually go through the loving and nurturing of the substance, but this one I don't like very much. I don't care for the substance at all, it makes me itch, I feel as if it's poisonous; I feel very angry towards the remedy.

I have no desire to stick to the rules of the trituration. I feel conned.

I have this image of [*the supervisor of this research*] sitting in a little room with this evil grin on her face making us trit for no reason and rubbing her hands and laughing at us and then the thought of that made me giggle and I kind of like eased up a little bit.

But then straight away I went back in there and felt like cursing everyone.

Wetting this bitch of a remedy. WATER is this remedy's enemy. Would love to pour my water on it.

I need a hot bath to kill any remains.

APPENDIX H: UNPREJUDICED REPERTORISATION OF C4 RUBRICS IN RADAR 9.0

Homoeopathic Day Clinic (31013)

untitled

This analysis contains 1062 remedies and 43 symptoms.
Intensity is not considered

		Sum of symptoms (sort degl)											
		1	2	3	4	5	6	7	8	9	10	11	12
		23	22	21	21	21	21	20	20	20	20	19	19
		3,8	3,2	3,8	3,8	3,3	2,5	4,2	3,9	3,4	2,9	3,2	2,9
		cast	bell	lath.	subst.	phos.	potr.	sepo.	lys.	nat-m.	calc.	op.	
		1	2	3	4	5	6	7	8	9	10	11	12
01. MIND - CONCENTRATION - difficult	2	3	1	3	2	3	1	3	3	2	2	2	1
02. MIND - ANGER	1	2	2	3	3	2	1	3	3	3	1	2	1
03. MIND - ANARCHIST	1	1	1	1	1	1	1	1	1	1	1	1	1
04. MIND - ABSTRACTION OF MIND	1	1	1	1	2	2	1	3	1	2	1	1	1
05. MIND - CONCENTRATION - difficult - attention, cannot fix	1	1	1	1	1	1	1	1	1	1	1	1	1
06. MIND - CONCENTRATION - difficult - time; as to	1	1	1	1	1	1	1	1	1	1	1	1	1
07. MIND - CONFUSION of mind - time; as to - space; and	1	1	1	1	1	1	1	1	1	1	1	1	1
08. MIND - CONTENT	1	1	1	1	1	1	1	1	1	1	1	1	1
09. MIND - DECEITFUL	1	1	2	3	1	1	1	1	1	2	1	2	1
10. MIND - DELUSIONS - deceived; being	1	1	1	1	1	1	1	1	1	1	1	1	1
11. MIND - DELUSIONS - floating	1	1	1	2	1	1	1	1	1	1	1	1	1
12. MIND - DELUSIONS - smell of	1	1	1	1	1	1	1	1	1	1	1	1	1
13. MIND - DETACHED	1	1	1	1	1	1	1	1	1	1	1	1	1
14. MIND - ENLUI	1	1	1	1	1	1	1	1	1	1	1	1	1
15. MIND - INTROSPECTION	1	1	1	1	1	1	1	1	1	1	1	1	1
16. MIND - MILDNESS	1	1	1	1	1	1	1	1	1	1	1	1	1
17. MIND - REBELLIOUS	1	3	1	1	1	1	1	1	1	1	1	1	1
18. MIND - RESTLESSNESS	1	2	3	2	3	1	1	3	3	2	2	3	2
19. MIND - SENSITIVE - noise, to	1	2	3	2	1	2	1	3	2	2	2	2	3
20. MIND - SPACED-OUT feeling	1	1	1	1	1	1	1	1	1	1	1	1	1
21. MIND - SUSPICIOUS	2	1	3	2	3	2	1	2	4	1	1	1	2
22. MIND - THOUGHTS - profound	1	1	1	1	1	1	1	1	1	1	1	1	1
23. MIND - THOUGHTS - vanishing of	1	1	1	1	1	1	1	1	1	1	1	1	1
24. MIND - THOUGHTS - wandering	1	1	1	1	1	1	1	1	1	1	1	1	1
25. MIND - TIME - quickly, appears shorter; passes too	1	1	1	1	1	1	1	1	1	1	1	1	1
26. MIND - TRANQUILITY	1	1	1	1	1	1	1	1	1	1	1	1	1
27. EYE - ITCHING	1	2	1	1	1	1	1	1	1	1	1	1	1
28. VISION - COLORS before the eyes - blue	1	1	1	1	1	1	1	1	1	1	1	1	1
29. EAR - ITCHING	1	1	1	1	1	1	1	1	1	1	1	1	1
30. EAR - ITCHING - right ear	1	1	1	1	1	1	1	1	1	1	1	1	1
31. BACK - ITCHING	1	1	1	1	1	1	1	1	1	1	1	1	1
32. GENERAL - WEAKNESS	1	3	1	3	3	1	2	2	2	3	2	3	1
33. MIND - DELUSIONS - brain - half of his brain, has only the left	1	2	1	3	2	2	1	2	1	2	1	2	1
34. MIND - DELUSIONS - drugged; as if	1	1	1	1	1	1	1	1	1	1	1	1	1
35. MIND - DELUSIONS - head - heavy; his own head seemed too	1	1	1	1	1	1	1	1	1	1	1	1	1
36. MIND - DELUSIONS - people - beside him; people are - doing as he	1	1	1	1	1	1	1	1	1	1	1	1	1
37. MIND - FREEDOM; remarkable - doing what he had to do; in	1	1	1	1	1	1	1	1	1	1	1	1	1
38. MIND - SINGING - children's songs	1	1	1	1	1	1	1	1	1	1	1	1	1

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16/07/2010 14:22

Homoeopathic Day Clinic (31013)													
unfiled													
This analysis contains 1062 remedies and 43 symptoms.													
Intensity is not considered													
	Sum of symptoms (sort deg)												
		const	bell.	lacr.	supr.	phos.	postr.	sepi.	lys.	nat-m.	oilb-sep.	calc.	op.
		1	2	3	4	5	6	7	8	9	10	11	12
		23	22	21	21	21	21	20	20	20	20	19	19
		38	32	38	38	33	25	42	39	34	29	32	29
39. HEAD - PAIN - Sides - right	1	2	3	1	1	-	-	3	2	2	1	3	-
40. EYE - PAIN - stitching - needles thrust into eyeball as if	1	1	-	-	-	1	-	-	-	-	-	-	-
41. MOUTH - ENLARGED - sensation as if	1	-	1	-	-	-	-	-	-	-	-	-	-
42. TEETH - SENSITIVE, tender - sounds reverberate painfully in	1	-	1	-	-	-	-	-	-	-	-	-	-
43. GENERALS - SPOTS - symptom occurring in	1	1	1	1	-	1	-	-	1	1	-	1	-

This analysis contains 1062 remedies and 43 symptoms.

Intensity is not considered

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Homoeopathic Day Clinic (31.01.3)																										
untitled																										
This analysis contains 1062 remedies and 43 symptoms. Intensity is not considered																										
		puls.	ars.	nit-ac.	ign.	nat-c.	sph.	thuj.	lactopel.	marc.	sil.	zinc.	alum.	aur.	carb-l.	acon.	husel.	cooc.	ph-ac.	dc.	salt-r.	ind-mel.	Kali-c.	chin.	con.	
13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36			
18	18	18	18	18	18	18	18	17	17	17	17	17	17	17	16	16	16	16	16	16	16	15	15	15		
36	33	32	31	29	24	24	22	34	29	29	27	26	25	24	30	30	29	25	23	21	18	26	25	25		
37	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
38	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
39	-	1	3	-	1	1	-	-	1	1	1	2	-	1	-	-	2	-	-	-	-	1	-	2		
40	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
42	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
43	1	2	1	3	-	-	-	1	-	1	1	1	1	-	-	1	-	1	-	-	-	-	-	-		

Homoeopathic Dry Clinic (31013)																								
unfiled																								
This analysis contains 1062 remedies and 43 symptoms.																								
Intensity is not considered																								
	cypr.	tyrol.	mez.	arn.	ala.	amb.	verat.	kola.	canth.	carc.	path.	synth.	argem.	nux-m.	bom.	hydr.	pit.	moeth.	cyd.	nat-g.	tax.	ozon.		
37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	
01	15	15	15	15	15	15	15	15	15	15	15	15	15	14	14	14	14	14	14	14	14	14		
02	25	24	24	23	21	19	19	18	17	17	16	15	15	30	24	21	20	20	19	17	15	14	14	
03	2	2	2	1	2	2	1	2	2	1	1	1	1	4	3	-	3	1	2	1	1	1	1	
04	3	2	2	1	1	1	1	1	1	1	1	1	1	4	1	2	1	1	2	1	1	1	1	
05	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
06	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
07	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
08	1	1	1	1	1	1	1	1	1	1	1	1	1	3	-	2	-	-	-	-	-	-	-	
09	1	1	1	1	1	1	1	1	1	1	1	1	1	-	-	-	-	-	-	-	-	-	-	
10	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
11	-	-	-	1	2	2	-	-	1	1	1	1	1	-	2	-	-	-	1	-	-	-	-	
12	-	-	-	-	-	-	-	-	1	1	1	1	1	-	-	-	-	-	-	-	-	-	-	
13	-	-	-	-	-	-	-	-	1	1	2	1	1	2	-	1	2	1	1	1	1	1	1	
14	1	1	1	-	-	-	-	-	1	1	-	1	1	2	-	1	2	1	1	1	1	1	1	
15	1	1	1	1	1	1	1	1	1	1	1	1	1	1	-	-	1	1	1	1	1	1	1	
16	2	-	-	3	1	1	2	-	2	2	1	1	1	2	-	3	-	-	1	1	-	-	-	
17	-	-	-	-	-	1	1	1	1	1	2	1	1	2	1	1	3	2	2	1	1	1	1	
18	3	3	2	1	2	1	1	1	1	1	1	1	1	3	2	3	2	2	1	1	1	1	1	
19	1	1	-	2	-	1	1	2	1	1	1	1	1	2	2	2	1	1	-	1	1	1	1	
20	2	2	1	2	2	1	1	1	1	1	1	1	1	2	2	2	1	1	1	1	1	1	1	
21	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
22	-	-	-	1	1	2	1	1	1	1	1	1	1	1	3	1	1	1	1	1	1	1	1	
23	3	1	1	1	1	1	1	1	1	1	1	1	1	1	-	1	1	1	1	1	1	1	1	
24	1	1	-	2	1	1	1	1	1	1	1	1	1	1	1	-	1	1	1	1	1	1	1	
25	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
26	-	-	1	1	2	1	1	1	1	1	1	1	1	2	-	1	1	1	1	1	1	1	1	
27	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
28	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
29	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
31	-	-	-	3	1	1	1	2	1	1	1	1	1	-	-	-	2	1	-	1	1	1	1	
32	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
33	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
34	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
35	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
36	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

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Homoeopathic Day Clinic (31013)																										
unfiled																										
This analysis contains 1062 remedies and 43 symptoms.																										
Intensity is not considered																										
		cupr.	tyroa.	merz.	arn.	alde.	amb.	venal.	kola.	canth.	carb.	plum.	symp.	angel.	nux-v.	nux-m.	bork.	hydr.	plb.	plat.	mosch.	cyd.	nat-sil.	tax.	ozona	
37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60			
15	15	15	15	15	15	15	15	15	15	15	15	15	14	14	14	14	14	14	14	14	14	14	14	14	14	
25	24	24	23	21	19	19	18	17	17	17	16	15	30	24	21	20	20	19	17	15	15	15	14	14	14	
37	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1		
38	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
39	-	2	-	-	-	-	-	1	-	1	-	1	-	-	1	-	-	2	1	2	1	-	-	1		
40	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
42	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
43	1	-	-	1	1	1	-	-	1	1	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	