

**A homoeopathic drug proving of *Acacia xanthophloea*  
30CH with subsequent comparison to its use in African  
medical tradition**

**By**

**Anitha Gobind**

**Submitted in fulfillment of the Master's Degree in  
Homoeopathy**

**In the  
Department of Homoeopathy  
Faculty of Health Sciences  
Durban University of Technology  
Durban, South Africa**

**November 2015**

**This study represents original work by the author and has not been submitted in any form to another University. Where use was made of the work of others, it has been duly acknowledged in the text.**

The research described in this dissertation was supervised by:

**Dr Madhueshwaree Maharaj.** Senior Lecturer, Department of Homoeopathy, Faculty of Health Sciences, Durban University of Technology, Durban, South Africa.

And co-supervised by:

**Dr C.Hall.** Head of Department, Department of Homoeopathy, Faculty of Health Sciences, Durban University of Technology, Durban, South Africa.

\_\_\_\_\_

**Anitha Gobind (19401934)**

\_\_\_\_\_

**Date**

**Approved for final submission:**

\_\_\_\_\_

**Dr Madhueshwaree Maharaj (M. Tech: Homoeopathy)**

\_\_\_\_\_

**Date**

\_\_\_\_\_

**Dr C.Hall (M.Tech: Homoeopathy)**

\_\_\_\_\_

**Date**

# DEDICATION

For my mother, the best person I've ever known.

I dedicate this dissertation to my mum, Mrs Sheila Gobind, for her endless sacrifices and hard work that has made all this possible. Over the years, I have realised that you are a women of great strength and wisdom. Thank you for the values that you have instilled in me, nurturing support, love, care and guidance that you have imparted to me in all my endeavours in life. You were always there encouraging me to believe in myself and my abilities without which I would not have achieved all that I have. Thank you for the countless prayers that kept me strong through this journey. Mum, you continue to be a powerful influence in my life. I love you.

In loving memory of my late father, Mr Gobind, remembering you is the easy part as I do it every day. Missing you dad is the heartache that never goes away. Although you are not with us physically I know that your guidance and protection is upon me. I miss you.

## ACKNOWLEDGEMENTS

I would like to thank God for giving me strength to complete my dissertation amidst the numerous obstacles that crossed my path. Your divine blessings, guidance, protection and loving hand over me has led to the accomplishment of my goals. God, you gave me the strength, courage and wisdom to accept this challenge and succeed.

I would like to extend my sincere gratitude to my greatest support structure, my three brothers Ravin, Navin and Shankaran. I would like to say THANK YOU for all the love and prayers but most of all thank you for having faith in me and immensely supporting me through my hardships during this journey. I am grateful that my brothers did not give up on me but continued to guide and encourage me. Each one of you is unique and special in your own way. Thank you for loving me.

To my late grandmother, Rajwanthee Rughoo, when a person you love becomes a memory then that memory becomes a treasure. You always encouraged me to study and to be independent. Thank you for your guidance and encouragement.

To Swaanand, in my eyes you will always be the most precious gift ever given to me. I am blessed to have you in my life. I love you.

Dr M. Maharaj, thank you for dedicating your time and the additional effort you made to ensure the completion of this dissertation. I greatly appreciate your patience with me, support, guidance and encouragement. It was a privilege and an honour to have you supervise my research. Thank you for listening and for your unconditional love.

Dr C. Hall, thank you for enriching me with precious knowledge during my study. I was blessed to have you co-supervise my research.

Dr Brijnath, thank you for allocating time to assist in the preparation and dispensing of the remedy. Your advice and role during the duration of this research was invaluable.

Dr. R. Steele, thank you for accommodating me and editing my dissertation. I express my sincere gratitude and appreciate your assistance.

Dr. S. Nienebar and Dr. C. Korporaal, thank you for allowing me to make use of the Homoeopathic Day Clinic during my study.

To all my lecturers, thank you for your patience, enthusiasm, passion and compassion. Words cannot voice my immeasurable gratitude to you.

To all those participants who made the commitment to take part in the study I thank you, because without your valuable input this study would be impossible and would remain incomplete.

Mr Peggie Moodley and Mr Brian Abrahams, thank you for all your assistance in obtaining the plant, *Acacia xanthophloea*, that was required for the study. Your kindness and willingness to help is much appreciated.

To my colleagues at work, Akashni, Sabitha, Ashmika, Bernie and Kim, thank you for your love, motivation, selfless service, patience and understanding. I am extremely indebted to you and grateful for the sacrifices that you have made.

To Prishen, thank you for your time, effort and willingness to always assist me whenever needed. I sincerely appreciate your help. God bless you.

To Aunty Teresa, thank you for your countless prayers and words of wisdom.

To my research partner, Gugulethu Zondi, thank you for being an awesome person and it was a pleasure working with you. May God bless you and I wish you all the best for the future.

# ABSTRACT

## Aim

The aim of this homoeopathic proving study was to determine and document the arising symptomatology of *Acacia xanthophloea* (Fever tree) in the potentised homoeopathic form, 30CH, and to provide this data for inclusion to the homoeopathic materia medica.

The results of this proving study and comparative analysis to African traditional medicinal uses of this substance confirms the potential therapeutic value of the remedy.

## Methodology

The homoeopathic drug proving of *Acacia xanthophloea* 30CH was conducted in the form of a double blinded placebo controlled study. The investigation consisted of a total of 30 provers divided equally between two researchers ((A. Gobind and G. Zondi). The sample was randomly divided into two groups in which 24 provers(80%) were assigned into the verum group and the remaining six provers (20%) were allocated to the placebo group.

All provers were requested to record their daily symptoms on the physical, mental and emotional planes in their journals for one week prior to administration of the proving substance. This formed as a mode of control for the comparison of symptomatology for the pre-proving and post proving period. A thorough case history was taken and physical examination performed on each prover before the commencement of the proving and after the duration of the proving period.

Each prover received a total of nine powders. Starting on day 8 of the study the provers consumed one powder three times a day for three days and documented their daily symptoms in a journal. The duration of the proving term was six weeks in total. During this interval the researcher maintained consistent contact with the provers. Upon completion of the proving period all journals were collected and the information contained within these journals was translated into the materia medica

and repertory format. This facilitated the establishment of the remedy portrait of *Acacia xanthophloea* 30CH.

A subsequent comparison between the symptomatology that materialised in the provers and the African traditional medicinal uses was duly conducted.

## **Results**

An extensive range of symptoms was reported by the provers. The outstanding themes that emanated from this proving on the mental plane include anger, anxiety, aversion to company, cheerful, depression, irritability, mood swings, restlessness, tranquillity and stress. A broad range of headaches were described with some headaches being associated with the eye. There were many eye symptoms displayed by the provers which include itching, redness, burning sensation and pain.

The stomach symptoms revealed marked increased thirst, changeable appetite, bloating, constipation and diarrhoea with watery stools. The female genitalia / sex indicated several symptoms ranging from painful menstruation, bleeding and copious blood flow. The greatest number of symptoms in a system was associated with extremities, producing the greatest number of rubrics in the repertory section. Dream themes depicted by the provers were especially visionary, about family and friends in addition to other themes.

The correlation process between the homoeopathic drug proving of *Acacia xanthophloea* 30CH and the African traditional medicinal use of the substance brought several resemblances to light. There were clear similarities with the eye symptoms, gastrointestinal symptoms and headaches.

## **Conclusion**

As hypothesised *Acacia xanthophloea* 30CH did produce distinctly observable signs and symptoms when administered to healthy provers. The symptoms that emerged during the proving provide evidence that an overlay exists between the remedy *Acacia xanthophloea* 30CH and the traditional use of the crude substance *Acacia xanthophloea*. The researcher proposes that further research should be conducted

to determine the symptomatology of various homoeopathic potencies so that a complete image of the remedy *Acacia xanthophloea* 30CH can be established and the clinical applications can be broadened.



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# DEFINITION OF TERMS

## **Centesimal Potency**

The subsequent adding of one part of the former potency to ninety nine parts of the diluent. The numeral of these serial dilutions, each foreshadowed by succussion displays the centesimal potency (Swayne, 2000:36).

## **Law of Similars**

The constitutional principal of homoeopathy is known as 'Similia Similibus Curentur'.(Swayne, 2000:193). Homoeopathy is formulated on the Law of Similars, or 'like cures like'. This indicates that a substance that yields certain symptoms in healthy individuals can heal the same symptoms in sick individuals. The homoeopathic remedy forms a factitious medicinal disease state that is identical and more robust than the natural disease but is not the same. This is generated on the vital or energetic plane (De Schepper, 2001:26).

## **Placebo**

A placebo is an inactive substance that is used in controlled clinical trials for correlation with seemingly active drugs or prescribed to alleviate symptomatology or to conform to a patient's requirements for treatment (Beers and Berkow, 1999:2585).

## **Proving**

During homoeopathic drug trials doses of a substance are administered to healthy individuals to determine the reaction to the substance. These symptoms are then documented and a compilation is formed of the remedy picture or materia medica of the substance (Ullman, 1991:9-10).

## **Proving Profile**

An extensive view of a subject that is strengthened in the study of both the materia medica of homoeopathic medicine and the individual patient (Swayne, 2000:161).

## **Prover**

A prover is defined as a subject of a homoeopathic drug proving or pathogenetic trial. This individual should be in good health and be able to diligently record alterations in his or her state during and after the administration of the proving substance(Swayne, 2000:173).

## **Materia Medica**

A pharmacological handbook also used as a reference book which contains a list of homoeopathic medicines and their therapeutic indications (O'Reilly, 1996:325).

## **Repertory**

Repertorisation is a method used in homoeopathy to determine the indicated medicine for the patient in case analysis. A repertory is a book of symptoms that serve as a cross reference of the symptoms and disorders to the homoeopathic medicines that are found in the materia medica, the therapeutic repertoire of homoeopathy. The association degree or the strength between the two is recognised by the manner in which the medicine is printed (Swayne, 2000:183).

## **Rubric**

This can be described as a singular entry in a repertory that provides a narrative explanation of a symptom. (Rowe,1998:158).



## **Succussion**

Dynamic shaking with force or elastic collision performed at each level of dilution in the manufacture of a homoeopathic potency (Swayne, 2000:201).

## **Verum**

In the homoeopathic drug proving, verum applies specifically to the substance that is administered to provers. The substance is medically active in comparison to the placebo that is medically inert (Yasgar, 1997).

# CHAPTER 1

## OVERVIEW

### 1.1 INTRODUCTION

Dr Samuel Hahnemann a linguist, chemist and physician by profession founded a new paradigm of medicine called homoeopathy. He initially conducted provings on himself in 1789 and later began proving substances on colleagues, friends and family (De Schepper, 2001). Hahnemann observed the similarities between the effect of a substance on healthy individuals and the clinical picture of the disease.

Homoeopathy is based on a method of healing defined as '*similia similibus curentur*'. This principle when translated into English simply means 'like cures like'. In homoeopathic practice, this means a medicinal substance capable of generating specific effects when consumed by a healthy individual is proficient in healing any illness that exhibits analogous effects (Kamat, 2006).

Homoeopathic remedies are sourced from plants, animals and mineral kingdoms, imponderable substances, healthy and diseased tissues whose individual characteristics have been demarcated through accurately conducted provings. Precisely conducted provings exhibit the inert curative powers of a substance which may be prescribed according to the Law of Similars to sick individuals. Provings are the only method to obtain accurate reliable knowledge of a substance therapeutic potential (O'Reilly, 1996) with which to enlarge the homoeopathic materia medica.

Therefore provings are fundamental pillars invaluable to the science of homoeopathy. New homoeopathic remedies identified by provings comprise a prime component of homoeopathic research allowing for the expansion of the therapeutic armamentarium facilitating the understanding of homoeopathy and the efficacy of new drugs (Cook, 1989). "It is generally stated by homoeopaths that homoeopathy is founded on provings. Even though it is acknowledged that clinical symptoms play a considerable role in materia medica, it is nevertheless held that the bulk of the

symptoms described for various remedies are derived from provings” (Campbell, 1984). According to Dantas(1996) the principal source of the homoeopathic materia medica are derived from provings followed by clinical and toxicological reports.

A proving study is conducted with the aim “to record the totality of symptoms produced in healthy individuals which will be the indications for cure and prescribing of the curative remedy in sick individuals” (Vithoukas, 1980). The nucleus of each individual homoeopathic prescription is postulated on the similarity between the totality of the symptoms of the patient and the symptoms of the prescribed remedy that occurred in healthy individuals during the proving.

Although the materia medica comprises an extensive range of proven remedies crucial in the treatment of disease there are a large number of remedies that still need to be proven to cure current or new diseases that may occur in the future. According to Sherr(1994) a newly proven remedy will cure cases that have been partially and unsatisfactorily covered by existing remedies. Once homoeopaths possess a thorough knowledge and understanding of new remedies these can be prescribed with greater accuracy and individualisation.

Hahnemann’s era was distinctly dissimilar to modern times. The increased rate of usage of suppressive medical treatments(e.g.glucocorticoids), environmental pollution, food additives such as colourants and preservatives, drug addiction and abuse, the rising number of people with chronic disease and the rise in new diseases such as HIV/AIDS provides a valid reason for the new remedies to be proven.Homoeopathic remedies need to correlate with life and the world around us, for the effective treatment of each individual and relieve the burden of suffering.

South Africa possesses a tremendous wealth of indigenous flora and fauna with a huge healing potential but unfortunately it is not found in our materia medica.Wright (1999) proposed that “South African homoeopaths should commence the systematic proving of substances indigenous to our country” (Wright, 1999:3).

The use of indigenous plants and substances was conceptualised by ancient traditional healers in South Africa to maintain the health and well-being of individuals

long before the advent of conventional medicine. The proving of indigenous substances promotes the treatment of health problems encountered commonly by individuals in South Africa. Following in the footsteps of traditional uses of plants for healing can, from a homoeopathic prospective, lead to the discovery of many new remedies. The foundation of a thoroughly researched materia medica containing indigenous remedies can be advantageous and beneficial to both the homoeopath and the patient (Smal, 2004).

A niche research area established at the Department of Homoeopathy at the Durban University of Technology is the proving of indigenous medicinal substances (Ross, 2011).

*Acacia xanthophloea* commonly known as the 'fever tree' was named tree of the year in 2010. The title of "tree of the year" shows the national position of the tree in terms of its importance as an indigenous plant and the need to raise awareness of indigenous flora (*Acacia xanthophloea Benth*, 2012). In contemporary homeopathic research there is a trend towards investigating indigenous substances to allow for expansion of the therapeutic armamentarium of homoeopathy. The realm of indigenous African homoeopathic remedies is largely unresearched, a concern which is being addressed at Durban University of Technology. Homoeopathic research on *Acacia xanthophloea* has not previously been conducted.

Traditionally the bark of *Acacia xanthophloea* is used to treat fever and eye complaints (African Mind Healing Herb, 2012). Further, it is believed that this substance helps one to communicate with the ancestral spirits thereby gaining insight and answers (Solomon, 2012).

Sherr (2003:10) states that a definitive standard and method are to be adhered to for provings to be valid. If provings were not accurate in the first place then all prescription indications would be imprecise obscure guesses. A valuable and thorough proving is attributable to the quality of the proving and not the substance selected in the proving (Sherr 2003:7). Therefore provings form an essential component of homoeopathy.

## **1.2 THE AIMS OF THE STUDY**

The aim of this study was to conduct a randomised double blinded placebo controlled proving to determine the proving symptomatology of *Acacia xanthophloea* 30CH by recording the signs and symptoms produced by healthy provers after the administration of *Acacia xanthophloea* 30CH and the subsequent comparison to the African traditional medicinal use of *Acacia xanthophloea*.

## **1.3 THE OBJECTIVES**

### **1.3.1 Objective 1**

The first objective of this research was to determine and analyse any symptomatology that may occur in healthy provers when *Acacia xanthophloea* 30CH was administered.

### **1.3.2 Objective 2**

The second objective of this research study was to determine and develop the materia medica of *Acacia xanthophloea* 30CH by recording the signs and symptoms produced by healthy provers after the administration of *Acacia xanthophloea* 30CH.

### **1.3.3 Objective 3**

The third objective of this research study was to conduct a comparative analysis of the proving symptoms of *Acacia xanthophloea* 30CH to the traditional African medicinal uses of *Acacia xanthophloea*.

## **1.4 THE HYPOTHESES**

### **1.4.1 Hypothesis 1**

The first hypothesis was that *Acacia xanthophloea* 30CH would produce clearly observable signs and symptoms in healthy provers.

### **1.4.2 Hypothesis 2**

The second hypothesis was that the proving of *Acacia xanthophloea* 30CH would expand the understanding and clinical scope of the medicinal value of the remedy by correlating symptoms produced with the African traditional medicinal uses of *Acacia xanthophloea*.

## **1.5 THE DELIMITATIONS**

The researcher confined the scope of the study solely to the above listed aims. Certain aspects of this study beyond the field of this research are described below.

- The study did not attempt to explain the mechanism of action of the homoeopathic preparation of *Acacia xanthophloea* in its production of symptoms in healthy proving individuals.
- The study did not venture to determine the effects of potencies of *Acacia xanthophloea* other than the thirtieth centesimal potency (30CH).
- The study did not endeavour to perform multicentre trials of the drug.
- The study did not undertake to prove the effects of the placebo.

## **1.6 THE IMPORTANCE OF THE STUDY**

*Acacia xanthophloea* is a widely used medicine in African traditional medicine. The homoeopathic proving of *Acacia xanthophloea* 30CH adds to the homoeopathic materia medica as well as increases knowledge in general regarding the therapeutic benefits of *Acacia xanthophloea*.

This study of *Acacia xanthophloea* 30CH is a double-blinded placebo controlled proving which eliminates bias resulting in the collection of reliable and accurate information contained in the proving.

## 1.7 THE ASSUMPTIONS

- *Acacia xanthophloea* 30CH was accurately prepared according to the standards stipulated in the German Homoeopathic Pharmacopoeia (GHP) for the preparation of plants. The remedy was prepared in accordance to Method 6 and Method 8a of the German Homoeopathic Pharmacopoeia (British Homoeopathic Association, 2003).
- The provers took the remedy in the specified dosage, frequency and manner as instructed by the researcher.
- The provers observed themselves and recorded all symptoms experienced accurately, honestly and conscientiously.
- The provers did not deflect from their regular lifestyle or dietary routines immediately prior to or for the duration of the proving.
- The randomisation code sheet was abided to when the verum and placebo group powders was dispensed to the provers.
- The provers complied with all instructions and protocols as outlined in the Instructions to Provers contained within the Main Information Letter (Appendix D) for the duration of the proving.
- The sample of *Acacia xanthophloea* was precisely procured and transported from the retail nursery at the Botanical Gardens to the Durban University of Technology.

# CHAPTER 2

## REVIEW OF THE RELATED LITERATURE

### 2.1 INTRODUCTION

The German physician Samuel Christian Hahnemann(1755-1843) formulated the concept of homoeopathy which is based on the doctrine of “*simila similibus curenter*” or “like cures like”.The word ‘homoeopathy’ is derived from the Greek word ‘*homoios*’ which is defined by the English words‘similar’ and ‘pathos’ signifying suffering. The principle of this systematic process of medicine states that a substance that causes disease symptoms in healthy human beings will cure similar symptoms in sick human beings.

When the substance is introduced into the body in an infinitesimal amount it promotes healing while the same substance in a large dose will induce disease symptoms in a healthy person. Thus the phenomenon of “like cures like” has evolved (De Schepper, 2006).

The principal of using poisons to cure a disease that is similar to their effects was not recent and had been advocated by Galen, Hippocrates and Paracelsus.In Galen’s time medicinal substances were tested on healthy individuals. Galen wanted the homoeopathic drug provings of new substances to be conducted on both sick and healthy people. Paracelsus had discovered the therapeutic properties of substances by monitoring the effects of poisonous substances ingested by healthy people (Wright, 1999). Paracelsus had already stated in the 16<sup>th</sup> century that small doses of “what makes a man ill also cures him” (Wikipedia, 2015b).The basis of cure was articulated by Hippocrates when he stated that “Illnesses arises by similar things and by similar things can the sick be made well” (De Schepper, 2006).Hahnemann’s method was unique in that he investigated the effect each diluted substance had and correlated these symptoms to the disease of the patient.



Homoeopathic remedies are derived from diluted infinitesimal doses of plants, animals, minerals, imponderables, healthy and diseased tissues (sarcodes and nosodes) (Ramnarayan, 2014). Hahnemann began testing the effects of substances produced in human beings in a system which became known as “homoeopathic provings”. Hahnemann advocated the use of extreme dilutions of a substance because he believed that large doses of a drug which caused similar symptoms would aggravate illness. Hahnemann developed a technique for manufacturing dilutions which he believed would preserve the therapeutic properties of a substance. Hahnemann believed this procedure enhanced “the spirit-like medicinal powers of the crude substances”. The preparation of these homoeopathic remedies by the homoeopathic process of dilution and succussion is called potentisation or dynamisation. High dilutions(beyond 12CH) contain no molecules of the original substance. In homoeopathy the more dilute a substance is the stronger and deeper acting is the remedy and the higher the potency of the substance.

## **2.2 HISTORICAL CONTEXT**

The birth of homoeopathy may have taken place when Hippocrates prescribed a small dose of mandrake to treat mania. He was aware that mandrake produces mania in large doses but he believed that small doses of mandrake could cure mania (Wikipedia, 2015b).Hippocrates had made two fundamental statements which were, firstly, do no harm and secondly, the same things that can cause disease can cure it (Kratz, 2011). Hahnemann was motivated by Hippocrates’ sentiments and conceived the concept of homoeopathy.

During the period in which Hahnemann was expanding the principles and practice of homoeopathy, medicine incorporated methods such as bloodletting, purging, the application of leeches and the administration of complex mixtures. Bloodletting was believed to be beneficial in general and particularly in the treatment of chronic diseases. Physicians used medicines manufactured from mercury, arsenic, lead and strong herbs which were believed to assist the body to purge matter causing foreign disease. Hahnemann rejected these practices declaring that they were irrational and advocated the use of single drugs at lower doses.Samuel Hahnemann was

discouraged by medicine of that era which caused damage to the patients and only minimally relieved the patient's disease and suffering.

Hahnemann was a respected translator who could read and write in many languages. While he was translating Dr William Cullen's Treatise of materia medica, he was sceptical about his illogical assertion that quinine cured malaria due to its astringent properties. So he decided to ingest *Cinchona*, a Peruvian bark containing quinine, twice a day and he found that every time he ingested the *Cinchona* he developed symptoms common to malaria patients. When he stopped taking the Peruvian bark his symptoms stopped. Some symptoms experienced included fever, chills, joint pains, shivering and many more similar to malaria. Hahnemann concluded that it was beneficial because it produced symptoms similar to symptoms of the disease it was treating. Thus Hahnemann formulated the idea that if large doses of the *Cinchona* caused malaria symptoms in a healthy person perhaps smaller doses might induce healing in persons with malaria (De Schepper, 2006). This was the first proving. Hahnemann stated that "With this first trial broke upon me the dawn that has since brightened into the most brilliant day of medical art; that it is only in virtue of their power to make the healthy human being ill that medicines can cure morbid states" (Fraser, 1998).

## **2.3 PROVING METHODOLOGIES**

### **2.3.1 Hahnemannian proving methodology**

Hahnemann was the first person to administer medicine to healthy people so that he could understand their effects on the sick. Hahnemann's investigations were unique because he was the first person to provide a precise scientific basis and brings medicines into a comprehensive therapeutic context (Riley, 1996: 4).

Hahnemann did not start with a standardised methodology to carry out provings. He continually changed and developed his methodology according to his most recent findings but Hahnemann's experiments yielded reliable symptoms. As he gained experience, Hahnemann later conceptualised a systematic and effective method to conduct provings (Wieland, 1997: 229). According to the current standards his methodology would be deemed unreliable for a number of reasons, the most

important being that his methods were uncontrolled (Wieland, 1997: 229; Fisher, 1995).Walach (1994) advocates the proving of new remedies and states that unreliable provings previously conducted need to be reconducted so that the materia medica can be improved.

Contemporary provings are based on Hahnemann's methodology whilst incorporating appropriate scientific methods to satisfy modern requirements. Such methodologies include blinding, randomisation, cross-over experimental designs and placebo controls (Wieland, 1997: 229; Riley, 1996: 4). In 1994, Sherr, after his extensive experience with provings, published his work on provings in *The dynamics and methodology of homoeopathic provings*. This book provided a practical framework for comprehensive modern provings which was widely accepted and practiced by many homoeopaths (International Council for Classical Homoeopathy [ICCH], 1999).The design for provings is based on recommendations made by Hahnemann for a good proving, other sources of literature and his personal experience in conducting provings. The various topics he discussed include potency, the use of placebo and blinding measures, the selection of a proving substance and dosage.

There are two types of conflicting extremes of provings performed (Sherr, 1994). The first type of proving is conducted on a large group of individuals whose objective is to reveal data of a new remedy which include the mental, physical and emotional symptoms. This form of proving pursued Hahnemann's pristine structure and protocols. The second form of proving referred is an informal or partial proving which is conducted in smaller groups or individually and an explicit personal encounter is attained from the proving remedy.

In 1982, Sherr conducted his first proving of Scorpion. Other provings of Sherr include Chocolate, Germanium, Hydrogen, Adamas, Androctonus and Neon. Riley (1995) followed the suggestions presented by Sherr when he conducted his proving of *Geranium robertionum* and *Veronica officinalis*.

Sherr's technique of a proving includes the need for supervisors, researchers and provers. The researcher decides on the substance to be used which will be known

only to the researcher. Prior to the proving the supervisors are required to take the case of each of the provers under their authority. Some of the provers will consume the remedy while others will take the placebo until they experience symptoms (Sherr, 1994).

The International Council for Classical Homoeopathy in 1999 published “Recommended Guidelines for Good Provings” which documented the aims to standardise provings by following a recommended set of guidelines when conducting provings to ensure that the Hahnemannian method is adhered to (ICCH, 1999). Upon review and revision, in 2014 the Liga Medicorum Homoeopathica Internationalis (LMHI) and the European Committee for Homoeopathy (ECH) introduced “Homoeopathic Proving Guidelines” to provide scientific recommendations and guidelines for conducting provings as an international standard to improve the quality and credibility of homoeopathic provings (Jansen and Ross, 2014).

Homoeopathic proving methodology is an imperative experimental mode of ascertaining the effects and subsequent clinical application of a new homoeopathic substance. There are many common features between a homoeopathic proving and early-phase clinical trials. However due to the additional objectives of compiling a materia medica and repertory additions, provings cannot be defined purely as either a phase I or a phase 0 trial. Table 2.1 depicts a summary of the comparisons between early phase trials and homoeopathic provings (Jansen and Ross, 2014).

**Table 2.1: The difference between early phase trials and homoeopathic provings**

	<b>Phase0</b>	<b>Phase1</b>	<b>Proving</b>
<b>Aim</b>	<i>Assess whether a high-risk drug behaves as would be expected. From pre-clinical studies.</i>	<i>Derive Pharmacokinetic and Pharmacodynamic data and determine safety.</i>	<i>Collect subjective symptoms for formulation of a homoeopathic drug picture.</i>
<b>Volunteers</b>	<i>Patients with few or no other therapeutic options</i>	<i>Healthy volunteers</i>	<i>Healthy volunteers, never patients</i>
<b>Number of volunteer</b>	<i>10-15</i>	<i>20-100</i>	<i>Any number</i>
<b>Placebo control</b>	<i>No</i>	<i>No</i>	<i>Yes, essential</i>
<b>Dose</b>	<i>Micro-doses</i>	<i>Single ascending dose /Multiple ascending dose</i>	<i>Repeated microdose until symptoms occur. Predefined maximum number of doses</i>
<b>Safety</b>	<i>Unknown, not a purpose</i>	<i>Variable, some risks prevented by pre-clinical studies</i>	<i>Almost perfect because toxic levels excluded. Concept of minimum of first safe dilution</i>
<b>GCP/ICH Guidelines</b>	<i>Under development by EMA and FDA. Concept of IND (Investigational New Drug) studies</i>	<i>Yes, used by Ethical Boards</i>	<i>No official guidelines, but ECH/LMHI Guidelines conform to GCP/ICH guidelines</i>
<b>Indication specified</b>	<i>Yes</i>	<i>Yes</i>	<i>No</i>
<b>Demonstrative purpose</b>	<i>To confirm biological activity in line with early pre-clinical indications, ahead of formal phase I-IV studies</i>	<i>To ensure safety of drug in healthy human subjects, ahead of efficacy testing in subsequent phases</i>	<i>To investigate the therapeutic potential of a substance. No subsequent experimental phases</i>

Source: Jansen and Ross, 2014

## **2.4 OTHER PROVING METHODOLOGIES**

There are many different types of provings that help gather information about a remedy. Each type of proving has its own strengths and weaknesses.

### **2.4.1 Trituration proving**

The remedy is prepared by the process of trituration followed by observation of the effect of the remedy. It consists of a group of six provers.

C4 trituration provings are a controversial method of determining the therapeutic value of homoeopathic remedies. This method is advantageous as it can be proved

in hours instead of months or weeks compared to the traditional methods of provings. There is insufficient research to indicate if the results of these two methods can be compared (Goote, 2011).

The C4 proving method does not make use of the traditional method of testing a substance which is on a group of healthy individuals, but is conducted individually or on a group of provers during the trituration process. The prover should establish a resonance with the substance so that the spiritual level of the remedy can be experienced.

In 1993 Ehrler investigated the concept of the C4 triturating proving methodology through self-experimentation (Botha, 2010). During Ehrler's first homoeopathic trituration he experienced physical and psychological symptoms and also obtained insight into the triturated substance. Normally, if a natural substance needs to be triturated as part of the potentisation process, it is triturated to the 3CH level and then from then onwards liquid potencies are generated. Becker and Ehrler discovered that triturating a remedy to an additional level, i.e. the C4 level, raised the healing potential of the remedy thus revealing the essence of the remedy.

The methodology of this type of proving requires a group of provers to participate in a process of trituration by hand and the proving substance identity is unknown (Hogeland and Schriebman, 2008). While the proving is being conducted the prover will experience symptoms that are physical and psychological. The provers will also see images and ideas of the proving substance (Botha, 2010).

At the completion of each level of the trituration process the provers had to record their feelings and impressions that were gathered during the trituration. The trituration to a C4 level of a substance occurs for a duration of 5-6 days. The symptoms encountered by a prover on a single level will disappear when moving on to the next level of trituration (Brinton and Miller, 2004).

Becker presented Ehrler's experiences during the 53rd Congress of the Liga Medicorum Homoeopathica Internationalis in Amsterdam in 1998. Becker and Ehrler claimed that the C4 trituration level gave "a new, spiritual dimension to the picture",

thus giving a deep knowledge and understanding as to the homoeopathic potentisation (Becker and Ehrler, 1998). This was received with mixed responses by the homoeopathic community.

According to Becker and Ehrler (1998) the mechanical friction with lactose during the process of trituration is where the vital and valuable form of the homoeopathic potentisation occurs. The friction of the succussion with alcohol increases the rhythm of the oscillation level (Becker & Ehrler, 1998). Botha and Ross (2010) presented evidence of the physico-chemical importance of trituration. The efficacy and scientific footing of C4 trituration is disputable as Becker cannot clarify as to where spiritual level images are derived from.

Timmerman was fascinated by Becker and Ehrler's statements and she began to investigate further in this avenue. Timmerman used the 4CH trituration level and thereupon converted it into liquid potencies. Timmerman stated that she gathered positive results in the treatment of chronically ill patients. The 4CH trituration provings are a debateable issue with homoeopaths who deem that homoeopathic medicines should be processed as Hahnemann had advised. Dellmour (1998) is of the opinion that symptoms collected from the C4 trituration proving should not be entered into the materia medica. He believes that they contradict the teachings of Hahnemann and outlines them as vague, illogical and unhomoeopathic.

Botha and Somaru (2010) hypothesised that the remedies of the C4 trituration for each level of trituration revealed distinct effects, as shown in Table 2.2.

**Table 2.2: The effects shown for each level of trituration**

<b>LEVEL OF TRITURATION</b>	<b>EFFECT SHOWN</b>
C1	PHYSICAL LEVEL
C2	EMOTIONAL EFFECTS OR SENSATIONS
C3	MENTAL EFFECTS ( INCLUDES THINKING)
C4	SPIRITUAL EFFECT AND DESTINY
C5	COLLECTIVE UNCONSCIOUSNESS

#### **2.4.1.1 C4 Proving At Durban University Of Technology**

Ten provers form a stable proving group for a C4 trituration proving. Botha (2010) conducted a C4 trituration proving of *Protea cynaroides* at the Durban University of Technology. The trituration process produced viable symptoms. The group discovered that the intensity of the triturations they experienced increased the more they worked together (Botha, 2010).

Another example of a profound C4 trituration proving conducted at the Durban University of Technology was the proving of Vibhuti (Somaru, 2010).

Goote(2011) conducted a study to compare the symptoms derived from a C4 trituration proving with the symptoms displayed in a traditional proving of the same substance found in the materia medica. The prover population consisted of ten provers who were experienced in the trituration process but had no knowledge regarding the substance being proved. Information was collected by interviewing sessions and records kept by the triturators. The results of the proving were that the comparison did not find a valid correlation between the rubrics of the traditional provings of *Borax* 30CH and the C4 trituration proving of *Borax* (Goote, 2011). According to Goote (2011), although C4 provings were faster compared to traditional proving methods and refined by Sherr it cannot be recommended as an avenue of developing homoeopathic remedies to replace traditional proving methods as the C4 proving will not produce a complete symptom picture.

#### **2.4.2 Dream proving**

A dream proving is similar to other provings in that it is a systematic procedure requiring the development of uniformity with the influence of the remedy on the vital force. The central focus is on dream symptomatology although other levels of symptomatology are included (Kreisberg, 2000). The concept that the dream state is altered by the proving reveals the mental and emotional state of the prover. This provides a deeper connection to the remedy picture.



Jurgen Becker began conducting dream provings at the Bad Boll seminars 25 years ago. This seminar took place twice a year for one-week at Bad Boll, in Goppingen in Germany. The seminar consisted of approximately 100 participants. The proving was conducted by Jurgen Becker and Gerhardus Lang (Pillay, 2002). At these seminars homoeopaths presented their discovery of a homoeopathic remedy that they felt strongly about and had proved the same remedy thoroughly. During the seminar a dream proving was conducted daily and the symptoms were analysed on the last day (Pillay, 2002).

Many dream provings were conducted during Sankaran's seminars at Mumbai with his students (Dam, 1998). Sankaran states that in our dreams our actions and emotions are wholesome, pure and unblemished in comparison to our state of consciousness where we are able to hide our true emotions. Therefore our experiences in dreams reflect our emotions towards certain incidents or events and experiences (Sankaran, 1998).

The methodology of dream proving focuses on the extraction of mental, physical and emotional symptoms by exposure of the prover to the remedy in one of the following ways:

- Consuming the remedy orally;
- Inhaling the remedy;
- Holding the remedy in the hands for a certain amount of time;
- Sleeping on the remedy;
- By contact with another prover who has taken the remedy; and
- Present in the same room with other provers (Dam, 1998)

A large part of the homoeopathic community believes that dream provings are non-Hahnemannian provings (Dam, 1998). Dream provings are a debatable aspect of homoeopathy. The interpretation of dreams can be deceitful because dreams are one's feelings and when a homoeopath prescribes a remedy the practitioner needs to understand the individual as a whole and not only view the mental aspect of the person (Brilliant, 1998).

According to Sherr(2003) dream provings are “partial provings” and are beneficial only to the extent that this is a shortcut method to obtaining the nucleus of a remedy (Sherr, 2003).

#### **2.4.2.1 Advantages of dream proving**

The advantages of a dream proving are as follows:

- It does not require much commitment from the prover or supervision by the researcher so dream provings are not intrusive (Fraser, 2010).
- It has an easy and quick set up with an easy collection of data and publication (Fraser, 2010).
- Dream provings reveal dramatic useful imagery which allows for better understanding of the remedy (Fraser, 2010).

#### **2.4.2.2 Disadvantages of dream proving**

The disadvantages of a dream proving are as follows:

- The quality of the information obtained and reliability in this proving is a disadvantage. Emotional symptoms are mainly produced whereas physical symptoms are rare (Fraser, 2010).
- There is difficulty in distinguishing between personality and the proving for both the provers and the researcher as the proving of dreams is a combination of the influence of the remedy and the provers own situation and concerns (Fraser, 2010).

#### **2.4.3 Seminar Proving**

The remedy being proved is administered to a group of provers prior to or while attending a seminar (Herscu, 2002). At the seminar the resultant effects of the dose of the remedy is discussed the main focus being on the dream, mental and emotional levels (Herscu, 2002). During the proving period each prover is required to carefully observe and pay attention to the following:

- Physical symptomatology with heed to modalities;
- Emotional symptomatology with definitive feelings;

- Phenomena and occurrences that ensue in the environment of the prover;
- Individuals around the prover observe alterations in the prover's condition during the period; and
- The individual's dress style, manner of talking, movies and books that the prover is impressed by (Sankaran, 1998).

According to Sankaran (1998) this proving methodology has many advantages which include the following:

- The proving substance when administered to a group of provers seems to multiply and leads to the establishment of a "group consciousness" phenomenon as compared to when a proving substance is administered to individuals who are not in contact with each another.
- At the concluding discussion, important information that may have been disregarded as unrelated symptoms are valued as a crucial part of the proving.
- Helpful conclusions can be reached by paying attention to dreams and emotional episodes experienced by provers during the study.

Although the distinctive characteristic of the proving substance reveals the emotion and mental planes in this methodology it lacks the solidity of the Hahnemannian proving procedure (Sankaran, 1998).

#### **2.4.4 Meditative Proving**

A meditative proving is a controversial proving of variable quality compared to the conventional drug provings. In a meditative proving if a group of closely-knit provers who are experienced in meditation participate in this proving then this could be a rapid method of collecting extensive information about a remedy. Meditative provings are uninvasive and are not time consuming. These provings do not cause any significant inconvenience but the process does need effort and commitment from the provers (Fraser,2010).

A meditation group is formed and they gather a few times prior to the proving to meditate. The objective of the group meeting is to create a single consciousness.

The prover group becomes more synchronised to their individual selves during the meditative state and are able to pick up differences in the mental, physical and emotional levels of provers. The substance can be closely linked to the meditation group or be consumed by the provers.

Meditative provings can be problematic as they serve as a shortcut which can become a temptation in the future to further shortcuts. Here the concern no longer becomes the effect of the substance but how and what the remedy cures. The outcome of the proving is different although the difference may seem meaningless. When one takes shortcuts the characteristic unusual and peculiar symptoms of a remedy are lost or blurred. When one questions how and what it cures it leads to prejudice.

A vast number of Hahnemannian provings can be compared with meditative provings of an identical substance. An example is *Salix fragilis* whose proving data corresponds completely and there is no indication revealing that meditative provings are incorrect in any manner (Fraser, 2010). However, many people feel that this type of proving should not be accepted as a scientific discipline.

Persons who meditate have shown decreases in heart and respiratory rate, blood pressure and levels of cortisol. They have demonstrated an increase in the serotonin available and a decrease in free radical load (Elder, 2005). Wallace (2005) mentioned in a study in the journal *Science* that during meditation practice individuals indicated decreased oxygen utilization, decreased respiratory rate and increase in galvanic skin resistance. In the *American Psychologist*, information comparing meditation with merely closing eyes exhibited decrease in basal skin resistance, respiratory rate and plasma lactate in the meditation group. This indicates distinct physiologic changes that occur during meditation (Elder, 2005).

Therefore meditation is a practical technique of the mind that can produce valid and positive results in clinical practice (Elder, 2005). Meditative provings, however, do not discard the need for homoeopathic provings.

Meditative provings bring into the limelight the spiritual possibilities of homoeopathy and provide to both practitioners and patients who are prepared and willing to endeavour at this plane the possibility of using homoeopathy as an instrument for spiritual advancement.

## 2.5 PROVER POPULATION

Hahnemann started using 64 provers in his initial proving and no provers received placebo in his proving. The repetition of the proving of an identical substance emphasises his authentic work. Nagpaul (1987) advocates a proving population of 20-30 provers and 25-30% of the proving population to receive the placebo.

Vithoukas (1980: 152) recommends 50-100 provers in a proving population. Sherr states that 15-20 provers are an appropriate sample size to elicit a thorough proving (Sherr, 1994: 45). The International Council of Classical Homoeopathy recommends 10-20 provers as an ideal size for a proving (ICCH, 1999: 34) and the LMHI and ECH“Homoeopathic Proving Guidelines” recommends a sample size of 20 participants (Jansen and Ross 2014).

Provings at Durban University of Technology have mostly utilised a prover population of 30 provers. Examples include:

- C. Wright (1999) *Bitis arietans arietans*
- C. Morris (2002) *Pycnopus sanguineus*;
- T. Pather (2008) *Gymnura natalensis*;
- N. Somaru(2008) *Pink light*, (Ross, 2009: 7).

## 2.6 POTENCY

Hahnemann recommends the use of the 30CH potency for provings. The symptoms produced in a proving occur as a result of the therapeutic energy of the potentised remedy and not as a result of the raw substance. This was reinforced by Koppers (1987) when he conducted experiments ranging from mother tincture to the 30CH potency and the 30CH potency produced mental changes and comprehensive symptomatology.

Sherr (1994) used the thirtieth centesimal (30CH) potency in his *Hydrogen* proving. The symptoms produced were mostly mental and emotional. Sherr (1994) believes higher potencies in susceptible participants will produce more symptoms that are aggressive in nature. Sankaran's (2001) *Ringworm* proving uses the thirtieth potency and he debates that the higher the potency used the greater the disturbance to the individual leading to an aggravation of symptoms believed to be harmful to the individual (Sankaran, 2001: 104).

Examples of homoeopathic provings using the 30CH potency conducted at Durban University of Technology include *Erythrina Lysistemon* 30CH (Thiel, 2007). The proving of the traditional African medicinal plant *Strychnos henningsii* also made use of the 30CH potency (Ross, 2011). Ross (2011) viewed his proving as a bridge between the indigenous and the rational scientific understanding of the plant. Potencies between C12 and C30 are recommended in the "Homoeopathic Proving Guidelines" (Jansen and Ross 2014).

## 2.7 PLACEBO

A placebo (also known as a blank) can be defined as an inactive substance used to examine the substance being tested in the proving process in a controlled manner. Placebo helps to boost the reliability of the data collected in the proving process and enables a clearer discernment of symptoms when studied against symptoms that

appeared in the verum group. A placebo is employed in medical research to prevent bias (Kaptchuk, 1997: 50). The use of placebo in provings is a controversial protocol.

According to Goel (2002) the placebo plays a significant role in a proving and without a placebo the remedy picture of the proving substance may not be truly reflected. Placebo distinguishes the psychological effects of the proving from the pharmacodynamic effects of the proving substance. The efficacy of the proving can be determined by the use of a placebo (Sherr, 1994).

According to Sherr (1994) prime provers are “wasted” on the placebo and placebo provings can also result in similar symptoms to the symptoms of the proving, thus shedding doubt on the benefit of the use of placebo. The positive outcome in the use of placebo is that provers are particularly attentive when describing symptoms (Sherr, 1994).

The placebo group percentage recommended by the ICCH (1999) is 10%-30% while Vithoulkas (1980) recommends 25% and Sherr (1994) recommends 10%-20%. On observation the placebo is identical to the verum powders. In all respects, the placebo is indistinguishable from the verum (Jansen and Ross 2014).

According to Hahnemann the materia medica should contain reliable and pure symptoms of the homoeopathic medicine which is not based on fiction or presumption. The instructions presented by Hahnemann regarding the prover’s diet and lifestyle ensure that the symptoms are untainted, refined and wholesome. Hahnemann’s perception about the use of the blinding process or placebo was that this was a form of deception. Therefore provers were briefed on the proving substance been taken. (Botha, 2009).

Hahnemann tested the remedy on himself first to make sure that he had a better understanding of the proving remedy and a more in-depth experience. At present, many refinements are now implemented concerning the use of placebos, proving experiments and approved practices with various proving methodologies (Botha, 2010).

## **2.8 BLINDING**

This was first adopted by the homeopaths to test substances. Kent introduced the concept of blinding in homoeopathic drug provings. The writings of Kent revealed that the concept of blinding was considered normal and routine in homoeopathic provings by 1900(Kaptchuk, 1997: 50).

The first double blind experiment was a proving of *Belladonna*. Presently, most provings are blinded and the practice of the blinding technique is widely recognised as a method to differentiate between the feedback of the placebo from the reaction of the proving medicine (Ullman, 1991: 56). Historically most homoeopathic proving substances were known to the prover. The double blind methodology is standard in modern day provings where the proving substance is known only by the researcher. The provers are unaware of the proving substance. In a double blind proving both the provers and researcher are unaware of who is taking the remedy and who is on placebo(Sherr, 1994: 36). Thus the possibility of bias is ruled out.

Blinding can decrease the different evaluation results but can also improve compliance of the provers. At Durban University of Technology proving studies follow either a double blind (Pather, 2008 and Somaru, 2008) or triple blind (Ross 2011) method to ensure lack of bias. The process of randomisation is conducted electronically by a homoeopathic clinician and lecturer in the Department of Homoeopathy at Durban University of Technology as recommended by the Departmental Research Committee.

## **2.9 RANDOMISATION**

Randomised controlled trials are experimental studies to determine the effect of an intervention by assessing the information gathered prior to and on completion of the intervention. The objective of randomised controlled trials is the comparison of intervention with a single or many other inventions or without intervention. These



interventions are most likely clinical treatments but can also be educational interventions (Levin, 2007).

The aim of randomisation in a double blinded proving explains that both the provers and researcher are unaware of who belongs to the placebo or verum groups.

Advantages of randomised controlled trials include:

- Randomised controlled trials provide strong evidence of the efficacy of a treatment (Levin, 2007).
- The randomisation of the provers into the experimental and control groups(Levin, 2007).
- Allocation concealment ensures that allocation bias and confounding of the unknown component are reduced (Levin, 2007).
- Randomised controlled trials can be modified to answer a precise question(Levin, 2007).

Disadvantages of randomised controlled trials include:

- There is a high dropout when the provers experience undesirable side effects of the intervention or when little incentive is provided to remain in the control group (Levin, 2007).
- Due to ethical considerations a research question may not be determined using the randomised controlled trial design (Levin, 2007).
- An observational design may be easier and cheaper to make use for a descriptive overview (Levin, 2007).
- Information is needed regarding the level of clinically significant improvement and the conventional variation of development in the sample so that the sample size can be calculated in the randomised controlled trials (Levin, 2007).

## 2.10 HOMOEOPATHIC PROVINGS OF INDIGENOUS SUBSTANCES AT DURBAN UNIVERSITY OF TECHNOLOGY

Homoeopathic proving of indigenous South African substances conducted at Durban University of Technology started with the proving of the venom of *Bitis arietans arietans* (Wright, 1999).

Since then numerous provings of indigenous substances have been conducted at Durban University of Technology, creating a South African materia medica (Table 2.3). These provings include *Chamaeleo dilepis dilepis* (Moore, 2007; Pistorious, 2007), *Curcuma longa* (Pillay, 2011), *Sutherlandia frutescens* (Kell, 2002; Low, 2002; Van der Hulst, 2002; Webster, 2002), *Naja mossambica* (Taylor, 2004; Smal, 2004), *Erythrina lysistemon* (Olivier, 2007; Thiel, 2007), *Harpagophytum procumbens* (Kerschbaumer, 2004), *Dendroaspis angusticeps* (Hansjee, 2010), *Bitis atropos* (Brijnath, 2014) and *Malus domestica* (Ramnarayan, 2014).

The findings of some of these provings conducted at Durban University of Technology were published internationally and were presented as peer reviewed articles and presented orally at international conferences (Botha 2010, Naude, 2011). The methodology of comparing homoeopathic use of an indigenous substance to the traditional African medicinal application is viewed as a bridge between the indigenous and the rational scientific understanding of the plant or substance (Ross, 2011).

**Table 2.3: South African indigenous substances proved at the Durban University of Technology**

NAME OF SUBSTANCE	COMMON NAME	YEAR OF PROVING AND RESEARCHER
<i>Bitis arietans arietans</i>	African Puff Adder	1999, Wright
<i>Sceletium tortuosum</i>	Kougoed	1999, dos Ramos
<i>Pycnopus sanguineus</i>	Tropical Cinnabar Bracket	2002, Morris
<i>Bitis gabonica gabonica</i>	Gaboon Viper	2004, Thomson
<i>Naja mossambica</i>	Mozambique Spitting Cobra	2004, Taylor, Smal
<i>Harpagophytum procumbens</i>	Devil's Claw	2004, Kerschbaumer
<i>Sutherlandia frutescens</i>	Cancer Bush	2004, Low, Webster, Kell, Van der hulst
<i>Chamaeleo dilepis dilepis</i>	Flap-necked Chameleon	2006, Moore, Pistorius
<i>Erythrina lysistemon</i>	African Coral Tree	2007, Gryn, Thiel, Olivier, De beer
<i>Peucedanum galbanum</i>	Blister Bush	2007, Wagner, Wayland
<i>Gymnura natalensis</i>	Backwater Butterfly Ray	2008, Naidoo, Pather
<i>Hemochatus haemochatus</i>	Rinkhals	2008, De la Rouviaere, Cahill
<i>Loxodonta africana</i>	African elephant – Ivory	2008, Forbes, Speckmeier
<i>Acridotheres tristis</i>	Indian Mynah	2010, Hoosen
<i>Protea cynaroides</i>	King Protea	2010, Botha
<i>Dendroaspis angusticeps</i>	Green Mamba	2010, Hansjee
<i>Bitis atropos</i>	Berg adder	2014, Schonfeld, Brijnath
<i>Malus domestica</i>	Domestic Apple	2014, Ramnarayan
<i>Panthera leo</i>	African lioness	2015, Peter, Naidoo
<i>Strychnos henningsii</i>	Blueberry	Ross, Naidoo, Naidoo, Maharaj, Lockhat

## 2.11 IMPORTANCE OF MEDICINAL PLANTS

Plants play a pivotal role in the African indigenous system of medicine in South Africa. This indigenous philosophy of medicine is dynamic and adaptive. Hippocrates had stated that “Nature is the physician of our disease” (Iwu, 1993). Therefore, Mother Nature possesses the answer to medical questions or health problems we encounter. Traditional medicine makes use of herbs, barks, leaves, roots, bulbs and flowers.

South Africa possesses a wealth of plant resources and the majority of these plants have been used for centuries in traditional medicine to treat and prevent diseases. The history of plant-derived medicine on human beings has been remarkable and has created an impact that has left prints on the timeline of human beings. Medicinal plants are broadly used in traditional therapeutics as medicines. The materia medica of the ancient African healers consisted of herbs, animals, plants, minerals and clay. Some African healing herbs include calabar bean (*Physostigma venenosum*), *Strophanthus*, *Salix*, *kola*, *Areca nuts*, African periwinkle (*Catharanthus roseus*), Devil's claw (*Harpagophytum procumbens*) and the Willow plant (*Salix capensis*) (Iwu, 1993).

Africa possesses about 6400 plant species and more than 4000 plants are used as medicinal plants (Wikipedia, 2015c). If a plant is not correctly identified or incorrectly used then this can lead to serious adverse conditions (Wikipedia, 2015c). Plants contain many photochemicals called secondary metabolites that work individually or additively or in synergy so that health can be improved. The chemical found in medicinal plants work catalytically and synergistically to form a combined effect which surpasses the total activity of the constituents of the individual. The combination of these substances increases the activity of the key medicinal constituents either by increasing or slowing down their assimilation in the physical body (Mahomoodally, 2013).

There is a large volume of published literature available which shows the constituents and biological activity of African medicinal plants but a neglected aspect of these plants is their therapeutic development. The knowledge of African medicinal plants is limited. The data collected of African medicinal plants is incomplete and is not given serious consideration as in other traditional societies such as in China and India (Iwu, 1993). The documentation of African medicinal plants is becoming increasingly important due to the loss of some of these plant habitats as a result of anthropogenic activities. The historical role of plant derived medicines is of global importance (Iwu, 1993).

In Africa, the remedies derived from indigenous plants and the significance of traditional healers play a pivotal role in the health of millions of people. The

International Development Research Centre (IDRC) indicates that 85% of Africans use traditional medicine as a means of primary health care in Sub-Saharan Africa (Traditional African Medicine, 2015). Medicinal plants are commonly used in the African continent. Medicinal plants are easily available to the community as a health resource. This is an option preferred by most people. The rapid loss of natural habitats of plants because of anthropogenic activities and erosion of previous traditional knowledge has led to the urgent need for the documentation of African medicinal plants and the traditional systems. Western medicine accomplishment harks back to Galen and Hippocrates and similarly African medical attainment harks back to ancient Egypt for reported history. The Egyptian Africans were the first people who laid the basis for medicine as it is presently known in the world. Healing herbs have been referenced in earlier writings from India, China and Babylonia indicating that the use of plants as medicines has a pre-historic origin (van Wyk, van Oudtshoorn and Gericke, 1997).

Plants have been used from the pre-historic period to cure disease, ease pain associated with childbirth, injury, mental and debilitating conditions. Our ancestors discovered many medicinal plants which became significant to the healing and well being of human health.

African medicine's concern with medicinal power, the use of human energy, the environment and the cosmic balance of natural forces are used as tools in the process of healing. In Africa healing includes restoration or preserving of human vitality (Iwu, 1993). Understanding traditional healing is impossible without understanding the customs, cultures, traditional religion and role of ancestral spirits in both the healers and patients lives.

## **2.12 TRADITIONAL AFRICAN MEDICINE**

The World Health Organization states that traditional medicines: "[Includes] diverse health practices, approaches, knowledge and beliefs incorporating plants, animals and/or mineral based medicines, spiritual therapies, manual techniques and exercises applied singularly or in combination to maintain well-being, as well to treat, diagnose or prevent illness" (Richter, 2003).

The World Health Organization Centre defines 'African traditional medicine' as "the sum total of all knowledge and practices, whether explicable or not, used in diagnosis, prevention and elimination of physical, mental, or societal imbalance and relying exclusively on practical experiences and observation handed down from generation to generation whether verbally or in writing" (Richter, 2003). The World Health Organisation realised the importance of traditional healers in 1977. It has outlined guidelines on traditional medicines and healers in collaboration with biomedicines and traditional medicines (Richter, 2003).

Traditional medicine is defined as the sum total of knowledge skills, practices, beliefs and experiences indigenous to various cultures that is used to diagnose and treat illness as well as improve, maintain and prevent illness (Mahomoodally, 2013). Traditional African Medicine is a holistic discipline which includes indigenous herbalism and African spirituality. This type of medicine is practiced by diviners, herbalists and midwives. Traditional African Medicine was a dominant system of medicine prior to the establishment of contemporary western medicine. These medicines are inadequately researched with poor recording of its traditional knowledge. Traditional African Medicine healing practices have not been systemised (Van Wyk and Wink, 2004).

The practitioners of traditional medicine have received knowledge about medicinal plants and their effects it has on the human body from their forefathers and mothers which is kept a secret so that their therapeutic knowledge is protected (Van Wyk and Wink, 2004). These practitioners share a deep and personal involvement in the process of healing. Some traditional healers learn the trade of traditional medicine during their personal experiences as a patient and will decide whether to become a healer after the recovery of their illness or disease. Some become traditional healers as a result of a "spiritual calling" and therefore their treatment and diagnosis is based on the supernatural. In the African culture, the act of healing is viewed as a religious act which appeals to god to provide a cure (Wikipedia, 2015c).

The African culture believes that "nobody becomes sick without sufficient reason". Traditional African Medicine claims that illness does not occur by chance but as a

result of spiritual or social imbalance which differs from western medicine which is technically and analytically based. Traditional healers studied the underlying root cause which is believed to be as a result of an imbalance between the individual, environment and the spiritual world and may not be due to natural causes. In the practice of traditional medicine the “who” rather than the “what” determines the cause and cure of a disease. The answers are provided by the cosmological belief of the people.

Many different treatment methods are used which include dieting and fasting, herbal therapies, massage and surgical procedures and “magic”. The method used to treat migraines, abscesses, coughs and pleurisy is known as “bleed-cupping” which is followed by the application of a herbal ointment. The individual will follow-up his/her treatment with herbal drugs. The payment for a treatment in the African society depends on the efficacy of the treatment. No payment is requested prior to treatment. Traditional African medicine views natural causes as a manipulation of spirit or god (Wikipedia, 2015c).

Previously, medical treatment and procedures were unavailable to the African people because the cost of medication was high and many health centres were located in the urban areas. Traditional healers are easily accessible and affordable to the local community and it is the only therapy available at certain times (Mahomoodally, 2013).

These practitioners claim to cure various illness and diseases such as high blood pressure, cholera, cancer, psychiatric disorder, asthma, fever, anxiety, depression, eczema, urinary tract infection, gout, venereal diseases and heal wounds and burns. Healers may include in their treatments the use of charms, incantations and casting of spells (Wikipedia, 2015c).

Traditional medicine is associated with herbs, remedies, advice given by Sangomas or Izinyangas (African indigenous group traditional healers) and there is a strong spiritual component of health care (Wikipedia, 2015c). Traditional healers provide information, counsel and treat patients and their families in a personal manner and

also have an understanding of the environment of the patients (Mahomoodally, 2013). Traditional African medicine has received more appreciation in recent years.

Traditional African healers serve as a crucial element in the development of the health system. They support and strengthen our system of healing in South Africa (Richter, 2003).

## 2.13 THE PROVING SUBSTANCE

### 2.13.1 Classification

Kingdom	:	Plantae
Clade	:	Angiosperms
Clade	:	Eudicots
Clade	:	Rosids
Order	:	Fabales
Family	:	<i>Fabaceae</i>
Subfamily	:	<i>Mimosoideae</i>
Genus	:	<i>Acacia</i>
Species	:	<i>A.Xanthophloea</i>
Binomial Name	:	<i>Acacia xanthophloea Benth.</i>

(Wikipedia, 2015a)

### 2.13.2 Common names

Koorsboom	Afrikaans
Fever tree, Naivasha thorn tree, Sulphur bark	English
Mgunga	Swahili
More o Mosetlha	Tswana
umDlovune, umHlofunga, umHlosinga, umKhanyakude	Zulu

(World Agroforestry Centre, 2009).



### 2.13.3 Introduction

*Acacia xanthophloea* belongs to the subfamily *Mimosaceae* and the pod bearing family *Fabaceae*. The name *Acacia* is derived from the Greek word 'acanthi' meaning spine, thorn or prickle and the name *xanthophloea* is derived from the Greek word 'xanthos' meaning yellow and 'phloios' meaning bark. In South Africa there are forty species, subspecies and varieties of *Acacia*.



Figure 2.1: The sample of *Acacia xanthophloea* used for the preparation of the proving remedy

The early colonists created the myth that the fever contracted by people living in the areas where *Acacia xanthophloea* grew was caused by the tree therefore earning an unwarranted reputation amongst early settlers. *Acacia xanthophloea* was commonly referred to as the fever tree. It was only later discovered that the malaria carrying *Anopheles* mosquito whose preferred habitat was the swampy areas where the *Acacia xanthophloea* trees grew had been the cause of the fever (Pakenham, 2007).

*Acacia xanthophloea* uses much more water compared to *Acacia tortilis* trees of equivalent sizes during ideal conditions of soil water availability. *Acacia xanthophloea* has also shown an earlier reaction to water stress than *Acacia tortilis* (Otieno *etal.*, 2005).



Figure 2.2 : The white, long, straight thorns of *Acacia xanthophloea* arranged in pairs

### 2.13.4 Description

*Acacia xanthophloea* is a semi-deciduous to deciduous tree which grows to a height of 15-25 m. The tree has a spreading feathery canopy with a smooth yellow green bark that flakes slightly. The bark is coated by a yellow sulphurous powdery substance. If one rubs the powdery substance away with a finger one finds beneath it a green bark. The powder covering the bark is used as a natural sunscreen (Coates, 1983).



Figure 2.3: The yellow sulphurous powdery bark of *Acacia xanthophloea*

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF8#q=ACACIA+xanthophloea+PICTURES.2015>



Figure 2.4 : The spreading feathery canopy of *Acacia xanthophloea*

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF8#q=ACACIA+xanthophloea+PICTURES.2015>

The young twigs have a red-brown colour bark initially which peels off leaving a yellow twig. The white long straight thorns are arranged in pairs which are significant in the young tree but barely distinguished as they mature. The sweetly scented flowers which are bright, ball-like and yellow to golden in colour are located in clusters on the shortened side shoots at the end of the branches and the nodes. After flowering yellowish brown to brown pods are produced which split to reveal small brown hard seeds (Venter and Venter, 2012).



**Figure2.5: Small feather single leaflet of *Acacia xanthophloea***

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>



**Figure 2.6: The yellowish brown to brown coloured pods that split to reveal small brown seeds of *Acacia xanthophloea***

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>



**Figure 2.7 : The bright ball-like golden yellow flowers of *Acacia xanthophloea***

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>

The leaves of *Acacia xanthophloea* are small and feathery with a single leaflet at the tip with a smooth margin therefore photosynthesis takes place in the bark. A distinct feature of this tree is the dead branch which is used to deposit unwanted material from the soil. This branch is often referred to as the “sacrificial limb” (*Acacia xanthophloea*[Fever Tree], 2010).



**Figure2.8 : Thickening of the petiole and petiole base of *Acacia xanthophloea***

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>

The fever tree, like many species, has leaflets which fold up at night. A distinct feature of this family is the pulvinus. This is the thickening of each petiole and petiole base allowing the leaves to close at night during extreme heat. Stipules are present which are modified into thorns or spines.



**Figure 2.9: Stipules modified into thorns or spines in *Acacia xanthophloea***  
Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>

The canopy provides shade for small plants that require protection from the brunt of the sunlight. *Acacia xanthophloea* grows very fast and can be used in situations where quick results are required but it needs to be watered adequately for the desired results. Nitrogen fixing bacteria present in the root nodules enrich the soil around the tree with nitrogen. The plants which grow in close proximity to the tree will also benefit (Coates, 1983).

Black wattle and the fever tree are both nitrogen fixing trees which are common in South Africa. These trees are fast growing and produce a large amount of biomass in a short space of time. A study investigating the alley cropping systems using the black wattle and the fever tree has revealed that the growth of the tree and production biomass was more valuable in black wattle alley cropping compared to the fever tree (Nhamucho, 2006).

Birds build their nest on these trees as the thorns offer protection from snakes. The bark has holes as a result of woodborers. The monkey and baboon eat the flowers, young shoots and seeds of the *Acacia xanthophloea* plant. The elephant eats the pods, leaves and branches. Giraffes eat the pods and leaves (Coates, 1983).





**Figure2.10: A giraffe eating the pods and leaves of *Acacia xanthophloea***  
Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>

The assessment conducted on food choice by vervet monkeys and the chemistry of food plants propose that phenolic compounds and condensed tannins play an important role in moulding the diet of vervet monkeys. It might be possible to relate the distribution of condensed tannins between *Acacia tortilis* and *Acacia Xanthophloea* to their reproductive course (Wrangham and Waterman, 2014). *Acacia xanthophloea* displayed high resiliency to disruption with all the elephant impaired trees and harvested individuals remaining.

A study indicated that many typical types of *Acacia* are equivalently rich in tannins. It suggests the possible development for a wattle replacement by fusing a decoction of the species with distinctive astringent lineation (Mugedo and Waterman, 2014).

*Acacia xanthophloea* is planted as source of firewood, charcoal and produces a thick black tarlike deposit when burnt. The wood is hard, heavy, pale brown with a red tinge. Although valuable as timber it should be seasoned before it is used because it is liable to crack. Poles and post are also made from *Acacia xanthophloea*.

*Acacia xanthophloea* outside guarded areas have to be observed and the management improved in cooperation with resource users. Traditional healers and other members of the public that sell medicinal plants need to promote the encouragement of cultivating this fast growing species (Botha, Witkowski and Shackleton, 2002).

### 2.13.5 Reproductive biology

After pollination by insects the fruit development yields in four to six months. In South Africa, flowering takes place from September to November and fruiting occurs from January to April. There are a large number of flowers produced but only a few pods mature (Coates, 1983).



**Figure 2.11: The flowering process prior to development of the pods (1)**

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>



**Figure 2.12: The flowering process prior to development of the pods (2)**

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>

### 2.13.6 Growth and development

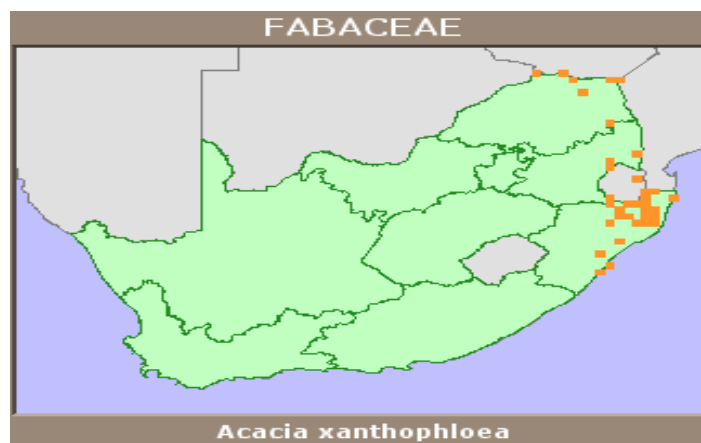
The growth rate of seedlings rapidly reaches a maximum of seven meters in three years. A growth rate of one and half meters a year and two centimetres in diameter are typical in young trees. The flowers of this deciduous plant are pollinated by insects such as bees and butterflies (Coates, 1983).

There were major differences found in the stem diameter, canopy cover and growth of plant height, of *Acacia xanthophloea* trees that were within a fenced area compared to those in an unfenced area in both wet and dry seasons. Heavy browsing decreased the height and canopy of trees but did not destroy any trees and seedling regeneration occurred at the same time. Although herbivores indicate huge browsing pressure the study showed that *Acacia xanthophloea* environment would continue to remain in counter balance in the presence of enlistment of seedlings and saplings (Dharini *etal.*, 2009).

### 2.13.7 Location

*Acacia xanthophloea* is located mainly in depressions, shallow pans where surface water collects after rains or where underground water is found in low-lying swampy areas and the margins of lakes and river banks (Coates, 1983).

They can be located in South Africa, Swaziland, Botswana, Kenya, Malawi, Mozambique, Somalia, Zimbabwe, Zambia and Tanzania (Solomon, 2013).



**Figure 2.13 : Location of *Acacia xanthophloea* in South Africa**

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>

In a study of the distribution of Cu and Pb levels in soils and *Acacia Xanthophloea Benth* from Lake Nakuru National Park Kenya the soil samples taken from Baharini Springs showed high copper levels. The observation of high levels of copper were



evident at sites where the trees are debilitated. Samples of the bark and leaf of *Acacia xanthophloea* collected from Baharini Springs revealed high levels of copper. Njoro river sewage area also showed high levels of copper in plant samples. The lead levels were higher in the tissues of *Acacia xanthophloea* obtained from Baharini Springs. This investigation proposes that heavy metals like copper are most likely an aetiological factor affecting *Acacia xanthophloea* woodland in particular the young trees located in Njoro river approaching the Baharini Springs area. It is necessary to investigate the levels of heavy metals and pollutants so that additional comprehension of the adverse resultant on the growth of *Acacia xanthophloea* trees and suggest a suitable management strategy (Dharani *et al.*,2007).

The leaves and bark from diseased *Acacia xanthophloea* trees reveal very high levels of zinc in the tissues. This high zinc value can be as a result of anthropogenic activities inputs to Lake Nakuru by means of industrial wastes which are discharged into the town's outflow, Njoro river waste and storm water drainage during excessive rainfall. The industrial effluents result from battery industry, paint manufacturing industry, galvanised metals and products containing zinc that are important sources of zinc to Lake Nakuru.

Different sites researched in Lake Nakuru exposed greater concentration levels of heavy metals such as cadmium, cobalt, copper, lead, nickel, and zinc in the water which is suggestive of anthropogenic inclusion. Therefore a demand for ongoing inspection and oversee of noxious heavy metal toxins and persisting organic pollution in the study so that the input of knowledge can be collected. This knowledge is crucial in frameworking effective management techniques for Lake Nakuru National Park as it serves as a natural habitat for flamingos and welcomes tourism action (Dharani *etal.*, 2010).



Figure 2.14 : A sample of the macerated bark of *Acacia xanthophloea*



Figure 2.15: The sample of *Acacia xanthophloea* used in the proving showing the arrangement of the leaflets



Figure 2.16: The sample of *Acacia xanthophloea* used in the proving showing the arrangement of small single leaflets



Figure 2.17: The sample of *Acacia xanthophloea* used in the proving showing the bark of the plant



Figure 2.18 : A depiction of the leaflets, thorns and pods

Source: <https://www.google.co.za/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=ACACIA+xanthophloea+PICTURES.2015>

### 2.13.8 Health benefits of *Acacia xanthophloea*

The properties and health benefits of this botanical plant were identified in scientific research so that the medicinal properties can be determined. *Acacia xanthophloea* is made up of three active compounds. These are catechin, catechol and catecholamine which have been scientifically investigated to determine their medicinal value and use (Seigler, 2002).

### **2.13.8.1 Catechin**

This compound has antioxidant and anticarcinogenic properties. An antioxidant provides protection to cells against free radicals which can damage cells, stimulate heart disease, produce tumours or can result in other diseases. Free radicals are formed when the body disintegrates food or could occur as a result of toxic environmental hazards(African Mind Healing Herb, 2012).

### **2.13.8.2 Catechol**

Small amounts occur naturally in fruits and vegetables with enzymes polyphenol oxidase or catecholase or catechol oxidase. When the enzymes are mixed with a substrate and exposed to oxygen the colourless catechol is oxidised to reddish brown melanoid pigment which is a derivative of benzoquinone that has antimicrobial properties slowing the spoilage of damaged fruits and plant parts. This compound has been identified in the brain and endocrine tissues. The hypothalamus and pituitary contain high concentration of catechol estrogens. Catechol found in the hypothalamic-pituitary axis plays a significant role in neuroendocrine regulation. Catechol is a key modulator of dopamine, adrenalin and noradrenalin neurotransmission. There is evidence that catechol plays a role in several central nervous system disorder, neuropathic pain perception regulation and anti-inflammatory reactions (African Mind Healing Herb, 2012).

### **2.13.8.3 Catecholamine**

These are hormones and neurotransmitters that are phenethylamines and phenyl groups which have a catechol skeletal structure. Catecholamine molecules include dopamine, adrenaline and noradrenaline which is released in response to stress. Dopamine, epinephrine and noradrenaline are catecholamines in the human body which constitute brain chemistry (African Mind Healing Herb, 2012).

#### **2.13.8.4 Disorders of brain chemistry**

*Acacia xanthophloea*, can be a natural alternative for individuals who suffer from anxiety, depression, autistic disorder, ADHD, ADD, panic disorder or for those individuals who work on shift which leads to imbalances in the brain chemistry caused by irregular patterns of sleep. *Acacia xanthophloea* can help in the recovery from chronic fatigue syndrome and drug addiction (African Mind Healing Herb, 2012).

Research was carried out with the main aim of appraising the anti-asthmatic action of a decoction of *Acacia xanthophloea*, *Strychnos henningsii* and *Microglossia pyrifolia* in asthma induced mice. The outcome revealed that the extracts were capable of diminishing the serum total IgE levels by up to 100% in relation to the positive control (Odongo *et al.*, 2015).

#### **2.13.9 African traditional medicine uses of *Acacia xanthophloea***

*Acacia xanthophloea* is used as one of the *ubulawu* plants in the Zulu tradition. This causes visionary and prophetic dreams which allow one to connect and communicate information from the ancestral and spiritual world. The Zulu's believe that if one focuses on a question before going to sleep, then one will receive the answer in a dream. The bark is added to a mixture of different dream herbs. It may take a couple of days before the results can be visible. The herbs can also be consumed as a tea.

The use of *Acacia xanthophloea* in the African traditional medicine are multiple. The fiber increases the levels of HDL cholesterol in the body, assists in the treatment of type 2 diabetes mellitus and promotes raised energy levels in the body (Balick and Cox, 1996). The intensity of a headache is mitigated by applying a paste of ground *Acacia xanthophloea* leaves on the forehead. *Acacia xanthophloea* detoxifies the body and assists in weight loss (Van Wyk, Oudtshoorn and Gericke, 1997).

The bark is used in the treatment of fever and eye ailments. In Tanzania the bark is used to treat sickle cell anaemia and in Kenya a concoction of the bark is used to treat indigestion. (Van Wyk, Oudtshoorn and Gericke 1997).

In South Africa the powdered bark is used as an emetic to treat malaria by the Zulu people (African Mind Healing Herb, 2012). In India, medicinal plants were used for centuries to treat various ailments. *Acacia xanthophloea* is used in traditional medicine revealing a scientific basis since the chemical compounds within the various species have medicinal effects. In Ayurvedic medicine *Acacia xanthophloea* is believed to aid in the treatment of premature ejaculation.

#### **2.13.9.1 Gastro-intestinal**

The water soluble fibre of *Acacia xanthophloea* provides roughage and enhances the smooth bowel movement of the intestines promoting cleansing of the body. It effectively relieves irritable bowel syndrome. The soluble fibre absorbs excess water from the colon forming a thick gel that passes through the gut without decomposition. *Acacia xanthophloea* adds bulk to the stools and aids in easy elimination thus relieving constipation and promoting a healthier digestive system. It relieves bloating and trapped gas in the digestive system by regulating the speed of bowel movements. *Acacia* promotes the development of bifidobacteria and lactic acid bacteria.

The bark and leaves of *Acacia xanthophloea* are used to treat diarrhoea and dysentery. The gum is also effective in treating dysentery, diarrhoea and many other intestinal conditions. An extract of the gum or a tea can be made to provide gastro-intestinal relief. The flowers of *Acacia xanthophloea* can be made into a tea to treat hangover, nausea and vomiting (Acacia Information and Facts, 2014).

#### **2.13.9.2 Pregnancy**

During pregnancy women need to increase their nutritional and mineral supplementation. *Acacia xanthophloea* interferes with supplements containing iron and some drugs and may provoke an allergic reaction. This can have negative

effects on the health of a pregnant woman. *Acacia xanthophloea* is best avoided during pregnancy (Acacia Information and Facts, 2014).

#### **2.13.9.3 Periodontal**

The gum of *Acacia xanthophloea* can be used to destroy the bacteria found in the mouth that is responsible for periodontal disease. The gum from the plant is diffused in water and then swished in the mouth to treat gum disease. The gum serves as a source of food and is taken for oral thrush (Acacia Gum, 2009).

#### **2.13.9.4 Wounds**

*Acacia xanthophloea* gum is characterised as an emollient and it soothes the mucus membranes. Therefore the gum is applied to damaged skin to treat small wounds and scrapes (Acacia Gum, 2009).

#### **2.13.9.5 Ear, nose and throat**

*Acacia xanthophloea* gum is useful in the treatment of cold symptoms and provides relief from a sore throat related to the cold. The individual may gargle to relieve the sore throat or they can have a tea manufactured from the herb. The African traditional medical use of the leaves, bark and gum include colds, conjunctivitis and haemorrhage (DeVries, 2015).

#### **2.13.9.6 Non-medicinal uses**

It is used by home owners and landscape architects for home protection. The sharp thorns stop unwanted persons from entering private properties. This may prevent break-in if planted under windows near gutter pipes. Groves of this tree can be planted next to dams and streams on farms to curb soil erosion.

Early Egyptians made use of *Acacia xanthophloea* in paints and it was used as a fragrance for centuries. *Acacia xanthophloea* are used as a mark in Freemasonry to stand for pureness and stamina of the soul and as a funerary emblem representing

rebirth and eternal life. It is believed in the Christian culture that the crown of thorns that Christ wore was made from *Acacia xanthophloea* thorns.

*Acacia xanthophloea* serves as a source of income for people located in rural areas. These individuals are hugely dependent on this plant for their building materials, fodder and day-to-day fuel. The bark, root and resin of *Acacia xanthophloea* are produced to make incense for rituals used mainly in India, Nepal, China and Tibet. The smoke from the bark was believed to restrain demons and ghosts and to put god in a happy mood.

An alcohol beverage made from the fruit of *Acacia xanthophloea* is liked by both people and elephants. The gum is used in foods as a suspending or emulsifying agent, a stabiliser, an adhesive, a flavour fixative and to inhibit crystallization of sugar. The shoots of *Acacia xanthophloea* are described as feathery and can be used in curries, soups, stir fries and omelettes. The seeds can be used to make fritters or various other products.

## **2.14 CONCLUSION**

Homoeopathic provings of indigenous substances within the Department of Homoeopathy at the Durban University of Technology are crucial for the expansion of the therapeutic armamentarium of the South African homoeopathic materia medica.

Plants play a vital role in African indigenous systems of medicine. Acquiring knowledge of medical plants used in African culture is essential. Homoeopathic provings on these indigenous plants can provide a structured, standardised process of prescribing them. This will assist in the treatment of common health issues experienced in South Africa.



# CHAPTER 3

## MATERIALS AND METHOD

### 3.1 THE EXPERIMENTAL DESIGN

The homoeopathic drug proving of *Acacia xanthophloea* 30CH was conducted as a randomised double blinded placebo controlled research study. The sample size of the study consisted of 30 provers who were selected after meeting the inclusion criteria (Appendix E). In the proving 24 provers received the proving substance and the remaining six provers received the placebo. The sample size adheres to the recommendation made by standard international guidelines as articulated in the “Homoeopathic Proving Guidelines” (Jansen and Ross, 2014).

The powders were randomly allocated and both the verum and placebo powders were identical in physical appearance and presentation. In a double blind study both the researcher and provers are unaware as to whether they were assigned the verum or the placebo powders. The randomisation method was performed by Dr I Couchman an independent clinician and lecturer at the Durban University of Technology in the Department of Homoeopathy, appointed by the Departmental Research Committee.

The population of provers was made up of male and females in the age range 18-59 years. The study was conducted by two researchers A.Gobind and G.Zondi who were responsible for 15 provers each. Within a group of 15 provers 12 provers were allocated into the verum group and the remaining three provers were allocated into the placebo group.

Each prover was allocated an individualised prover code, a journal and pen prior to the commencement of the proving. During the duration of the proving each prover was required to accurately record all signs and symptoms that arose during the homoeopathic drug proving. As an ‘internal’ control all provers were instructed to

record their 'normal state' also known as their baseline for one week prior to taking the verum/placebo powders (Vithoulkas, 1986). Each prover received nine powders with instructions to take one powder three times a day for three days.

On completion of the proving period the journals were collected. The symptoms experienced by the provers was collected, collated and converted to materia medica and repertory format for future use in clinical practice. A homoeopathic remedy image was formed with distinct themes and characteristics which were subsequently compared to the way in which *Acacia xanthophloea* is used in the African medicinal tradition.

### **3.2 OUTLINE OF THE EXPERIMENTAL METHOD**

1. The study was conducted by two M.Tech. Homoeopathy students under the supervision of research supervisor Dr.M.Maharaj and co-supervisor Dr.C.Hall.
2. The proving substance *Acacia xanthophloea* 30CH was prepared by the researchers according to Method 6 (Triturations by hand) and modified Method 8a (Liquid preparations made from triturations) as specified in the German Homoeopathic Pharmacopoeia (GHP) (Appendix G).
3. Provers were recruited by advertisements placed on notice boards at various sites at the Durban University of Technology and by personally inviting potential provers (Appendix H).
4. The researcher conducted interviews with prospective provers who were screened for suitability and the researcher questioned the provers about their medical history and lifestyle to determine if the provers met the inclusion criteria (Appendix E). Those provers who met the inclusion criteria continued to the next procedure in the proving.
5. After the selection process all provers attended a pre-proving seminar which was conducted by the researchers. During the seminar the procedure of the homoeopathic proving was explained to inform provers of what was expected of them during the proving (Sherr, 2003). All aspects of the research study were explained to all the provers. The seminar provided all provers the opportunity to clear up any queries they had regarding the research proving study.

6. Provers were randomly assigned by an independent clinician into the verum or placebo groups.
7. The researcher and each prover agreed to meet on an allocated date and time.
8. At the consultation each prover received a preliminary letter of information outlining the procedure of the proving. The prover was required to sign the preliminary consent form. Provers between the ages of 18-21 needed consent from their parents or guardians prior to participating in the study (Appendix A).
9. The provers were guided through the letter of information (Appendix D) and signed the informed consent form.
10. A detailed case history of each prover was taken. Thereafter a physical examination was conducted (Appendix C). This served as an additional screening procedure.
11. After the physical examination a pregnancy test (urine test) was conducted on all female provers. Those provers with a negative result were accepted into the proving. A positive result of the prover was deemed to be an exclusion criteria (Appendix E).
12. Each prover was allocated with a personalised prover code, pens, and a journal with a prover code corresponding to the prover number in which to record their experiences during the proving. All provers also received a personal copy of the preliminary letter of information and letter of information containing instructions to be adhered to during the proving as well as proving information about the homoeopathic drug proving. In addition, each prover received a list of contact numbers of the research investigator and supervisors.
13. All provers were informed of the date of commencement of the proving after the case history and physical examination was completed.
14. Each prover received an envelope labelled with their corresponding prover code containing nine powders (either verum or placebo) with instructions to take one powder three times a day.
15. The provers began capturing their daily symptoms on the date assigned in their journals with a minimum of three entries daily for one week prior to consuming the proving substance. The “normal state” of a prover (baseline) is important as it shows the standard state of health of an individual prover. This

constituted the control for the comparison of the symptomatology for the pre-proving and post-proving periods.

16. Upon the completion of the pre-proving week each prover commenced taking their powders with a maximum of three times daily for three days or until symptoms appeared. No further doses of the proving substance would be taken if symptoms arose although the prover continued to record their symptoms throughout the proving. A minimum of three recordings a day was required for six weeks. The provers were required to accurately and diligently record their symptoms experienced daily.
17. In the first week of the proving the researcher communicated daily with each prover telephonically to discuss their symptoms. This ensured compliance and accuracy in symptom recording.
18. The prover would not take any further doses of the proving remedy if symptoms were experienced. The prover discussed the symptomatology experienced with the researcher to determine if the symptoms were as a result of the proving remedy. The powders were immediately discontinued if the symptoms were as a result of the proving remedy.
19. During the three days if all nine powders were taken and no symptomatology occurred the prover was required to continue making journal entries until proving symptoms began or till the end of the proving period.
20. Each prover was required to record in the journals until all their proving symptoms had subsided.
21. In the second week, telephonic contact with the provers by the researcher occurred every second day and in the third week contact was maintained every third day. The researcher contacted each prover once only in the fourth week. The prover would continue to record all their symptoms until the complete duration of all proving symptomatology.
22. Provers continued journaling for a post-proving observation period of one week. This was to ensure no recurrence of proving symptoms.
23. If a prover had an adverse event then they would have been antidoted but remained a part of the study by continuing to record symptoms.
24. The study lasted six weeks which included one week pre-proving period and one week post-proving observation phase.
25. After six weeks the journals from each prover was collected.

26. A follow-up case history was taken and physical examination was conducted on each prover.
27. The data collected during the research was carefully studied and the process of symptom extraction initiated. The symptoms that arose in the study was screened in accordance with the symptom inclusion and exclusion criteria.
28. The symptoms experienced by the provers was collected and collated then converted to materia medica and repertory format with subsequent comparison to the African medicinal tradition.
29. The researchers were unblinded to the verum / placebo assignment to facilitate distinction between the verum and placebo groups.

### **3.3 THE PROVING SUBSTANCE**

#### **3.3.1 The potency**

According to Hahnemann the 30CH potency was most valuable for the use of determining the dynamism of medicinal substances in provings. Hahnemann defined this proposal in Aphorism 128 of *The Organon of the Medical Art* (O'Reilly, 1996). Initially Kent questioned this proclamation but later supported the use of the 30CH potency.

Koppers (1987) discerned by experimentation with different potencies that the 30CH potency produced impressive, distinct and extensive symptoms which comprise mental developments. Sherr (1994) and Walach (1995) both reinforced this affirmation. Vithoukas (1986) argued that a remedy needed to be proven in various different potencies at other environmental locations before the remedy could be expressed as "fully proved".

The most commonly used potency in homoeopathic proving is the thirtieth centesimal potency (30CH)(Wieland, 1997: 31). Several contemporary provings conducted by Sherr (1992), Sankaran, 2004, Ross (2011), and Wright (1999) have made use of the thirtieth centesimal potency (30CH).

*Acacia xanthophloea* 30CH was utilised in this drug proving thus maintaining the Hahnemanian methodology and contemporary proving methodology.

### **3.3.2 The collection, preparation and dispensing of the proving substance**

1. The proving substance *Acacia xanthophloea* was sourced from a nursery in Silverglen municipal nursery, Durban( Appendix M). Brian Abrahams delivered the plant to the retail nursery at the Durban Botanical Gardens where it was obtained and taken to Durban University of Technology. *Acacia xanthophloea* was collected from the retail nursery at Botanical Gardens on Monday the 9<sup>th</sup> of February 2015. The weather was a typical hot summer's day.
2. The plant sample was conveyed to the Homoeopathic Laboratory laminar flow room located at the Durban University of Technology for the manufacturing of the remedy. The researcher attempted to preserve the original quality of the sample during the transferring process by safeguarding the plant from damage or exposure to severe temperatures or environments.
3. The proving substance *Acacia xanthophloea* 30CH was prepared by hand by the researchers according to Method 6 (trituration of insoluble substances) and modified Method 8a (liquid potency from trituration)as specified in the German Homoeopathic Pharmacopoeia(GHP)(Appendix G).
4. The sample material of *Acacia xanthophloea* was dusted to remove any excess soil. The sample was examined to observe any damage and parts that appeared unhealthy. Both researchers made the remedy – Hahnemann suggested that physicians should manufacture and dispense their own remedies (O'Reilly, 1996: 232). The process of manufacturing the remedy was directed by the specialist technician at the Homoeopathic Laboratory laminar flow room situated at the Durban University of Technology. The sample of the fresh plant was gathered from the bark. The excess soil from the bark was dusted thoroughly and then the bark was finely chopped.
5. The bark of the plant was macerated and a sample was triturated with inert saccharum lactis powder in a scale of 1:99 to the 3CH potency.

6. Liquid potencies were manufactured from the prepared *Acacia xanthophloea* 3CH to the thirtieth potency level (30CH) as per method 8a of the German Homoeopathic Pharmacopoeia, using 96% ethonol as the diluents. Alcohol: alcohol standards: Anhydrous alcohol 99.9%, Illovo-72 ballantree road merebank Durban 4052. IMO shipping, ethanol, hazchem code: 2SE, PRODUCT REFERENCE:500, BATCH NUMBER 52/12/67, CLASS3,25 LT,UN NUMBER: 1170].
7. (Appendix G).
8. The *Acacia xanthophloea* 30CH liquid potency was then used to impregnate ten standard size lactose granules at 1% volume:volume.
9. The impregnated granules were then added to each folded package which already consisted of 0.5g of inert lactose powder [Saccharum Lactis - Lactose Monohydrate C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>H<sub>2</sub>O:360.32, Charge/lot- 1039504, expiry date 2016.03.31 and Alcohol: alcohol standards: Anhydrous alcohol 99.9%, Illovo-72 ballantree road merebank Durban 4052. IMO shipping, ethanol, hazchem code: 2SE, PRODUCT REFERENCE:500, BATCH NUMBER 52/12/67, CLASS3,25 LT,UN NUMBER: 1170].
10. The placebo was prepared in the form of ten standard size lactose granules triple impregnated at 1%volume:volume with 96% ethanol from the same pharmaceutical batch used in the manufacture of the verum and dispensed to provers in the placebo group. The impregnated granules were then added to each of the folded package which contained 0.5g of inert lactose power [alcohol standards:Anhyddrous alcohol 99.9%, Illovo-72 ballantree road merebank Durban 4052. IMO shipping ethanol, hazchem code:2SE, PRODUCT REFERENCE:500, BATCH NUMBER 52/12/67, CLASS3,25 LT,UN NUMBER: 1170 and Lactose Monohydrate C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>H<sub>2</sub>O:360.32, charged/lot- 1039504, expiry date 2016.03.31].
11. The verum and placebo powders were prepared in a method to make them look identical in appearance and indistinguishable in taste to make certain that researchers, supervisors and provers remained uninformed as to the group allocation of each prover.
12. The powders were packaged in envelopes correlating to the prover numbers in the experimental group by the specialist technician in accordance to the randomisation schedule.

13. The Homoeopathic Day Clinic specialist technician dispensed these powders as per the randomisation schedule. This ensured that the researchers remained blind as to who received the prepared verum or placebo powders.
14. The proving substance was assigned to twenty four individuals (80%) and the placebo to six individuals (20%) of the proving population respectively.

### **3.3.3 Dosage and posology**

1. Each prover received an envelope containing a maximum of nine lactose powders each containing the verum or placebo that was dispensed to each prover.
2. The provers were instructed to consume one lactose-based powder sublingually for a maximum of three times daily for three days or until the first symptoms were experienced.
3. The prover ceased taking any further doses of the proving substance if symptoms were experienced or the researcher made a note of the onset of the symptoms (Sherr, 1994).
4. After the onset of symptoms there was no repetition of the dose.
5. The powders were taken on an empty stomach and with a clean tongue. Neither food nor drink was consumed orally half an hour prior to and after administration of each powder of the proving substance.
6. The dosage and posology was explained in the pre-proving seminar to each prover. This information is also found in the Preliminary Letter of Information (Appendix A) and Letter of Information (Appendix D) and a personal copy of both documents was handed to each prover which served as a reference aid.

## **3.4 THE SAMPLE**

The study consisted of 30 provers with 24 provers (80%) allocated to the verum group and the remaining six provers (20%) to the placebo group. According to Sherr (2003) 15-20 provers will create a full remedy picture. This research study was conducted by two researchers who managed 15 provers each. The researchers were A.Gobind(B.Tech.Homoeopathy) and G.Zondi(B.Tech.Homoeopathy).



The international guidelines (Jansen and Ross, 2014) for proving populations strengthened the requirement for a mixture of individuals with differing experiences in the cooperation of homoeopathic drug provings. The enrolment of provers was supervised on a voluntary basis but range of the culture, ages, race, gender, socio-economic status and background was found to be important to the researcher to eliminate irregular results.

Provers recruited included members of the general public, homoeopathic and chiropractic students and homoeopathic practitioners. Recruitment of provers was conducted purely on a voluntary basis and potential provers interested in participating in the proving were interviewed by the research investigator. This ensured the suitability of each prover who had to meet the inclusion criteria (Appendix E). Posters were displayed on notice boards at Durban University of Technology advertising the need for participants in the proving (Appendix H). Provers were aware of the possibility of being allocated into the placebo group with the random allocation of provers known only by the independent clinician, Dr. I. Couchman.

### **3.4.1 Randomisation**

The randomisation process was conducted by Dr. I. Couchmann (M.Tech. Homoeopathy) a lecturer at the Department of Homoeopathy at Durban University of Technology appointed by the Departmental Research Committee. Fifteen provers were equally appointed to each researcher, namely, A. Gobind and G. Zondi

Provers were allocated prover codes and assigned into either the verum or placebo groups. The verum and placebo powders were identical in physical appearance, package presentation and taste. This ensured that the double blinding standard was maintained. The randomisation process was performed electronically using a randomised table format. Therefore the researchers and provers are unaware as to which group each prover had been allocated to. The verum and placebo group powders were dispensed by an independent clinician.

Vithoukias (1980) recommends that provers be blinded with regards to the identity and potency of the proving substance. After the collection of all the prover journals Dr.I. Couchman unblinded the randomisation list.

### **3.4.2 Criteria for the inclusion of a subject into the proving**

- The volunteers were between 18-60 years of age.
- The volunteers obtained parent consent if she/he was between 18-21 years old (Appendix A).
- The volunteers were in a reasonably good state of health with no gross pathology (Ross,2011; Jansen and Ross, 2014).
- The volunteers should be able to maintain a normal lifestyle and routine (Ross, 2011).
- The volunteers were willing to adhere to instructions given in the proving (Ross, 2011; Jansen and Ross, 2014).
- The volunteers were fluent in English (Ross, 2011).

### **3.4.3 Criteria for the exclusion of a subject from the proving**

- If the volunteer was younger than 18 years old or older than 60 years old (Jansen and Ross, 2014).
- Volunteers who were taking medication e.g.allopathic, homoeopathic or other (Sherr, 2003:49;Jansen and Ross, 2014).
- Pregnant or breastfeeding mothers (Sherr, 2003: 35).A pregnancy test was conducted on all female provers(Jansen and Ross, 2014).
- Volunteers on hormone replacement therapy or oral contraceptive pills for the last six months (Jansen and Ross, 2014;Sherr, 2003: 35).
- Volunteers who had under gone surgery in the past three months(Ross, 2011;Jansen and Ross, 2014).
- Volunteers on any recreational drugs e.g.LSD, Ecstasy(MDMA), Cannabis (Ross, 2011).
- Volunteers who smoke more than ten cigarettes a day (Ross, 2011).

- Volunteers who consume more than two measures of alcohol a day(Ross, 2011).
- Volunteers who consume more than three cups of tea or coffee a day (Ross, 2011).

#### **3.4.4 Lifestyle of provers during the proving**

All provers were advised to adhere to the following guidelines during the proving:

- All antidoting factors such as coffee, camphor and mints must be avoided. The use of these must be discontinued two weeks prior to and for the duration of the proving (Sherr, 2003: 92).
- The powders should be stored in a cool, dark place away from strong smelling substances, chemicals, cellular, telephones and electric equipment (Sherr, 2003: 92).
- The practice of moderation with respect to alcohol, work, exercise, diet and smoking.
- Any medication including antibiotics, steroids or cortisone. vitamin and mineral supplements, herbal or homoeopathic remedies should be avoided (Sherr,2003: 92).
- All provers should try to maintain their usual habits and lifestyle (Sherr, 1994: 92).
- Provers should seek help from their homeopath, medical doctor, dentist or hospital in the case of a medical emergency arising and thereafter contact their proving supervisor (Sherr, 1994:92).

#### **3.4.5 Monitoring of the provers**

Contact ensured that no symptoms were overlooked and if necessary an antidote could be provided immediately in the case of severe aggravations occurring. The prover began recording symptoms in their journal one week prior to taking the powders. This was essential as it started the provers on a routine to record their daily events and developed a baseline to which symptoms experienced after taking the

remedy can be compared to. The provers were given a list of head to toe systems to aid in the procedure of self analysis.

A symptom needed to be labelled as an old, new, recent, unusual or an alteration of state of symptoms. The symptoms were assessed according to CLAMSIT:

- **Concomitants:** If any symptoms occurred together or followed each other or if identical symptoms seem to replace one another.
- **Location:** This describes the area where the symptom was experienced. The affected side of the body should be taken into consideration.
- **Aetiology:** If anything caused or triggered off symptoms and if it occurred repeatedly.
- **Modality:** If any symptoms were affected in general by a stimulus or different occurrences (weather, light, dark, food, standing, sitting, lying down, people etc). These can either make the symptom better(>), or worse(<).
- **Sensation:** This provides a precise description of the symptom for example shooting, burning, throbbing, stitching, poking etc.
- **Intensity:** A short description of the sensation and the effect of the symptom which it has on a prover.
- **Time:** The prover recorded the time the symptoms began, if there were any alteration of symptoms, when symptoms ended and if symptoms were either better or worse at a certain time of day or if it was queer for the prover.

Provers were required to record each symptom as it occurred while it was fresh in their mind so a clear precise description of the symptoms could be gathered. The provers continued recording until symptoms abated and continued to record for one week after. This is known as a post observation phase. Upon completion of the proving a full case history was taken and physical examination performed.

The researcher communicated telephonically with all provers throughout the proving period. During the first week of the proving the researcher communicated with each prover daily to discuss their symptoms. During the second week of the proving provers were contacted by the researcher every second day. The researcher contacted each prover every third day during the third week and weekly during the

fourth week of the proving. The purpose behind the continuous communication between the provers and researchers is as follows:

- To ascertain when the proving substance has began to act so that the researcher may instruct the prover to discontinue taking any further doses (Ross, 2011:95).
- To ensure compliance of the prover with regards to the administration of the powders and accurate recording of symptoms in their journals (Ross,2011:95).
- To ensure the safety of the prover by monitoring any aggravating symptoms experienced by the provers that may be required to be antidoted (Ross,2011:96).

### **3.5 ETHICAL CONSIDERATIONS**

The study was approved by the Institutional Research Ethics Committee(IREC) before commencement of the study. This was protocol to protect the individuals that participated in the proving. Letters were addressed to Dr C. Hall, the Head of Department of Homoeopathy (Appendix J) and to Dr D Naude, the Homoeopathic Clinic Director (Appendix I) which sought permission to conduct the study. The safety of the participants was essential. The Declaration of Helsinki includes Basic Principles indicating that any medical research conducted involving humans needs to assess the risks to the individuals involved in comparison with the benefits to the individuals or others that are predicted. All study designs must be available to the public (World Health Organisation, 2001). Participants human rights were respected in the following ways:

- Individuals who participated did so voluntarily and were not forced to take part in it. Confidentiality was maintained during the study.
- Individuals were made aware that they were free to withdraw from the study at anytime.
- Before participating in the study individuals were made aware that there was minimal risks to the participants.
- An explanation with instructions about the proving, objectives, potential risks, benefits, any inconvenience and methodology was given to the individuals.

- Each individual that participated in the research signed an informed consent letter before commencing with the proving.
- A proving sheet with information was given to the individuals.

A 30CH potency proving remedy ensured low toxicity and safety to all the individuals in the proving. There were no pharmacodynamic actions to be considered of the proving substance because it is given in high potencies. The duration of the proving substance was short thus minimising adverse effects (Sherr, 2003:62). Homoeopathic provings allow for symptom manifestation to occur within the prover population which disappears on completion of the proving. If the symptoms revealed severe aggravations which distressed the prover then the remedy being proven could be antidoted (Sherr, 2003:63). An aggravation is an observable intensification of an existing symptom (O'Reilly, 1996:171). An eruption on the face, upper and lower limbs for example could be an aggravation of the proving substance.

The Department of Homoeopathy at Durban University of Technology follows the DUT IREC Adverse Event which is as follows:

- A detailed case history and physical examination of the prover is performed by the supervisor.
- The prover discontinues taking the proving remedy (Sherr, 2003:63).
- Suitable antidoting substances are prescribed e.g. Camphor (Sherr, 2003: 63).
- If the symptoms persist then a suitable homoeopathic remedy is prescribed to eliminate the symptoms (Sherr, 2003: 63). The research study must include this information together with the specific remedy that was used to antidote the prover.
- If the antidote fails to resolve the patient's symptoms, the supervisor then proceeds to refer the patient to the appropriate health care professional.

This research was granted full approval by the Institutional Research Ethics Committee (IREC) on 20 January 2015, (IREC Reference Number is REC 90/14.Ethical Clearance Number IREC 007/15).

## **3.6 THE DURATION OF THE PROVING**

### **3.6.1 The case history and physical examination**

All provers who complied with the inclusion criteria (Appendix E) attended a pre-proving seminar which was presented by the researchers and supervisors. The pre-proving training allowed provers the opportunity to read, understand and sign the consent form (Appendix A) and the Instructions to the Provers document contained within the Information Letter (Appendix D)

This was followed by a consultation on the agreed date and time in which a precise case history was taken and a physical examination conducted. The general physical examination (Appendix C) included description, assessment of vital signs, cursory overview and system specific examination (as relevant to case history). The purpose of this served to clarify and confirm each prover's baseline status before the administration of the proving substance.

### **3.6.2 Pre-proving observation**

Each prover began recording their 'normal state' or baseline in their journals on the allocated commencement date of the proving. The duration of the pre-proving observation period was for one week prior to taking the proving substance with a minimum of three recordings daily. This is essential as it assists the prover in becoming familiar with self-observation and establishes a standard for the normal state of health for each prover. The researchers communicated with all provers during this period to ensure compliance and accuracy in the recording of symptoms.

### **3.6.3 Commencement of the proving**

After one week of pre-proving observation and journaling each prover commenced taking their first dose of the powders in the envelope and diligently recorded until the appearance of first symptoms. Thereafter no further doses of the proving substance were taken. A maximum of nine powders was taken three times daily for three days.

If symptoms were experienced by the provers then no further doses of the proving remedy were taken. The provers continued to take the remedy three times a day for three days if no symptoms occurred. If no symptoms were observed after the ninth powder then the prover refrained from taking any further doses but continued journaling remaining a part of the study. The research investigator monitored telephonically each prover during the duration of the proving to confirm the commencement of proving symptoms, to ensure the provers safety and that the appropriate methodology was executed. If a prover experienced severe aggravations then the prover was antidoted but continued to be a part of the study. The provers recorded their symptoms daily for the duration of six weeks.

### **3.6.4 Chronology**

Each prover faithfully recorded all their symptoms in the order of their appearance. The information collected would help the researcher better understand the remedy which included its pace and opposing forces (Sherr, 1994: 73).

A requirement of each prover was to record the time elapsed between the starting of the proving and the occurrence of each symptom. The format for recording of each symptom was DD: HH:MM where DD refers to the day, HH refers to the number of hours and MM refers to the number of minutes since the commencement of the proving (Sherr 2003:73).

After 24 hours had elapsed the minutes became redundant, and was represented by XX. After a few days had elapsed the hours become redundant and were also represented by XX. The symptoms were represented by XX: XX: XX where time was unclear or insignificant (Sherr 2003:73).

### **3.6.5 Post-proving observation**

After the four week proving period journaling continued for a further one week known as the post-proving observation which allowed for general observation of the prover. Each prover was required to attend a final consultation where a post-proving case history was taken and physical examination conducted. The journals were



collected from each prover. The homoeopathic drug proving was considered complete now. The purpose of this was to confirm that the prover returned to the pre-proving state and the absence of proving symptoms.

The consultation provided the researcher with the opportunity to clarify symptoms and to verify or eliminate questionable symptoms (Sherr, 1994: 65). If the provers had any questions regarding the proving then this was explained by the researcher. This assisted the provers in their understanding of the proving.

### **3.6.6 Post-proving group discussion**

The randomisation was unblinded once all provers had completed the proving and handed in their journals. The researcher met with all provers in the verum group to discuss symptoms experienced. According to Sherr (1994) this was an essential aspect of the proving methodology as it triggers the prover's memory of symptoms during the discussion that may go unnoticed or these symptoms might have been doubtful to the prover. The group discussion assists to clarify, validate and discard symptoms that were doubtful.

## **3.7 DATA COLLECTION**

The assessments from the pre-and post proving observation period from the study was included in the data collection. At the post-proving consultation the journals collected from the provers served as the principle source of data derived. The symptoms were examined, validated or discarded according to the inclusion criteria defined by the researcher which resulted in editing them into a proving pattern that was rational, sensible and not repeated (Sherr, 1994: 67).

### **3.7.1 Extraction and evaluation of symptoms**

All journals were collected on completion of the proving and the information contained within the journals was then translated into materia medica and repertory format. The data collected at the initial consultation and the pre-proving observation week served as the control when the symptoms recorded were evaluated. According

to Sherr (1994) the extraction and collation of symptoms recorded in journal and case histories was the most difficult phase in the proving.

Indistinguishable or similar symptoms from a group of provers appear independently and continuously. The pre-proving symptoms were noted from the proving symptoms by using a variety of colours of the font. This highlighted the similarities and differences between the pre-proving and proving symptoms to the researcher. All proving symptoms were captured with a prover number and the corresponding day of symptoms to prevent discordance and mistakes later on.

The researcher then continued to study the pre-proving and post proving symptoms from the applicable subsections. The pre-proving symptoms that were replicated, or of a similar nature to the proving symptoms were discarded on the basis of the researcher's insight. These symptoms were considered baseless. If a symptom was reproduced or extremely similar but appeared impressive or magnified and could not be ignored then the researcher preserved the symptom based on their own perception. In this manner precise and vital symptoms were retained making up the materia medica.

### **3.7.2 The criteria for inclusion of symptoms as proving symptoms**

The criteria for inclusion of symptoms as proving symptoms were as follows:

- The prover experienced a new symptom that is unfamiliar after taking the remedy (ICCH, 1999: 36).
- A usual or current symptom that has intensified to a marked degree for the prover (ICCH, 1999: 36)
- A current symptom that has been modified or altered and providing a clear description of the current and modified components (ICCH, 1999: 36).
- An old symptom that has not been experienced by the prover within the previous year. The prover recorded the time of the last appearance of the symptom (ICCH, 1999: 36).
- A current symptom that cleared during the proving (ICCH, 1999: 36).

- The time of day at which a symptom occurs should be included only if there is a repetition of such a time in one or more provers (ICCH, 1999: 36).
- A doubtful symptom should be included in brackets. If the same symptom is experienced by another prover then it could be valid. It must be included (ICCH, 1999: 36).
- A symptom occurred after taking the remedy at least twice during the proving.
- A symptom experienced at the beginning of the proving that disappeared or ameliorated significantly after the proving remedy was administered. This is noted as a 'cured symptom' (Riley, 1997: 227).
- A symptom that is experienced in more than one prover (Sherr, 1994).
- If the prover is under the influence of the proving remedy then all new symptoms are considered proving symptoms (Sherr, 2003: 70).

### **3.7.3 Criteria for the exclusion of symptoms as proving symptoms**

The criteria for the exclusion of a symptom as proving symptoms were as follows:

- Symptoms are not included if they occurred recently i.e. one year or less (Sherr, 2003: 70).
- A usual or current symptom for the prover must be excluded (Sherr, 2003: 70).
- If the validity of a symptom is doubtful then it must be excluded.

## **3.8 COLLATING AND EDITING THE DATA**

The principle aim of collating the data was to amalgamate the proving symptoms from many accounts into a single structured composition, "as if one person" (ICCH, 1999: 37). This was followed by adapting the information into a distinct, coherent, concise and logical configuration (Sherr, 1994: 67). The symptoms from all the journals that conformed to the inclusion criteria were first introduced into the appropriate sections and subsections governed by The Essential Synthesis (Schroyens, 2007).

After the first dose was administered each symptom was labelled with the appropriate prover number, gender and the time that had elapsed. The symptoms of all the provers were written in a comprehensive and sequential format. Symptoms that returned regularly in an individual prover were intergrated into one symptom. Identical symptoms from different provers were reported individually and recorded according to the nature of the symptom, the prover code, the sequence of the development of the symptom and the time of manifestation. This structure aimed to maintain the rational and consecutive progression of the symptom development (Sherr, 1994: 77).

Consequently, the researcher, supervisor and co-supervisor analysed the data to ensure that all applicable symptoms had been documented and that all symptoms captured were accurate and authentic in comparison to the criteria explained in section 3.6.3 and section 3.6.4.

### **3.9 COMPARISON OF THE PROVING SYMPTOMATOLOGY OF ACACIA XANTHOPHLOEA WITH THE AFRICAN TRADITIONAL MEDICINAL USAGE OF THE PLANT**

The traditional medical use of *Acacia xanthophloea* was discussed in correlation to the symptoms produced by provers in the proving. This facilitates accuracy when prescribing the remedy and assists in studying the remedy.

A comprehensive study of literature found in books, journal articles and various case studies was undertaken to review the African traditional medicinal usage of *Acacia Xanthophloea*. The totality of symptoms derived from the proving of *Acacia Xanthophloea* 30CH was compared to the indigenous African traditional medicinal usage of the plant. This emphasises the similarities and the differences between the two methods.

### **3.10 REPORTING THE DATA**

The purpose of repertorisation is to convert proving information into a useful tool (Sherr, 1994: 80). The symptoms experienced by provers was interpreted and transformed in repertory format (Sherr, 1994: 80). The symptoms or rubrics derived by provers was paired with the similar existing rubrics in The Essential Synthesis(Schroyens,2007). This aids the rapid and practical prescription of a remedy when a specific designated therapeutic effect is needed.

Upon completion of the extracting and editing of the data it was then converted into materia medica and repertory format. This ensured a better understanding and use of the remedy in clinical homoeopathic practice.

#### **3.10.1 The materia medica**

The data that was collated and edited from the proving was placed in the materia medica configuration which closely correlates with the heading and sub-headings of The Essential Synthesis(Schroyens, 2007)(Table 3.1)which ensured standardisation.

The symptoms of both phases were compared and those symptoms that were universal to both the pre-proving and post-proving phases were eliminated. This was followed by a comparison of symptoms from the verum and placebo groups of provers and eliminated in a similar methodology. The symptoms resulting were recorded in the materia medica formulation.

The standard head to toe schema was used as a guideline in compiling the materia medica of *Acacia xanthophloea*.

**Table 3.1: The repertory headings found in The Essential Synthesis**

1.Mind	8.Nose	15.Abdomen	22.Urine	29.Chest	36.Perspiration
2.Vertigo	9.Face	16.Rectum	23.Male genitalia/sex	30.Back	37.Skin
3. Head	10. Mouth	17. Stool	24. Female genitalia/sex	31. Extremities	38. Generals
4. Eye	11. Teeth	18. Bladder	25. Larynx	32. Sleep	
5. Vision	12. Throat	19. Kidneys	26. Respiration	33.Dreams	
6. Ear	13. External throat	20. Prostrate	27. Cough	34.Chill	
7. Hearing	14. Stomach	21. Urethra	28. Expectoration	35.Fever	

Source: (Schroyens, 2007)

### **3.10.2 The repertory**

In the repertory the information obtained from the proving is accessible to the homoeopathic populace and forms a helpful tool in homoeopathy (Sherr, 1994: 81). Symptoms were recorded as specific rubrics in accordance to the headings and subheadings of The Essential Synthesis (Schroyens, 2007). The classic rubric-subrubric-subsub-rubric pattern was endorsed when analyzing and recording rubrics.

All symptoms were graded according to the frequency with which they occurred. In the case of a rubric not being found in The Essential Synthesis (Schroyens, 2007) a new rubric was invented so that the remedy symptom could be included.

# CHAPTER FOUR

## THE RESULTS

### 4.1 INTRODUCTION

The symptoms obtained from the prover journals of the research proving of *Acacia xanthophloea* 30CH were extracted, modified and edited. The results collected were then transformed into the standard homoeopathic referencing formats as two subsections – the first subsection being the materia medica and the second subsection the repertory.

The symptoms were adapted to the repertory language and format and consequently grouped into sections as per The Essential Synthesis (Schroyens, 2007).

### 4.2 THE PROVER SAMPLE DISTRIBUTION

The proving of *Acacia xanthophloea* 30CH was conducted on 30 healthy individuals. The symptomatology consisting of the materia medica and repertory of *Acacia xanthophloea* 30CH were derived from 24 provers who had taken the verum powders (*Acacia xanthophloea* 30CH in a lactose vehicle). The placebo group was formed by six provers as illustrated in Table 4.1 below.

**Table 4.1: Details of the provers that participated in the homoeopathic drug proving of *Acacia xanthophloea* 30CH**

PROVER NUMBER	AGE	GENDER	PLACEBO/VERUM
01	22	F	V*
02	18	M	P**
03	18	F	V
04	39	F	V
05	19	F	P
06	24	F	V
07	28	M	V
08	27	F	V
09	20	F	V
10	18	F	V
11	19	F	V
12	22	F	P
13	21	M	V
14	35	F	V
15	31	F	V
16	42	F	V
17	25	M	V
18	22	F	V
19	59	F	V
20	21	M	V
21	35	F	V
22	19	F	V
23	26	F	V
24	19	M	P
25	30	M	V
26	26	F	V
27	33	M	V
28	31	F	P
29	59	F	P
30	39	F	V

\* V = Verum\*\* P = Placebo



As shown in Figure 4.1, the largest age group was 18-25 (52%) followed by 26-35 (34%), 36-45 (10%), 46-60 (4%).

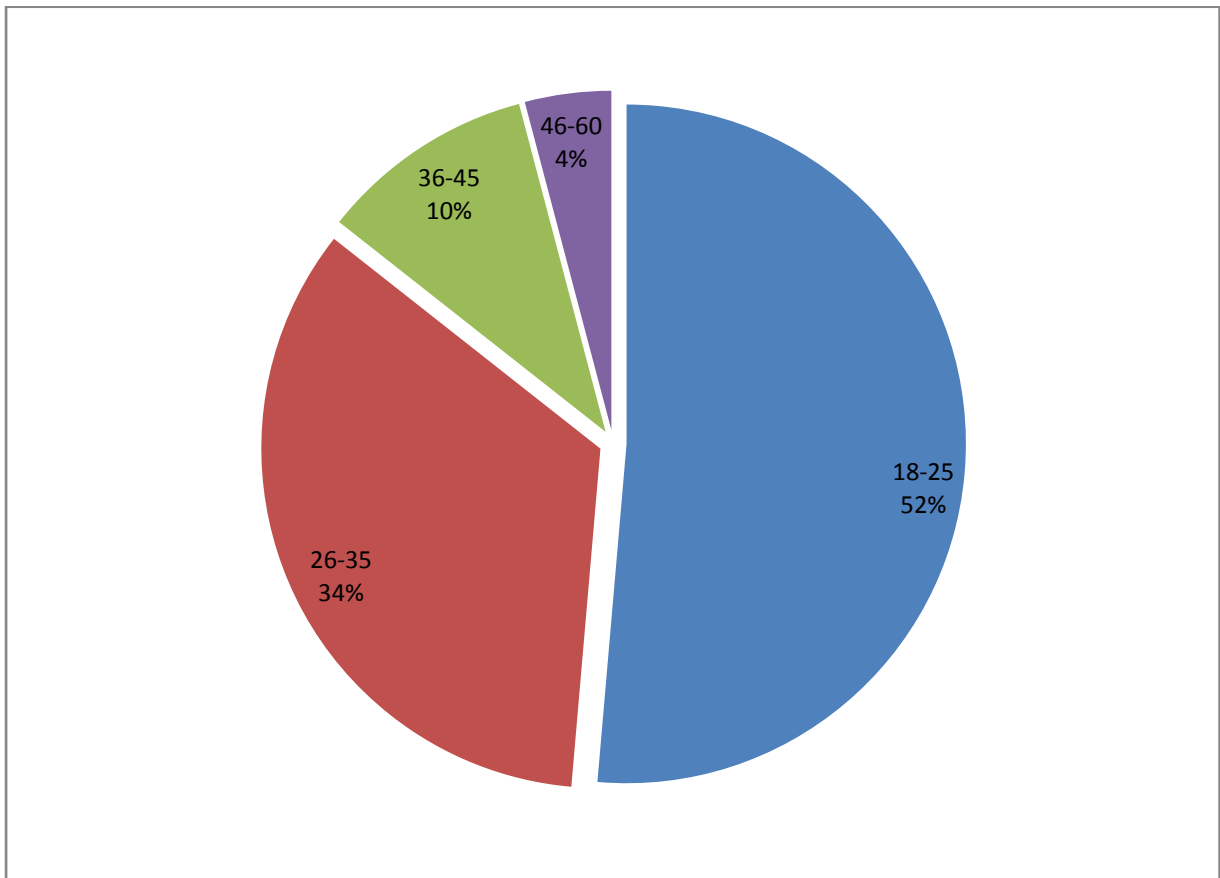


Figure 4.1: Age

As shown in Figure 4.2, the majority of provers were female (22) followed by male (8).

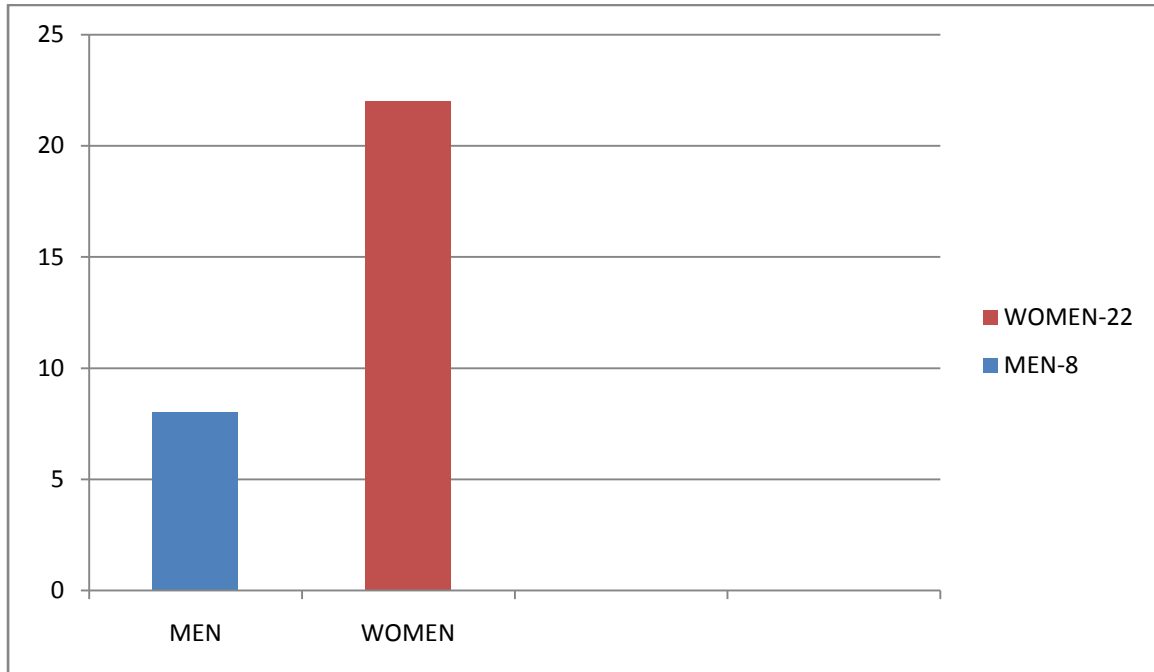


Figure 4.2: Gender

As shown in Figure 4.3, the majority of provers were African (16) followed by Indian (14).

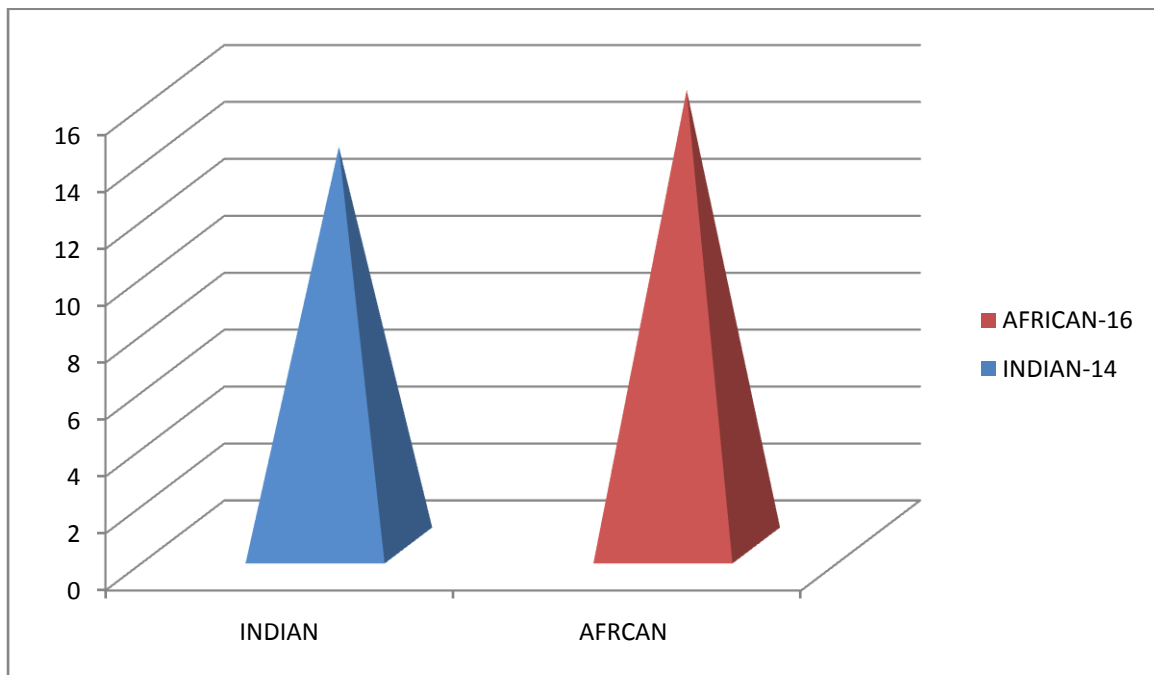


Figure 4.3: Race

#### 4.2.1 Antidoting

No antidoting of the verum group was needed during the duration of the proving of *Acacia xanthophloea* 30CH.

### 4.1 THE MATERIA MEDICA OF *ACACIA XANTHOPHLOEA* 30CH

The symptomatology collected from the proving of *Acacia xanthophloea* 30CH was organised according to the conventional materia medica sections with the appropriate headings and sub-headings.

All symptoms were accredited according to the design advocated by Sherr(2003: 78):

- Prover Number – Gender – Onset of Symptoms(Day: hours: minutes);
- The time reference indicates the number of days, hours and minutes since the first dose was consumed. After 24 hours the minutes are regarded as

unimportant and depicted by XX. The hours also become insignificant after a few days;

- In the instance where time is unclear or was not recorded by the prover is defined as XX: XX: XX;
- The symptoms reported by the provers that belong to the placebo group were not considered;
- During the proving all symptoms that were cured are marked by the letters (CS), for a Cured Symptom.

Each individual symptom extracted from the prover journals was transcribed as close as possible as they were written down. The researcher ensured that the original meaning was not altered. The structure of the sentences, grammar, words and spelling of the provers have remained mostly unchanged. If the provers provided the researcher with any additional information during the post proving consultation then this is found within square brackets in the material medica of *Acacia xanthophloea* 30CH.

### **4.3.1 MIND**

#### **4.3.1.1 Anger**

I saw my other friends and I was late to see my brother he was so angry I don't even know how to explain I also got angry too, and he took the phone I used for taking photos, the fact that I am in varsity means nothing and I am not a child anymore. And I am so angry very angry.

03 F 06: XX: XX

I had the worst day of my life today I fought with someone who is a huge and best friend of mine. I was so angry and he was busy shouting at me. My day was very bad I couldn't even sleep.

03 F 47: XX: XX

I did not sleep well, I had a fight with my partner, and right now I am so angry at her.

07 M 27: XX: XX

My day just got bad; my computer screen is messed up. I am so angry right now.

07 M 35: XX: XX

"I'm super angry" funny thing is I don't even know why!

09 F 01: 13: 30

Woke up mad and angry today.

11 F 02: XX: XX

Why am I furious, is that why won't he understand, we're all human beings we can't all be better.

11 F 02: XX: XX

Later in the day, there was this guy who made nasty comments about me, but at least I put him in his place, now he knows to never mess with me.

11 F 07: XX: XX

Though I'm in a rush to go to school, can't go and leave a dirty house, it's so dirty I feel like strangling the kids.

30 F 08: XX: XX

Had a disagreement with my half-sister about our cousin and her daughter I was so angry, I just burst out, our niece is getting married and ask me for a gift, my half-sister says that was wrong, our cousin her mum should be the one calling us. I was so angry and I spoke up my mind, if a daughter and mother are fighting it's none of my business unless they ask me to interfere but if a daughter ask for a gift I will give it to her I will not choose side, the fight is theirs not mine.

30 F 10: XX: XX

#### **4.3.1.2 Antisocial / Aversion to company**

Can't stand being around people and noise, feel annoyed and irritated by talking and socialising. This is new (NS) since I am used to being around people and making conversation most of the time.

01 F 14: XX: XX

Hate being around people.

01 F 15: XX: XX

Have notice a change in social interactions, I have become less talkative and outgoing. Feel bored and want to be alone most of the time (US).

01 F 25: XX: XX

My social interaction with people is gone down as well, just like I don't want to talk to people about things.

06 F 16: XX: XX

I wasn't in a social mood at all so I shut my phone off so I could get some alone time!

09 F 02: XX: XX

Today I just wish I lived in my own planet! I just want to be alone, I'm not in a social mood and my siblings were complaining a lot!

09 F 03: XX: XX

My family got back and I went to my room for some "me" time; just me thinking and staring into space. I don't even remember what I think about when I'm alone!

09 F 08: XX: XX

My friends pop in to check on me and I just chased them away! I'm seriously not in the mood to socialise.

09 F 11: XX: XX

I feel so much pressure, little things are starting to annoy. I feel like I need my own space, where it is quiet and peaceful so I can plan ahead and strategise.

11 F 04: XX: XX

But today I'm not really in the mood of talking to anyone. And I just need my space.

22 F 24: XX: XX

And I did not feel like being with people, I just wanted to be by myself.

22 F 35: XX: XX

#### **4.3.1.3 Anxiety / Anticipation**

I have this strange feeling inside of my stomach, like all of my organs are twisted inside, and no food that want to stay in my stomach. Still have a bit of fear, don't know why but there's still something that I am afraid of, will only know the day what my fear is off.

06 F 24: XX: XX

Anxious today meeting my supervisor to discuss research progress – feel that I don't have enough information to ask enough questions before she goes on leave, so had to go to library early to do more work.

30 F 08: XX: XX

#### **4.3.1.4 Cheerful and Happy**

Yesterday I was playing with my son. I had a lot of energy since then and I am much happier, playing a lot with him and he didn't let me do anything.

06 F 04: XX: XX

My energy level is higher than before and I can focus more on my work. I am happy and excited about this.

27 M 04: XX: XX

Thinking all happy thoughts and everything seems to be going my way today.

27 M 05: XX: XX

Spent the day with my family today. It was great spending time with the important people in my life. It has been such a long time since we spent quality moments together. I love special moments like this.

27 M 26: XX: XX

I was happy at the end of the day to go home and rest and relax.

27 M 27: XX: XX

We are always doing things for others or make others happy. Today was about making myself happy – being careful and enjoying the moment.

27 M 33: XX: XX

I was happy and content with myself. Feeling of satisfaction with my achievements. The boss even complimented me.

27 M 34: XX: XX

#### **4.3.1.5 Concentration**

##### **4.3.1.5.1 Aversion to study**

Have been studying less and really don't feel like being on campus or doing assignment. This is unusual since I am always determined to work hard and excel in studies.

01 F 17: XX: XX

##### **4.3.1.5.2 Desire / Interest in Study**

I am so tired of studying yet I feel like I need to study more.

07 M 18: XX: XX

##### **4.3.1.5.3 Decreased concentration and focus**

In the morning while in school I could not even concentrate since I had not eaten in the morning.

22 F 32: XX: XX

I sat at my place and stuck the pain but could not concentrate on my work. I worked to a minimum today.

25 M 20: XX: XX

It was hard concentrating in church my mind was on research, about the future, busy planning it, it took a lot of prayer, focus to switch off and concentrate on the present – worship, praise and prayed to God.

30 F 11: XX: XX

#### **4.3.1.5.4 Dullness/ Difficulty In Studying**

Difficult in studying.

01 F 09: XX: XX

#### **4.3.1.6 Depression**

I have this sad feeling about a friend of mine because if I have to see them I would cry a lot because of the pain that they have gone through.

06 F 22: XX: XX

I still feel depressed and in need of some alone time to think!

09 F 04: XX: XX

I have long trip back to Durban tomorrow but I'm not excited I feel so depressed; the thought of leaving my family hurt me! I spent the whole day crying and in bed!

09 F 09: XX: XX

I spent the whole day crying and wanting to be alone.

09 F 19: XX: XX

People just irritate me! Especially mates! Went to my room felt depressed grabbed a kit kat (chocolate) and fell off to sleep now.

09 F 20: XX: XX

Feeling a bit depressed today.

11 F 03: XX: XX

Sad, lost and alone. Feeling down.

21 F 06: XX: XX

Feeling a bit down. Needed someone to just hold me.

23 F 06: XX: XX

I was feeling depressed this day. My dad's death day – memories from that exact day ten years ago flashed back. My mind is unsettled. Thoughts of life run through my mind today. I went to work but could not perform to my full potential. I took half day leave and came home. My cousin took me to La Mercy beach where I let a bouquet of flowers into the sea. My heart was sore today. My mind was down. My body was in no mood to do much.

25 M 07: XX: XX



#### **4.3.1.7 Disconnected / Detached / Unfeeling**

I don't feel anything.

10 F 18: XX: XX

My sister is screaming at me again, she tends to make me a punch bag for her mistakes if she has a problem with her husband. At first I was irritated, then I got detached, she went on for 1 hour full and I wasn't bothered. I like the new me. I used to take things seriously now I'm not bothered life is not all about me. Her anger is her issue not mines.

30 F 05: XX: XX

I've been so disconnected lately, I have no empathy, I didn't even want to go to the funeral, I was in my own world, busy with research, then when my mother arrived, I made a conscious decision to stop working in research and concentrate on visitors and the funeral. I didn't even help at the funeral. That was so unlike me. I usually feel sorry for people, bent backwards trying to help and please them even at my own expense and feel guilty for feeling to meet their needs, now I don't and it's liberating.

30 F 10: XX: XX

#### **4.3.1.8 Family / Fun / Entertainment**

I have long trip back to Durban tomorrow but I'm not excited I feel so depressed; the thought of leaving my family hurt me! I spent the whole day crying and in bed!

09 F 09: XX: XX

I took a trip today with my family to visit our grandma in Verulam. It was so much fun; I've never been this excited in my life because I've not seen her for about months now. I needed this to happen, I mean I've been so busy with school work lately I've forgotten how it's like to smile, have fun and appreciate people and things around you.

11 F 00: XX: XX

Stressed – of being financially unstable, seeing to the kids.

21 F 08: XX: XX

#### **4.3.1.9 Fears**

But I fear that later in life that when he grows up and realise that his father isn't here and comes around later in life, my baby would leave me for his father in life but I wouldn't let that happen because I am the only mother that he has and realises that what I have done in his life that his father could not do in his entire life.

06 F 05: XX: XX

When I went home yesterday I was afraid of something like a gut feeling that was so bad, that I didn't even eat supper last night.

06 F 07: XX: XX

My sleep didn't go so well. I had that strange fear in myself that something is going to happen.

06 F 11: XX: XX

I have this strange feeling inside of my stomach, like all of my organs are twisted inside, and no food that want to stay in my stomach. Still have a bit of fear, don't know why but there's still something that I am afraid of, will only know the day what my fear is off.

06 F 24: XX: XX

Had fear – being alone.

21 F 21: XX: XX

Fear – of the unknown.

21 F 35: XX: XX

I wrote the paper and I'm scared that I failed the paper since there were things that I did not know. And I cannot even eat.

22 F 26: XX: XX

Had heart palpitation – missed heartbeat, then a pounding beat – then all normal. It left me scared in Xhosa-uvalo-scared not because of palpitation but it's the one that left a feeling that something bad is about to happen whether to you or love one – I prayed.

30 F 07: XX: XX

#### **4.3.1.10 Finances**

I have started saving money every month since I have started work so that my baby wouldn't have to run short of anything in his life for school and I am doing everything that I can to prove to him that he has a mother that's doing all she can in her life.

06 F 05: XX: XX

Stressed – of being financially unstable, seeing to the kids.

21 F 08: XX: XX

#### **4.3.1.11 Forsaken feeling**

My only regret is that his father doesn't want to be a part of his life.

06 F 09: XX: XX

I am only sad about the aspect that my son doesn't have a father in his life and he doesn't know what a father is like for him just to call dad and be there for us.

06 F 18: XX: XX

I feel so alone and abandoned! I have nothing but Kit Kat (chocolate) to comfort me!

09 F 11: XX: XX

#### **4.3.1.12 Forgetful**

I'm a bit frustrated I've been studying for so long and I still forget other things.

07 M 24: XX: XX

#### **4.3.1.13 Homesickness**

I have long trip back to Durban tomorrow but I'm not excited I feel so depressed; the thought of leaving my family hurt me! I spent the whole day crying and in bed!

09 F 09: XX: XX

#### **4.3.1.14 Hope**

I don't feel alone in this world, like there is hope for me; someone is out there for me.

06 F 01: XX: XX

#### **4.3.1.15 Indecisive**

Even small things make me think "what if?" and "If you don't, you might be doing or taking a wrong decision".

11 F 01: XX: XX

#### **4.3.1.16 Irritability**

Feel annoyed and irritated by talking and socialising.

01 F 14: XX: XX

People just irritate me! Especially mates!

09 F 20: XX: XX

Really irritable today. Impatient.

14 F 04: XX: XX

Woke up fine. Irritable for no reason. Coming to work and settling in fine.

14 F 05: XX: XX

A bit irritated this morning. Will see how it progresses. Can't seem to keep up with today.

14 F 06: XX: XX

Finding the boys very irritating this evening. They need to pipe down.

14 F 21: XX: XX

Woke up extremely irritable.

15 F 01: XX: XX

Extremely irritable, de-motivated, trapped and angry.

15 F 13: XX: XX

Didn't get much sleep, if any, feel like shit, irritated and crabby [spent the night away from home – hated being removed from my comfort zone/my "nest" (my own room).

15 F 24: XX: XX

Irritated, frustrated, stressed!!! Hate life!!!

15 F 29: XX: XX

Finding myself extremely frustrated with people in general. Don't want to deal with them. I'm not an aggressive person, nor am I someone who nitpicks and I find that all people do. "How can they take pleasure in ruining other people's days?"

15 F 33: XX: XX

Lonely and sad – finally realised it's going to be an ongoing thing. Was very upset, irritated, angry and frustrated.

21 F 12: XX: XX

Restless – irritable.

21 F 31: XX: XX

I am feeling very stressed and irritable in the evening, no electricity and I am hungry hadn't eaten since morning.

30 F 08: XX: XX

So drowsy came home at 1pm last night busy with research in the library, but can't sleep my daughter always wakes up early after 4am switch on light, that irritating and fights with his younger brother.

30 F 08: XX: XX

#### **4.3.1.17 Lazy**

Feeling lazy to study or attend lectures just want to eat and sleep.

01 F 11: XX: XX

I felt very lazy, didn't feel like doing anything or hear to anything people had to say.

06 F 22: XX: XX

Today I was feeling a bit tired and lazy but throughout the day I was okay.

08 F 18: XX: XX

This morning I was feeling so lazy to get out of bed and go to work but being busy at work I got out of that laziness.

08 F 19: XX: XX

Had a late morning lazing around. Gave the boys a heavy Sunday breakfast and lunch. Chilled for the rest of the day.

14 F 17: XX: XX

Complete laziness. Eat, sleep, and watch movies.

15 F 15: XX: XX

Morning was lazy.

15 F 18: XX: XX

Today I woke up late at about 9:30am. I was feeling very lazy. I was at home the entire day and I watched movies.

25 M 16: XX: XX

#### **4.3.1.18 Moods swings**

Maybe the mood swings is taking effect already. Looking at myself in the mirror made me look fat because of the chocolate mousse that I wanted to have so badly in the morning and I have gained a kilo or 2 since eating the mousse. I want to throw up, think it's because of not putting my food down.

06 F 01: XX: XX

I don't feel like myself after taking the 2<sup>nd</sup> med's, it's like I don't like my fat on my body.

06 F 02: XX: XX

After taking my 3<sup>rd</sup> med's, after a while, like around 7:30pm I had a mood swing, like I didn't wanted to be around any one even my son.

06 F 02: XX: XX

1<sup>st</sup> med's took at 10:00am this morning, my mood swings started again and I could not handle it, it's like I wanted to just hang them upside down or just shut them.

06 F 03: XX: XX

Before I came to work I was a bit moody and angry don't know why!

06 F 05: XX: XX

Just moody from this morning. Didn't enjoy anything at work. Just wasn't myself.

06 F 10: XX: XX

But towards the night I had very bad mood swings, couldn't stand any one at home.

06 F 21: XX: XX

I am so tired that I want to sleep and I did but not the sleep that I wanted, so irritated and moody. Finished work so late and went home, was so hungry that I actually enjoyed my food for the first time since like forever.

06 F 34: XX: XX

I am not feeling good emotionally. I had a fight with my partner.

07 M 45: XX: XX

I feel so horrible today! It's a Sunday and I wasn't even in the mood for church! I had a lot running through my mind.

09 F 02: XX: XX

I feel so great; my bubbly self is almost back again! Seeing Dee again made me feel happy but 2pm, I was energy-less and a sharp headache was messing with my mood again.

09 F 05: XX: XX

I still have my mood swings.

09 F 15: XX: XX

I've noticed that my mood is not so grumpy – I think. I don't get worked up so quickly it seems.

14 F 22: XX: XX

I'm damn chirpy today. Can't stop bouncing around. Even the backache and pain between my shoulder blades seem to dull my mood. I wonder what's up with me.

14 F 25: XX: XX

Again I feel like I'm hopping skipping and dancing around. Really faulty.

14 F 27: XX: XX

Evening feeling really, really sad. My heart is crying because they have to go home without any choice.

14 F 31: XX: XX

Finding myself extremely frustrated with people in general. Don't want to deal with them. I'm not an aggressive person, nor am I someone who nitpicks, and I find that, that's all people do. How can they take pleasure in ruining other people's days? I HATE PEOPLE – HYPOCRATES, their claim at being religious, generous, kind is all false.

15 F 33: XX: XX

Went out with my husband, feeling emotional after he revealed some shocking truth, I really wanted to stab his behind.

30 F 11: XX: XX

### **4.3.1.19 Occupation**

#### **4.3.1.19.1 Tired**

I was so tired I felt sleep while I was studying and wake up at 10:00 at night I couldn't get up  
I was so tired.

03 F 01: XX: XX

The entire day I was feeling tired and could not work to my full potential.

25 M 13: XX: XX

I had a lot of work to do today. I was tired and in the afternoon I slept in the transport home.

25 M 15: XX: XX

#### **4.3.1.19.2 Work**

I got very moody and sad for the entire day. My appetite was gone after what happened today. Normally I would love my food that I have. I didn't feel for anything today at work.

06 F 06: XX: XX

Managed quite well today with the workflow.

14 F 01: XX: XX

So sad it's back to work. All I want to do is stay in my bed. Withdrawal symptoms – missing my bed.

15 F 19: XX: XX

I was working hard today and my fingers hurt maybe because of fast touch typing.

25 M 02: XX: XX

I went to work and worked hard but I was very hungry today.

25 M 08: XX: XX

I went to work and worked slow today.

25 M 09: XX: XX

I was feeling refreshed and full of energy. I went to work full of power. I worked to the maximum and came home.

25 M 33: XX: XX

I have noticed that I am able to accomplish my tasks given to me more easily. I'm not drained out as before. My energy level is higher than before and I can focus more on my work.

27 M 04: XX: XX

#### **4.3.1.20 Refreshed**

I felt fresh. I never sleep in the car on my way to work.

25 M 22: XX: XX

I awoke fresh today at 9am. Rested a lot as my day off.

25 M 23: XX: XX

#### **4.3.1.21 Religion / Prayer / Peace**

Wake up in the morning feeling good its Sunday I am going to church with excitement. I am going to praise God today not just to praise only but to preach about him for the things he has done for me and my family. I love Sundays.

16 F 38: XX: XX

Most importantly, my relationship with God is suffering. I need to go back to serious prayer, fasting and reading the bible-otherwise my peace is gone.

30 F 06: XX: XX

It's a glorious day, I'm so much at peace and my spiritual and physical eyes are opened, though I've misplaced my spectacles. I can see God working everything perfectly in my life and assuring me I need not worry.

30 F 07: XX: XX

#### **4.3.1.22 Restlessness**

I'm a bit restless my exams are close.

07 M 18: XX: XX

I did not sleep very well, I'm not sure why but I was so restless.

07 M 36: XX: XX

I went to bed early but I was restless throughout the whole night and I didn't have a single dream! At 2am in the morning and I'm still up.

09 F 02: XX: XX

I was feeling so restless and I did not want to do anything. I wanted to be alone.

10 F 04: XX: XX

I was feeling weak and restless because it was hot and when I feel restless I just don't want to do anything.

10 F 12: XX: XX

Restless – didn't sleep well. I had interrupted sleep waking up every 2-3 hours.

21 F 14: XX: XX



#### **4.3.1.23 Sentimental**

I have long trip back to Durban tomorrow but I'm not excited I feel so depressed; the thought of leaving my family hurt me! I spent the whole day crying and in bed!

09 F 09: XX: XX

#### **4.3.1.24 Stress**

##### **4.3.1.24.1 Examination off**

I'm stressed tomorrow I'm writing my final exam.

07 M 28: XX: XX

I'm a bit stressed about yesterday's exam, I even slept late.

07 M 30: XX: XX

And I have stress since we only have one more week before we start exams. And I'm not eating as much since of the stress.

22 F 05: XX: XX

Today I can't even eat since tomorrow I'm starting my exam. I feel very stress. And my headache is worse and it is because of the stress that I have. And I can't even sleep.

22 F 17: XX: XX

Today I'm stressed and tired, since I was late for my exams and I was about 10 minute late, but it's okay, because I was able to finish my paper which was really hard to understand. And I only ate an apple because of the stress.

22 F 18: XX: XX

##### **4.3.1.24.2 Failure off**

And I'm so stress that I will fail the paper. And I have only eating in the morning and I have such a bad headache.

22 F 25: XX: XX

##### **4.3.1.24.3 Finance**

Stressed – of being financially unstable, seeing to the kids.

21 F 08: XX: XX

##### **4.3.1.24.4 Irritable**

I am feeling very stressed and irritable in the evening, no electricity and I am hungry, hadn't eaten since morning.

30 F 08: XX: XX

#### **4.3.1.24.5 Occupation**

I felt stressed today because we had month end deadline and this month the results are assessed.

25 M 06: XX: XX

I was stressed today as we had to work extra hard today.

25 M 11: XX: XX

#### **4.3.1.24.6 Sadness/Loneliness**

Stressed, sad, lonely and have fear again.

21 F 26: XX: XX

Stressed of being alone.

21 F 32: XX: XX

Stressed and sad because life in general is just a bit too much right now.

21 F 35: XX: XX

#### **4.3.1.24.7 Tense/Tension**

Stressed and had a hot shower.

21 F 16: XX: XX

Tense.

21 F 27: XX: XX

#### **4.3.1.24.8 Worry/Anxiety**

I must say, I've been worrying a lot lately, it's not me.

11 F 01: XX: XX

#### **4.3.1.25 Sympathy**

I have this sad feeling about a friend of mine because if I have to see them I would cry a lot because of the pain that they have gone through.

06 F 22: XX: XX

#### **4.3.1.26 Time**

It's like time isn't going fast, like time itself has stopped. Why is it taking so long to go faster than any other time? I am feeling lazy to do anything for myself nowadays.

06 F 01: XX: XX

I feel that time is too slow today and I am not myself in some kind of way.

06 F 01: XX: XX

A bit irritated this morning. Will see how it progresses. Can't seem to keep up with today. Either I'm too slow or the day is too fast.

14 F 06: XX: XX

Today I awoke feeling sluggish. I was doing things slowly.

25 M 27: XX: XX

Back to routine. Worked hard and carried out all the instructions given to me. A bit drained towards the afternoon but continued to work but at a slower pace.

27 M 27: XX: XX

#### **4.3.1.27 Tranquility / Relaxation**

I went to bed feeling relaxed and happy.

07 M 15: XX: XX

I feel relaxed and calm.

07 M 25: XX: XX

Woke up in a "Bob Marley" kind of relaxed mood, I honestly don't know why I feel like this.

09 F 07: XX: XX

Dee and I woke up and took a long jog along the beach; I was much calmer; I guess the ocean calms me my bubbly self was almost on point and we did not fight.

09 F 22: XX: XX

This is so nice, the different scenery and different people brings that calm soothing feeling of "everything is good". Although I'm pretty worried that when we leave, it'll be back to the old school and hard work kind of life.

11 F 01: XX: XX

You know that feeling that's like "relax"; I'm feeling it (laughing out loud). Enough about my 10 hour sleep. I AM IN A GOOD MOOD!

11 F 05: XX: XX

Today I feel a bit relaxed since it is a Saturday and no exams but I'm a bit tired since I had the most hectic week.

22 F 17: XX: XX

I spend the day relaxing with my family (my kids). I wasn't sad or angry at my husband for being home. I didn't stress about visiting my cousin who has cancer I was supposed to visit her since it's her 1<sup>st</sup> day of chemo. But I knew I needed to rest and took it without feeling guilty. I usually feel guilty and have hard time making decision but today all is well no guilt, even stress about finances, but just relaxing with my kids. This is marvelous, I'm blessed. I didn't even stress about not being again to go to school library for research.

30 F 02: XX: XX

Slept half of the day, just to relax myself and get over the disappointment. I'm usually anxious about a lot of things that need to be done but this time, I'm relaxed just resting.

30 F 02: XX: XX

My house is dirty, this usually flicks me out and I would start screaming and cannot concentrate on anything if the house is dirty, but now I gently tell the kids to tidy up and just relax with them.

30 F 05: XX: XX

## **4.3.2 VERTIGO**

Feel tired, weak and dizzy most of the day.

01 F 17: XX: XX

I am feeling dizzy and feeling weak throughout the day. (NS)

01 F 25: XX: XX

Around 11:10 I felt very lightheaded and weak for that moment. I felt that way for like 10 minutes.

08 F 03: XX: XX

This morning I was feeling so lightheaded and I felt like throwing up. As the day went by I started getting tired. My body started to pain as if someone hit me when it came around 7:00pm. I felt like that light headed because I had a headache the night before. When I get up in the morning I felt like throwing up. When I threw up only then did I feel better.

08 F 08: XX: XX

This morning I felt like throwing up and was feeling a bit weak. I felt so hot and dizzy at the same time. So I had a glass of sugar water but I was still feeling sick so I had some water and a drop of lemon juice and was relaxing for a bit then I had to go to work. As the day went by I was still feeling sick but not as bad as this morning. Then I had my lunch. Then as the day went by I was okay and was sick.

08 F 17: XX: XX

I feel tired, pain, dizzy; I stayed in my bed the whole day. I don't know what going on in my body.

16 F 08: XX: XX

## **4.3.3 HEAD**

### **4.3.3.1 Headache**

#### **4.3.3.1.1 Pain**

I have a headache right now maybe it's because I'm so hungry.

07 M 21: XX: XX

#### **4.3.3.1.2 Accompanied by eye symptoms**

I have a headache and my eyes are in pain.

16 F 10: XX: XX

I have a headache it becomes more painful when I close my eyes.

22 F 02: XX: XX

I have a headache and every time I close my eyes it becomes more painful and when I place my head down it also become more painful.

22 F 06: XX: XX

I also have a headache and it is getting more painful when I put my head down or when I close my eyes. I'm not even able to eat today.

22 F 33: XX: XX

And I have a headache and it hurts a lot when I close my eyes or put my head down. In the morning my back was hurting like someone was hitting with something sharp.

22 F 39: XX: XX

Today I had a headache that was the worst I have ever had and no matter what I tried it just did not go away it started in the morning and when I went to bed I still had the headache and it was pounding so hard that even my eyes started to become red. And I could not even eat because of the headache.

22 F 42: XX: XX

#### **4.3.3.1.3 Dull**

Headache, started in the afternoon, not sure what caused it, on front part of head. It's a very dull sensation, worse in the sun, better after eating and sleeping, accompanied by nauseousness. Headache disappeared in the evening at about 20h00.

01 F 04: XX: XX

I had a dull headache. At the right side of head on front part, it becomes intense after exercise. Becomes better after drinking water and eating.

01 F 05: XX: XX

I have a dull headache on front left side of head. Started in the morning when I woke up, worse after eating lunch and better after exercise. There is also tiredness and feeling weak accompanied by nauseousness.

01 F 06: XX: XX

I have a headache, on front of head. It is very dull in the morning but became intense in the evening.

01 F 17: XX: XX

Headache, dull ache like a cap.

15 F 03: XX: XX

Mild headache at 11:45 and ceased after 15 minutes. Dull headache which is worse from weather and at night. Ceases in the morning. Aetiology is change of weather.

19 F 13: XX: XX

I could feel dull headache on forehead.

30 F 01: XX: XX

#### **4.3.3.1.4 Frontal**

Today I had a slight head pain. It was on the front part of my head. It was a sharp pain – more like a poking pain. I was not feeling good. I slept in till later and woke up at 10am.

25 M 24: XX: XX

At 3pm I had a bit of a headache. I drank water. It was a slight pain in the front part of my head. I came home and slept at 8pm.

25 M 35: XX: XX

I had a throbbing headache at the front part of the head. It was severe. It was better for closing my eyes and quietness. Worse for noise, someone talking to me or motion. I just wanted to lie down in bed and not do anything. Felt better after I slept for a little while.

27 M 10: XX: XX

#### **4.3.3.1.5 Heaviness**

My head was like heavy in the morning. Had like a heaviness. If I put my head forward then it felt something was on it. My heaviness was relieved after I had the tea.

25 M 02: XX: XX

#### **4.3.3.1.6 Left**

Today I had a headache it was on left half of my head only. And even on my ears. When I point my head down it get so painful.

03 F 15: XX: XX

Towards the evening my head started to pain at the top going to the left side of my head. When I got home and had a hot bath and went to bed and slept for a while then I woke up feeling much better than before.

08 F 01: XX: XX

#### **4.3.3.1.7 Light headedness**

Had a light head because of fasting (saltless fasting).

21 F 25: XX: XX

#### **4.3.3.1.8 Morning**

This morning I woke up with a headache again. As the day went by I still had the headache but it was not as intense as this morning.

08 F 34: XX: XX

As the day went by about mid-morning my head started to pain. It started on my temples and then my entire head started to pain. It was an intense pain but as the day went by the pain was not so bad.

08 F 35: XX: XX

I had a slight headache throughout the whole morning.

09 F 12: XX: XX

I went to bed and I slept till 9am in the morning just woke-up with a killer headache.

09 F 14: XX: XX

Early morning movie so I had to drag the boys out of bed. Ended up with a headache after.

14 F 16: XX: XX

#### **4.3.3.1.9 Midday**

My head was paining so bad at midday. It was that bursting headache which was worse when I go in the sun.

10 F 14: XX: XX

Around 11:30 I got a headache. The pain was bad. I took a nap around 1:00 and woke up around 2:30. Due to the headache I had I took a nap from 1:00 to 2:30. Was not feeling good because of the headache I had.

23 F 27: XX: XX

#### **4.3.3.1.10 Occipital**

Midday headache-starting at the back of the head and down the neck to left shoulder. It's not a throbbing pain but a very nagging one. Felt like a migraine coming on. Headache still there at 3pm. Warmed my bean bag and went to sleep at 4pm. Woke at 6pm and still had a headache. Had my boy massage my left shoulder and went back to sleep at 9:30pm...

14 F 10: XX: XX

Woke up with a tight pain at the back of my head just above the neck. Not actually a headache but a really nuzzed up feeling. Rubbed myself and also didn't need supper. Didn't feel hungry.

14 F 23: XX: XX

My head was in pain at the back.

16 F 09: XX: XX

In the morning I woke up in the kitchen to drink some warm water to moderate my headache. After that I went back to bed.

16 F 12: XX: XX

Head was painful, back of my head, pain running down to my neck. More like a tension pain. Rate the pain 9/10. Due to the headache I felt very uneasy. Did not want to do anything or hear to anyone. I tried to relax and sleep due to the headache. Work up at around 11:30am and was feeling much better.

23 F 02: XX: XX

My day was very busy and at 3pm in the afternoon I had a headache. It was on the back part of my head. It was a throbbing pain and not a sharp pain. I sat in my canteen area with my head on the table and just lied down. The pain was still there. When I went home then I had a hot shower and ate. The pain became very little.

25 M 28: XX: XX

#### **4.3.3.1.11 Pulsating**

Today I had a headache in the afternoon about 3-4pm. It was a pulsating headache, severe, at the top of my head. It was better when closing my eyes and massaging my head. It was worse in the light and with noise. It also subsided a bit when I lay down in bed for a while. It was also worse when I was walking or moving my body in a certain direction. Miserable feeling. Slight nauseous feeling. Went to work today but spent the afternoon in pain and misery.

27 M 28: XX: XX

Woke up feeling much better but with a slight headache that was not as nagging as the previous day.

27 M 29: XX: XX

#### **4.3.3.1.12 Rain**

It started to rain and I had a headache due to the rain.

06 F 32: XX: XX

#### **4.3.3.1.13 Right**



My head started to pain on my right and it was an intense beating pain. Towards the evening the pain went down a bit.

08 F 06: XX: XX

As the day went by towards the evening my head started to pain on the right side of my head. It was an intense pain on my head so when I went home I had something to eat and went and put my head down. When I got up I felt much better. The pain was not so intense like before.

08 F 28: XX: XX

This morning when I got out of bed I had a headache but it was not an intense pain. It started on the right side of my head going to my temples. As the day went by I felt a bit better and the pain was gone.

08 F 31: XX: XX

Slight dull pain on right side of head above the ear. Ignored it but it was there the entire afternoon.

14 F 04: XX: XX

Midday – right eye, right side head/right rear neck/right shoulder pain. It's not a throbbing eye pain. Just a low grade constant pain that lets you know it's there.

14 F 05: XX: XX

#### **4.3.3.1.14 Side**

This morning I woke up with a headache on the side of my head. It was an intense pain that lasted a while so I put my glasses on and that brought the pain down a bit.

08 F 33: XX: XX

#### **4.3.3.1.15 Sleep ameliorates**

I had to go back home for a nap because of my headache, I just discovered that 2 hours of rest usually does the trick.

09 F 05: XX: XX

Came back with a headache but I slept it out.

14 F 30: XX: XX

I have a headache that was so bad that I could not even eat and noise made it worse and I felt so tired that I just want to sleep the whole day.

22 F 37: XX: XX

#### **4.3.3.1.16 Tea ameliorates**

I have a terrible headache, couldn't sleep I had kids around so I went for green tea instead!

09 F 08: XX: XX

In the morning, I did not drink tea so my head was paining. I had a cup of tea and then it stopped.

25 M 09: XX: XX

#### **4.3.3.1.17 Temples**

Temple headaches manageable. Felt like someone banging my head with hammers. Lasted most of the day. Moderate pain. When I think too much it makes it worse.

21 F 05: XX: XX

Had a sharp stabbing pain in right temple but it was fast momentary (for one minute).

30 F 02: XX: XX

Lightning pain on my left temple only for few seconds.

30 F 04: XX: XX

In the evening had that lightning pain in my left temples and the other same pains feels like its coming from the base of the skull beneath the brain on left temporal.

30 F 06: XX: XX

During the day I had a passing pain in my left temple as lightning then it was quiet.

30 F 15: XX: XX

Lightning temple headache (left) for a split second during the day.

30 F 23: XX: XX

#### **4.3.3.1.18 Throbbing**

I have a headache. It's throbbing on front part of head, worse for loud noise, smells and hunger, better after sleeping and drinking green tea and it's accompanied by dizziness, runny nose, itchy eyes and ears. Not sure of what caused it, this does not usually happen.

01 F 08: XX: XX

I have a throbbing headache on right front side of head.

01 F 13: XX: XX

I have a headache that is still throbbing on right side of head but better than yesterday. Becomes better when I'm alone with no other people and becomes worse and intense when in a noisy and loud place.

01 F 14: XX: XX

Headache accompanied by nauseousness. Sharp, intense and throbbing on front left side of head.

01 F 25: XX: XX

I have a headache on left side of head. It is throbbing and very intense in the morning and got better by evening. Really felt like I am about to die, it was accompanied with sore itchy throat.

01 F 26: XX: XX

Slight headache – dull and throbbing on the crown of my head.

04 F 18: XX: XX

I woke up this morning and my head was paining. It was a medium pain in the center of my head. Not a sharp pain but a constant throbbing pain.

25 M 08: XX: XX

I had a throbbing headache. It was a sharp pain in the front part of my head. I went to work and had a cup of tea. It relieved the pain.

25 M 13: XX: XX

I had a throbbing headache at the front part of the head. It was severe. It was better for closing my eyes and quietness. Worse for noise, someone talking to me or motion. I just wanted to lie down in bed and not do anything. Felt better after I slept for a little while.

27 M 10: XX: XX

#### **4.3.3.1.19 Vertex**

This morning I woke up and I got this spring headache it's on top and side of the head.

06 F 06: XX: XX

#### **4.3.4 EYE**

Itchy eyes turning red in morning and became better by afternoon.

01 F 13: XX: XX

Itchiness on both eyes from morning and get better in the evening. (NS)

01 F 25: XX: XX

Eyes very itchy and watery in the morning.

01 F 26: XX: XX

Eyes are red and very irritable.

04 F 02: XX: XX

Right eye very irritable. Red and swollen. Excessive sebaceous secretions.

04 F 03: XX: XX

Rash still the same and eye still irritable.

04 F 04: XX: XX

My eyes I can feel like there is red inside like fire and full of sleep and heavy as well.

06 F 02: XX: XX

My eyes are heavy on the inside like there is something in there.

06 F 06: XX: XX

My eyes are feeling so heavy of sleep like I was awake the whole night and didn't sleep properly that is how my eyes are now.

06 F 07: XX: XX

My eyes are full of sleep. Just my left eye is paining so much; just want to shut my eyes and sleep.

06 F 14: XX: XX

My eyes was so heavy that I couldn't see properly on a piece of paper and always was burning like fire too close.

06 F 34: XX: XX

My eyes get worse every day but I noticed something strange; my sinus has not affected me since I got back; usually they are very bad!

09 F 08: XX: XX

My eyes hurt and the left side of my head; I'll just take my nap and I should be fine.

09 F 11: XX: XX

Woke up at around 6:30am this morning my eyes were killing me.

09 F 12: XX: XX

My eyes hurt but this time they are itchy and is not accompanied by my usual headache.

09 F 16: XX: XX

My eyes was paining and burning at midday. The pain was mild and went away after about 4 hours. The way it was burning like I wanted to sleep. The cause could be being in the sun.

10 F 06: XX: XX

Eyes are feeling dry, washed them with water didn't work, then I put ice cube on each eyes (closed) and it did work.

13 M 10: 07: 00

Dry eyes, ice cubes didn't work. I got back to bed, after 10 minutes it was gone.

13 M 13: 07: 33

Itchy eyes.

13 M 13: 00: 00

07:18am: achy red eyes. Feels like I could scratch them.

13 M 18: 07: 18

16:42: worse Achy eyes. Used water base eye cleaner 2 drops on each eye.

13 M 22: 16: 42

Midday- right eye, right side head/right rear neck/right shoulder pain. It's not a throbbing eye pain. Just a low grade constant pain that lets you know it's there.

14 F 05: XX: XX

Midday- itchy eyes!

14 F 07: XX: XX

Eyes feels dry.

19 F 10: XX: XX

My eyes were sore but due to maybe soap water when washing face.

25 M 01: XX: XX

My eyes was straining as I had to watch the PC nearly the whole day. It was a small poking sensation on the eye.

25 M 11: XX: XX

My right eye was itchy and I kept rubbing it so it started to get red. The more it itched the harder I rubbed it and it got redder. It was a little better when I closed my eyes or washed my face with some cold water.

27 M 09: XX: XX

The right eye is itching today. Tried not to rub it but ended rubbing it as it was itching so much. Slight redness of the eye. Much better by the afternoon.

27 M 15: XX: XX

My eyes feel sore as if I'm drowsy, I did sleep much, the kids wake up early to prepare for school it's exam time but this soreness in the upper eyelids deep in the sockets it's new I'm not used to it.

30 F 09: XX: XX

### **4.3.5 EAR**

I have a sharp pain in the left ear. This is an unusual symptom.

01 F 08: XX: XX

I have a sharp pain on both ears after walking for a while (US).

01 F 17: XX: XX

I felt pain in my ears.

03 F 19: XX: XX

My right side tooth started to pain. It was this pulling pain which then affected my right ear. My ears felt like there is something inside but nothing was there. I couldn't hear nicely.

08 F 04: XX: XX

A very dull ear ache around the back, middle, and inner ear. It's very dull – don't know what could be causing it, perhaps the nasal drip.

15 F 05: XX: XX

My right ear, Eustachian tube very itchy and right side of the palate. I can feel my left nostril beginning to get blocked. I think it's the air con in church.

30 F 03: XX: XX

My ear left is itching again – in Eustachian tubes

30 F 08: XX: XX

While busy within my research in the library my ears were blocked, with swishing noise but I wasn't away of it, I was like I was normal, but once I burped suddenly my ears were unblocked and I realised they were blocked and I experienced quietness, peace, clarity of mind, everything was real, a noise in the background.

30 F 12: XX: XX

## **4.3.6 NOSE**

### **4.3.6.1 Discharge**

Nose runny.

04 F 05: XX: XX; 04 F 06: XX: XX; 04 F 07: XX: XX

I have running nose.

07 M 48: XX: XX

I have a runny nose only now. I have sinus in the morning.

22 F 00: XX: XX

In the morning when I was blowing my nose blood comes out. In the afternoon I still have the headache and blood is still coming out when I blow my nose.

22 F 08: XX: XX

I have a runny nose.

22 F 20: XX: XX

My nose had a slight run with not a lot of mucus.

25 M 03: XX: XX

My nose had a slight sniffle. It ran with little mucus. I blew my nose twice and cleared it.

25 M 19: XX: XX

#### **4.3.6.2 Dry**

My nose is also dry very dry.

06 F 02: XX: XX

#### **4.3.6.3 Pimple**

I have a small pustule pimple at the corner of my left nostril. Popped it but the whole area is sore. These abscesses don't seem to get ripe. Just appears and pains just to get noticed and then seem to go dormant.

14 F 16: XX: XX

Only my left nostril is irritating. Feels like an acne pimple.

14 F 17: XX: XX

Doesn't seem like this pimple on the left nostril wants to come up. Will wait and see. This nose is irritating. No pimple but my left nostril is like inflamed at the bottom corner and is sore.

14 F 19: XX: XX

Woke up with an inflamed pimple on the left bottom corner of my nostril. Like an abscess of sorts. Oozing pus and very sore. Tried to press out what I could but now it's crusty.

14 F 20: XX: XX

#### **4.3.6.4 Nasal drip**

Woke up – scratchy throat from nasal drip – tired from a restless night.

15 F 02: XX: XX

Woke up and have a nasal drip – tired, don't want to get up and start the day.

15 F 04: XX: XX

My sinuses are irritated, I think it's related to the nasal drip as well. My nose feels stuffy and throat really raw and sore. Ear ache has gone for now.

15 F 05: XX: XX

Nasal drip and sore throat still present but almost gone.

15 F 08: XX: XX

#### **4.3.6.5 Nasal blockage**

My nose was badly blocked.

03 F 19: XX: XX

I woke up my nose were blocked.

07 M 03: XX: XX

I'm still experiencing a dry throat and blocked nose.

07 M 04: XX: XX

My flu is getting worse, my both nose are blocked.

07 M 05: XX: XX

Right now my nose is bit blocked but I don't feel any pain.

07 M 15: XX: XX

Both noses are blocked. I have to sleep with my back to have some good breathing.

07 M 47: XX: XX

My nose is blocked.

16 F 09: XX: XX

Mild nose blockage, early morning. Cleared up after I awoke. It is worse from weather changes and at night but ceases in the morning.

19 F 13: XX: XX

#### **4.3.6.6 Sinusitis**

I am sneezing especially at night.

16 F 09: XX: XX

My sinus symptoms are back, my eyes, nose and throat are itching because of the sinuses and it worse in the morning when I wake up and at night when I go to bed.

22 F 15: XX: XX

In the middle of the night I had my sinuses which were worse than the one I usually get.

22 F 27: XX: XX

I had sinuses in the morning and also had blocked nose but by midday I did not have the blocked nose there was a small amount of blood.

22 F 28: XX: XX

I had my sinuses in the morning and a runny nose, but it was gone within an hour.

22 F 36: XX: XX

I had sinuses in the morning.

22 F 38: XX: XX

Just a bit of sinuses in the morning.

23 F 09: XX: XX



Sinuses started in the morning and my nose started to burn. Just happened in the morning till 8:00am.

23 F 25: XX: XX

### **4.3.7 FACE**

Feels as if face has just become numb.

01 F 13: XX: XX

I have big, pus filled pimples on my face; I decided to stay in bed the whole day instead of going out.

09 F 14: XX: XX

### **4.3.8 MOUTH**

#### **4.3.8.1 Dry**

No symptoms but pain, warmth and the rash on the lips has disappeared. Left my lips feeling very dry even if I moisturise with Vaseline.

01 F 20: XX: XX

Mouth and tongue were dry. Mild pain in the teeth.

19 F 05: XX: XX

Mouth felt dry all the time. Felt thirsty entire day - +/- 3-4 litres of cold water from fridge. Drank it a glass at a time but very fast.

21 F 14: XX: XX

Woke up with a dry mouth. After I brushed my teeth and drank water I was fine.

23 F 10: XX: XX

My mouth was dry.

27 M 12: XX: XX

#### **4.3.8.2 Thick**

My mouth is continuously thick, nothing wants to go down my throat.

06 F 34: XX: XX

My mouth, tongue and gums still feel thick, like nothing is going into my mouth and nothing wants to taste good as homemade food at home.

06 F 35: XX: XX

#### **4.3.8.3 Gums sore**

I noticed that my gums were a bit sore and slightly red. An uncomfortable feeling.

27 M 19: XX: XX

The white areas got bigger more painful, sore when touching the area. I gargled with salt water a few times in the day. That burned a lot.

27 M 21: XX: XX

The sores in the mouth is still very painful and huge and same redness as yesterday. Continued to gargle with salt. Burned a lot. A bit irritated with these sores. I can't eat properly, it hurts and when I eat something hot it stings, it's like it hit a nerve or something. Can't wait to get rid of these sores.

27 M 22: XX: XX

The redness of the gums is a little lighter but the white part is still large and swollen. Sensitive when I have something cold or hot. Sore when I touch it. This is irritating me. When will it end? I'm fed up as I can't eat and drink anything without having some pain and discomfort. Even when I talk it hurts as the area is sore. Continued to gargle with salt water.

27 M 23: XX: XX

#### **4.3.8.4 Gums red**

When I woke up and was brushing my teeth I noticed my gums was redder, sore and white area in the middle of the red areas. I think I am getting sores on the gums. It was burning and paining when brushing my teeth. A little blood while brushing. I could taste the blood in my mouth.

27 M 20: XX: XX

The mouth feels much better than other days. The gum is almost normal color in that the area and the whiteness is getting smaller. Doesn't hurt so much when I talk but still sensitive when I eat. It is healing and I think the salt water used to gargle helped a lot.

27 M 24: XX: XX

#### **4.3.8.5 Sensitive teeth**

Teeth a bit sensitive when drinking.

19 F 10: XX: XX

Today I started feeling pain in my frontal teeth and I'm having tea rooibos in the afternoon. This is caused by the sight of rough granules of sugar. I have never ever in my life have pain in my teeth.

30 F 12: XX: XX

Today as I'm doing the washing my teeth in the upper jaw (canines and incisors) are achingly painful at the sight on powder soap because of its rough texture. This also causes irritation which I feel at my temples and I am tense and clenching my jaw involuntarily.

30 F 17: XX: XX

#### **4.3.8.6 Swollen**

Swelling on both lips with what appeared to be a rash. It was very itchy and felt very warm. Felt like I had sand on my lips (OS) occurred before in October 2008.

01 F 17: XX: XX

Swelling on lips has gone down but the rash is still there as well as the warmth. Get worse when I place something hot and very cold.

01 F 18: XX: XX

### **4.3.9 NECK**

#### **4.3.9.1 Pain**

Neck and shoulder pain in the morning and becomes better by evening.

01 F 11: XX: XX

My neck was paining when I got up in the morning. It was on the right side and a sharp pain.

10 F 01: XX: XX

Neck is a bit stiff – must've picked my head up too fast off the pillow.

15 F 08: XX: XX

Neck is really sore, a bit of pain running down my arm as well.

15 F 09: XX: XX

Had slight neck pains. Tension, left side caught. Couldn't turn to the left side. Probably slept funny.

21 F 01: XX: XX

Neck pain still there and used bean bag to make it better. Felt better after using the bean bag.

21 F 02: XX: XX

Neck pain still there – not as bad as past days. Didn't use bean bag but could turn head to the left.

21 F 03: XX: XX

Stiff neck because I slept funny. In pain the entire day.

21 F 20: XX: XX

### **4.3.10 TONGUE**

Feel that my tongue is thick and my throat like dry, my nose is also dry very dry.

06 F 02: XX: XX

My mouth, tongue and gums still feel thick, like nothing is going into my mouth and nothing wants to taste good as homemade food at home.

06 F 35: XX: XX

Oh God – I'm getting like a sore on my tongue!! What is going on??

14 F 07: XX: XX

Mouth and tongue were dry.

19 F 05: XX: XX

My tongue feels like its dry and cracked right in the middle and center.

30 F 11: XX: XX

### **4.3.11 THROAT**

#### **4.3.11.1 Dry / Itchy**

Itchy and dry throat.

01 F 10: XX: XX

Sore dry throat, only happens when I have a cold.

01 F 17: XX: XX

My throat feels dry and itchy a bit.

06 F 01: XX: XX

My throat was so dry.

07 M 03: XX: XX

I'm still experiencing a dry throat.

07 M 04: XX: XX

I still have flu my throat is still dry, I just wish I can have some cold water.

07 M 06: XX: XX

I had a rough night, my throat is so dry, and I feel like drinking ice cold water.

07 M 49: XX: XX

My throat was feeling so dry so I found myself drinking a lot of water.

08 F 02: XX: XX

12:00: dry throat, uncooked egg made a difference.

13 M 08: 12: 00

My throat was dry in the morning and I drank a lot of water.

25 M 12: XX: XX

My throat was dry the entire night. I was drinking a lot of water.

25 M 28: XX: XX

#### **4.3.11.2 Pain**

My throat was paining with a slight gentle pain. Maybe because of the cold weather.

25 F 03: XX: XX

#### **4.3.11.3 Raw / Sore**

My throat is very sore.

03 F 17: XX: XX

My nose feels stuffy and throat really raw and sore.

15 F 05: XX: XX

Throat still a little sore.

15 F 06: XX: XX

Throat still a little sore but better than previous days.

15 F 07: XX: XX

Fluish, sore throat, fever and hot flushes.

21 F 29: XX: XX

#### **4.3.11.4 Scratchy**

Woke up with a scratchy throat from nasal drip.

15 F 02: XX: XX

### **4.3.12 STOMACH**

#### **4.3.12.1 Appetite**

##### **4.3.12.1.1 Changeable**

Even my appetite is a lot but has changed, like, when I have my lunch and my bottle of water or juice I am full throughout the day and that I don't want to eat any more.

06 F 08: XX: XX

#### **4.3.12.1.2 Decreased appetite**

No appetite.

01 F 09: XX: XX

Loss of appetite.

01 F 17: XX: XX

I didn't have supper last night. Didn't even feel hungry but my mood swings started again.

06 F 03: XX: XX

My stomach is cramping so much that even though I am so hungry I couldn't even finish my lunch that I made this morning. I am so full that I cannot even think of eating any more food because that's how full I am now. Didn't even eat supper last night.

06 F 07: XX: XX

My appetite is gone when I am day off.

06 F 18: XX: XX

I have no appetite.

07 M 03: XX: XX

My appetite is low today.

09 F 14: XX: XX

Had lunch at work however didn't feel like eating supper. Surprisingly I wasn't hungry.

14 F 22: XX: XX

Didn't need supper. Didn't feel hungry.

14 F 23: XX: XX

No appetite.

21 F 11: XX: XX

No appetite because of feeling fearful and alone.

21 F 21: XX: XX

No appetite because of mixed feelings and emotions.

21 F 31: XX: XX

I have not been eating as much, I only eat once but I'm not tired today.

22 F 01: XX: XX

My appetite is very low.

22 F 11: XX: XX

I never eat supper today.

25 M 01: XX: XX

I went to work and worked hard but I was very hungry today. I bought a chicken burger with chips and ate it at 11:00am. During the afternoon part I ate my muffin that I bought. I went home and I did not want to eat.

25 M 08: XX: XX

I did not eat as I was feeling tired.

25 M 35: XX: XX

Did not feel like eating and went straight to bed.

27 M 16: XX: XX

Went to sleep early at night and did not even feel like eating. Did not have supper.

27 M 19: XX: XX

I did not have much of an appetite. I just didn't feel hungry.

27 M 31: XX: XX

My appetite is low.

30 F 06: XX: XX

#### **4.3.12.1.3 Increased appetite**

I am gaining my appetite but no other unusual symptoms.

01 F 19: XX: XX

I was very hungry today maybe it because I had money to buy food.

03 F 01: XX: XX

Feeling a bit tired and hungry. Eating more than usual today.

04 F 18: XX: XX

Was tired again today. Also have some bloating. I am also feeling like eating a lot.

04 F 20: XX: XX

I am very hungry, like a lion that's how hungry I am right now.

06 F 02: XX: XX

I am still feeling hungry after having my lunch and I still want to close my eyes and sleep because my left eye is having a lazy eye now.

06 F 14: XX: XX

I am more hungry than I usually am and I eat more than what I eat each day.

06 F 24: XX: XX

Finished work so late and went home and was so hungry that I actually enjoyed my food for the first time since like forever.

06 F 34: XX: XX

Today I had a good day. I was not tired and had no pain but I was feeling very hungry and thirsty today. I was feeling thirstier than I normally feel. It was a hot day and I was getting bored so I was feeling to eat and drink.

08 F 21: XX: XX

I almost freaked out! I had a huge appetite.

09 F 04: XX: XX

I have a huge appetite. I just can't stop eating!

09 F 19: XX: XX

Feeling extra hungry and cold today but the weather is fine.

14 F 21: XX: XX

Hungry!

15 F 05: XX: XX

Eating habits are good.

17 M 06: XX: XX

Appetite is very good.

19 F 05: XX: XX

Ate breakfast, lunch and supper which I don't normally do.

21 F 01: XX: XX

Good appetite.

21 F 02: XX: XX

And I ate 3 times today since I had no stress.

22 F 38: XX: XX

I noticed that I am eating more than I usually do and I am getting hungry more often or more quickly than usual.

27 M 08: XX: XX

I'm very hungry this morning I've already eaten breakfast and snack fast though it a good thing for me it's not usual. I'm not hungry in the morning usually.

30 F 03: XX: XX



#### **4.3.12.2 Bloating**

Also I have some bloating. I am also feeling like eating a lot.

04 F 20: XX: XX

My tummy felt bloated after I drank the water.

25 M 06: XX: XX

My tummy felt bloated. I had a glass of milk and at 8:30pm I used the loo again. This time my whole tummy flushed itself.

25 M 08: XX: XX

I cooked nice mutton curry and ate at twelve. I felt bloated in my tummy after eating it.

25 M 30: XX: XX

I was so bloated, my stomach felt heavy and distended, yet I didn't eat any beef.

30 F 10: XX: XX

#### **4.3.12.3 Constipation**

No signs of my usual headache but I rather feel constipated.

09 F 02: XX: XX

Slight constipation.

19 F 05: XX: XX

#### **4.3.12.4 Cramps**

I still have those abdominal cramps I had yesterday, but they are not as severe though.

11 F 07: XX: XX

#### **4.3.12.5 Diarrhea**

After I ate my stomach felt some pains then I had a running stomach. I had to go to the toilet more than usual for the whole day.

07 M 12: XX: XX

#### **4.3.12.6 Eructations**

Releasing more gas than usual. I ate cabbage. Slight constipation.

19 F 08: XX: XX

#### **4.3.12.7 Heartburn**

My old symptoms came back; whenever I'm hungry my stomach hurts. Heartburn came back today right before I went to sleep.

07 M 05: XX: XX

I ate fried chips now I've got heartburn.

07 M 11: XX: XX

#### **4.3.12.8 Pains**

##### **4.3.12.8.1 Cramps**

My stomach is also in a rumble state, like its upside down inside out kind of thing.

06 F 01: XX: XX

My stomach started with these cramps again.

06 F 02: XX: XX

After eating breakfast in the morning, I had an upset stomach, my food didn't want to digest and like I wanted to throw up. That's how bad my stomach was in the morning. My stomach is cramping so much that even though I am so hungry I couldn't finish my lunch that I made this morning. I am so full that I cannot even think of eating any more food because that is how full I am now.

06 F 07: XX: XX

I have stomach cramps so bad that inside of my stomach is like twisting inside because I am so hungry now.

06 F 09: XX: XX

I have this cramping on my stomach and it's paining so bad.

06 F 35: XX: XX

I overslept but it was all good. Then my usual symptoms kicked in after my dose but this time I got a new symptom my stomach is hurting now.

07 M 02: XX: XX

Still I fill like vomiting and my stomach is still acting funny. Now my stomach or tummy is hurting and it's been like this for the whole day. I can't fall asleep hurting like this.

07 M 03: XX: XX

My old symptoms came back; whenever I'm hungry my stomach hurts. Heartburn came back today right before I went to sleep.

07 M 05: XX: XX

Whenever I get back from the toilet I get cramps.

07 M 07: XX: XX

I did not sleep well my stomach is still giving me problems. I only ate bread in the morning until I went to sleep.

07 M 13: XX: XX

I had terrible intense stomach cramps, I felt a “shearing” force in my stomach, I thought it was due to me missing lunch, took my medication day-time 2pm for some reason I felt worse, I almost thought I was just a few steps away from death. #tears!!! Took a shower and green tea as usual and before I knew it, it was bed time 11pm.

09 F 00: XX: XX

Woke up with abdominal cramps.

11 F 06: XX: XX

Today my tummy was troubling me. First I had cramps and a slight uncomfortable feeling in my stomach. Then my stomach started running. Watery stools and lots of gas and relief after that. Later about 15 minutes after having supper my stomach started again. It was stronger smelling watery stools with lots and lots of gas. There was much relief after that. Feeling lighter but a bit weak.

27 M 07: XX: XX

After breakfast my stomach ran again. The same watery, bad smelling stool with gas. Feeling better afterwards.

27 M 08: XX: XX

#### **4.3.12.8.2 Night**

My tummy was paining at night. The pain was like a pulling pain. The pain became better when I had some ice water. The pain was mild and as a result of me eating late.

10 F 31: XX: XX

#### **4.3.12.8.3 Piercing / Stabbing**

I had some pain in stomach at the center (poking pain). As the time goes it went away it wasn't too long and it wasn't too painful but I felt the pain.

03 F 01: XX: XX

Today my lower tummy was paining and the pain was going to my lower back. It was a poking pain on my lower tummy. As the day went by the pain I had on my tummy was gone but my back was still paining. I also found myself drinking lots of water today. The pains I was getting today was because I was going to get my monthly.

08 F 29: XX: XX

#### **4.3.12.8.4 Sensation as if**

##### **4.3.12.8.4.1 Pins and needles**

My tummy was paining at noon. It was that sharp pain at 14:00pm and stopped at 16:00pm. The pain was like pins and needles. It was better when I had some ice water. The pain was caused by me eating late.

10 F 09: XX: XX

##### **4.3.12.8.4.2 Beaten**

My tummy was paining at 12:00pm and stopped at 14:00pm. The lower tummy was paining. The pain was like someone hitting me on my tummy. The pain was better when I had some sugar water. The pain was a mild pain that occurred midday.

10 F 19: XX: XX

##### **4.3.12.8.5 Sore**

I did not sleep well my stomach is still giving me problems. I only ate bread in the morning until I went to sleep.

07 M 13: XX: XX

After I came back from school I had stomach ache but after I ate I felt no pain.

07 M 14: XX: XX

My tummy is feeling sore at the top under the diaphragm – feels like ulcers.

14 F 12: XX: XX; 14 F 13: XX: XX

##### **4.3.12.8.6 Stabbing**

I had some pain in stomach at the center (stabbing pain). As the time goes it went away it wasn't too long and it wasn't too painful but I felt the pain.

03 F 01: XX: XX

Today I woke up having a stomachache maybe it because I eat sausage and it been sometimes I haven't ate it.

03 F 36: XX: XX

##### **4.3.12.8.7 Twisting**

I have this strange feeling inside of my stomach, like all of my organs are twisted inside, and no food that want to stay in my stomach. My bowel is gone hard, and very hard for me to go out during urine, like my stomach is knocked inside. And I am feeling it hard to sit and then it's cramping as well.

06 F 24: XX: XX

#### **4.3.12.8.8 Vomiting / Nausea**

I am vomiting after eating fried beef with vegetable.

01 F 04: XX: XX

Nauseaousness especially after eating.

01 F 05: XX: XX

I feel nauseaousness after eating white bread with peanut butter and chicken with mayonnaise.

01 F 07: XX: XX

Nauseaousness and no appetite.

01 F 13: XX: XX

It feels like I'm going to vomit, and my new symptom is my stomach it feeling funny after an hour or two I feel back to normal, for the whole day since I am taking 3 dose a day.

07 M 00: XX: XX

I slept well but after taking my first dose I just felt like vomiting again. Then heartburn came back, and then got a runny stomach for the whole day.

07 M 01: XX: XX

I overslept but it was all good. Then my usual symptoms kicked in after my dose but this time I got a new symptom my stomach is hurting now.

07 M 02: XX: XX

Still I fill like vomiting and my stomach is still acting funny. Now my stomach or tummy is hurting and it's been like this for the whole day. I can't fall asleep hurting like this.

07 M 03: XX: XX

Whenever I drink tea I feel like vomiting.

07 M 49: XX: XX

In the morning I felt like vomiting.

22 F 06: XX: XX

At about 2:30pm I felt like I wanted to vomit. I ate egg chutney for lunch and I think that maybe it upset me. I drank a lot of water and the vomit sensation went away.

25 M 26: XX: XX

#### **4.3.12.9 Thirst**

##### **4.3.12.9.1 Increased thirst**

I am extreme thirsty with the feeling of wanting to throw up and feeling hungry and weak throughout the day.

01 F 15: XX: XX

Felt thirsty throughout the day.

01 F 17: XX: XX

Also feeling thirsty.

04 F 18: XX: XX

But today I also felt very thirsty than my normal days. My throat was feeling so dry so I found myself drinking a lot of water.

08 F 02: XX: XX

Today I had a good day. I was not tired and had no pain but I was feeling very hungry and thirsty than I normally feel.

08 F 21: XX: XX

I was feeling hot and found myself drinking a lot of water.

08 F 33: XX: XX

I was craving to eat fishcake and I was so thirsty only drinking water.

10 F 03: XX: XX

I drank lot of water today; I was feeling thirsty.

13 M 02: XX: XX

Thirsty.

15 F 01: 20: 04

Thirst: was thirsty last night.

19 F 05: XX: XX

Felt thirsty the entire day having +/- 3-4 liters of cold water from the fridge. Mouth felt dry all the time. Drank it a glass at a time but very fast.

21 F 14: XX: XX

I feel the need of drinking water more often now.

22 F 21: XX: XX

I'm feeling very much thirsty but at night and it feels as if my throat is dry.

22 F 30: XX: XX

I was thirsty so I drank two glasses of water.

25 M 01: XX: XX

I was very thirsty and drank a lot of water.

25 M 18: XX: XX

I worked normal but urinated a lot maybe because I drank a lot of water and also it was cold in the office.

25 M 22: XX: XX

I was normal today except that I was thirsty most of the time. My mouth was dry. I felt better, my thirst was quenched with any drink but especially water.

27 M 12: XX: XX

I was still thirsty today. Drank a lot of water, maybe 2-3 liters of water felt bloated with drinking a lot of water. A heavy sensation. It was a little better after I burped.

27 M 13: XX: XX

My mood not good because haven't been drinking a lot (yet thirsty).

30 F 06: XX: XX

### **4.3.13 ABDOMEN**

I was so bloated, my stomach felt heavy and distended, yet I didn't eat any beef.

30 F 10: XX: XX

### **4.3.14 STOOLS**

#### **4.3.14.1 Black**

My stomach is not well today I'm producing black stool.

07 M 38: XX: XX

#### **4.3.14.2 Constipation**

No signs of my usual headache but I rather feel constipated.

09 F 02: XX: XX

#### **4.3.14.3 Hard**

My bowel is gone hard and very hard for me to go out during the time I go to the toilet. Like my stomach is knocked inside and I am finding it hard to sit and then it's cramping as well.

06 F 24: XX: XX

I went to the loo at work today – stools was hardest. A bit of constipation. When I came home then I used the loo again. It was watery.

25 M 01: XX: XX

#### **4.3.14.4 Offensive**

I've pooped twice this morning, stools are dark explosive, soft, urgent yet I can feel I'm not having diarrhea, but I feel there is a lot in my stomach that needs to get out.

30 F 03: XX: XX

#### **4.3.14.5 Stool Soft**

I've been going to the toilet easily lately.

09 F 19: XX: XX

I've pooped twice this morning, stools are dark explosive, soft, urgent yet I can feel I'm not having diarrhea, but I feel there is a lot in my stomach that needs to get out.

30 F 03: XX: XX

#### **4.3.14.6 Stool Colour**

My stomach is no not well today I'm producing black stool.

07 M 38: XX: XX

After 2 weeks of difficult passing out stool I had a desire to. I went off watery pale stool though so I was a little worried! The heaviness around my belly was no more!

09 F 12: XX: XX

I used the toilet. Stools were light brown. Normal texture.

25 M 10: XX: XX

#### **4.3.14.7 Watery Stools**

I constantly have the need of urinating and boweling (defecation). I feel like the boweling is caused by period pain as they are making me want to use the toilet consistently.

01 F 14: XX: XX

Boweling constantly with very watery stool and stomach pains. Loud noise makes it worse.

01 F 15: XX: XX

After I ate my stomach felt some pains then I had a running stomach. I had to go to the toilet more than usual for the whole day.

07 M 12: XX: XX



After 2 weeks of difficult passing out stool I had a desire to. I went off watery pale stool though so I was a little worried! The heaviness around my belly was no more!

09 F 12: XX: XX

At night time I had a running stomach and I was afraid to eat dinner since I thought I would need to go to the toilet again.

22 F 27: XX: XX

Today I had the running stomach and I feel like I'm having period pains but I'm not in my periods yet.

22 F 29: XX: XX

At 6:00pm I had my third sachet. I noticed at 9:30 pm I went oddly to the toilet. Stools was not runny.

25 M 01: 03: 30

Came home at 2pm and had to use the loo. Runny and watery stools. My tummy emptied itself. The beans I think was not cooked well.

25 M 03: 02: 00

I used the loo again. This time my whole tummy flushed itself.

25 M 08: XX: XX

I used the loo. Stools was light brown. Normal texture.

25 M 10: XX: XX

I went to the loo (toilet) twice and it was little bit watery.

25 M 24: XX: XX

## **4.3.15 BLADDER**

### **4.3.15.1 Burning Urination**

My pee was burning when I start to pee. The burning was severe and the coke caused the burning. It became better when I drank water.

10 F 28: XX: XX

My pee was burning when I started to pee. Water I had made it better. The burning was mild and coke caused the burning.

10 F 29: XX: XX

Slight bladder infection. Burning sensation, urine darker in colour, stronger, uncomfortable. Pains in the end on urination.

21 F 28: XX: XX

Bladder infection – as the previous day. Drank extra water.

21 F 29: XX: XX

#### **4.3.15.2 Copious Urination**

Think that my bladder was to full and I couldn't hold it for too long.

06 F 05: XX: XX

Don't know why but I feel that my bladder is filling up much to fast than usually. And I have gone to urinate more than 3 times today.

06 F 16: XX: XX

My urine have come more regularly than usually, because I did drink a lot of liquids but my bladder gets full so fast and I am afraid of that. Don't know what's wrong with me.

06 F 19: XX: XX

My urine was very yellow in colour.

25 M 03: XX: XX

I used the loo about 7 times throughout the day. At first my urine was dark yellow and then it got lighter through the day.

25 M 06: XX: XX

I worked normal but urinated a lot maybe because I drank a lot of water and also it was cold in the office.

25 M 22: XX: XX

As a result I went to the toilet quite often. My urine was dark yellow but as I went to the toilet then the colour got lighter.

25 M 26: XX: XX

I went often to urinate. The urine was initially dark yellow in colour. The urine was also stronger smelling and frothy in appearance at the initial stage.

27 M 12: XX: XX

#### **4.3.15.3 Colour**

My urine was very yellow in colour.

25 M 03: XX: XX

## **4.3.16 FEMALE GENITALIA / SEX**

### **4.3.16.1 Menses**

#### **4.3.16.1.1 Bleeding during sexual intercourse**

It's been a while so my boyfriend and I decided to take things to the next level so we decide to have sex today but what was strange is that during intercourse I was bleeding and it had never happened to me before but straight after intercourse I no longer bleed.

09 F 17: XX: XX

#### **4.3.16.1.2 Blood Flow**

Menstruation period heavier than usual, blood is very dark red almost brown and thicker than usual. Heavy flow throughout the day, changed pads five times today, usually use two or three in a day.

01 F 15: XX: XX

Menstruation flow gets worse as the day progresses.

01 F 15: XX: XX

I was happy I finish my period yesterday it just few blood now.

03 F 04: XX: XX

I had period pain even today and they were very strong as I couldn't sleep all night being up and down.

03 F 47: XX: XX

This morning when I woke up after cleaning myself I saw that there was a bit of spotting of blood on the tissue. At least I am not so worried about that so much now because I can feel in my body that my body never did.

06 F 04: XX: XX

Still bleeding but not as much. It's still light in color.

06 F 09: XX: XX

Today I found myself bleeding very heavy than normal and my lower tummy was paining but not as bad like yesterday.

08 F 24: XX: XX

My menses are still very watery and heavy; I still have period pains and I'm dragging my right leg.

09 F 14: XX: XX

The flow of my menses seems more liquid and very fine clots unlike before.

14 F 05: XX: XX

#### **4.3.16.1.3 Clots**

Menses are not clotted much like before. Finer membrane things and seems more red than on the brown side.

14 F 06: XX: XX

#### **4.3.16.1.4 Colour / Odour**

Finally today I get my monthly flowing properly (12 March).The odour is a little strong and there is pain on the lower half of my stomach were the ovaries are and I can feel the flow of the blood. Light in color and there is less blood as well.

06 F 07: XX: XX

My period is paler today; less bloody; but I'm releasing a lot of discharge with small trace of blood. I am having hot flushes.

09 F 15: XX: XX

Maybe I'm emotional because I started menstruating in the afternoon. I haven't menstruated since April 2013. It was just bright red blood, no clots, no pain either.

30 F 11: XX: XX

#### **4.3.16.1.5 Craving**

This morning I had my period, it started today. I was feeling so tired and restless today. My lower back and my lower tummy was paining. It was an intense poking pain. I felt like having chocolate and sour things. My entire body was paining. I had a chocolate and sour figs and I felt better after having it. I had my sweet and sour stuffs and was satisfied. As the day went by the pain was not as bad.

08 F 23: XX: XX

I was feeling to eat chocolate but I did not eat it. My craving for chocolate is only when it is the time of the month.

10 F 26: XX: XX

I feel like eating cake. Did not eat it. It is my monthly time that's why I like to eat sweet things but I never get my monthly and I only feel for sweet things.

10 F 34: XX: XX

#### **4.3.16.1.6 Early**

Today I started my periods and it too early for me to be in my period I was hoping I will start 21 towards. I had no pain that was a sign I just saw the blood while I was at the shower.

But during the day I had some period pain.

03 F 16: XX: XX

And my period decided to make an appearance a week early. Really irritable today. Impatient...

14 F 04: XX: XX

#### **4.3.16.1.7 Eruptions around the genitalia**

Itching on the private parts and becomes sore when I scratch. Developed small lumps on private area and pus comes out when I squeeze them (US). The puss is then accompanied by blood and very intense pain after squeezing. Very thick, creamy discharge that is very disturbing to me and very unusual.

01 F 10: XX: XX; 01 F 13: XX: XX; 01 F 26: XX: XX

I had pain in inguinal region, sharp pain with itching on the vagina and pimple like lumps showing up.

01 F 11: XX: XX

Lumps on private area still appear but less painful than previous days.

01 F 12: XX: XX

I was happy I finish my period yesterday it just few blood now.

03 F 04: XX: XX

It's been two days after the blood incident and I noticed that I have a rash on my vaginal lids/lip; it has a very hot and itchy sensation.

09 F 18: XX: XX

#### **4.3.16.1.8 Late**

Another sluggish day but no period yet.

04 F 21: XX: XX

No symptoms but still did not get period.

04 F 24: XX: XX

I still didn't get my period as yet maybe because of the med's that I am taking. I didn't get my period from the 6<sup>th</sup> of March and yes I am a bit worried about that.

06 F 02: XX: XX

#### **4.3.16.1.9 Libido**

##### **4.3.16.1.9.1 Decrease libido**

My libido is really low, shame my poor husband, I have an average libido so when he (my husband) is here I would like to be active with him maybe 4 times a week, twice a night, now it's like once a night and I sleep a day or 2, this is not me and I don't like this. I don't live with my husband so when he is here I would like to make it count; for all that I have missed.

30 F 13: XX: XX

##### **4.3.16.1.9.2 Increase libido**

I feel like my sex-drive is quite high than usual I just wanted to kiss him but it was better I chased him away.

09 F 14: XX: XX

We tried doing it again and the same thing happened again! I bleed! Now we are scared of having sexual intercourse so we just spent the whole night talking. I don't know what to do plus my sex drive is very high currently. I noticed I've been giving off a lot of thick creamy discharge lately though that does not have a bad odor; it's scaring me now.

09 F 21: XX: XX

##### **4.3.16.1.10 Protracted**

Also this time when I got my period I didn't get the terrible pulling pain in my thighs. It seems to only finish now. At least a day/2 longer than normal.

14 F 08: XX: XX

##### **4.3.16.1.11 Menses pain**

Period pain, intense than usual.

01 F 14: XX: XX

Period pain accompanied by itchy nipples and swollen breast tissue. This usually occurs when having my periods but this time the pain was worse and more intense than usual.

01 F 14: XX: XX

I had a bad day I started my periods so I am having periods pain and I am also tired. I feel very hungry often when I am on my period. I eat now and then (baseline).

03 F 06: XX: XX

Dear diary today I started my period. I was having some period pain in the morning then after I started bleeding. During the day the period pain come back. All day I was just tired I couldn't feel myself.

03 F 46: XX: XX

I had period pain even today and they were very strong as I couldn't sleep all night being up and down.

03 F 47: XX: XX

There is a shearing force along my pubic symphysis, all I can do is scream, I used a hot water bottle but that didn't help "period pain"!

09 F 13: XX: XX

The pains around my pubic symphysis still come and go so I go to bed 10pm and woke up at 8:15am.

09 F 14: XX: XX

And had my periods and I have period pains but they are not as bad.

22 F 31: XX: XX

#### **4.3.16.1.12 Return of menses**

Maybe I'm emotional because I started menstruating in the afternoon. I haven't menstruated since April 2013. It was just bright red blood, no clots, no pain either.

30 F 11: XX: XX

#### **4.3.16.1.13 Spotting**

This morning when I woke up after cleaning myself I saw that there was a bit of spotting of blood on the tissue. At least I am not so worried about that so much now because I can feel in my body that my body never did.

06 F 04: XX: XX

My period is still like spots every time. I clean myself.

06 F 06: XX: XX

This morning I had noticed that I was spotting but I just had my period a week ago. I found it strange because that never happens.

08 F 05: XX: XX

This morning was the same, I spotted again.

08 F 06: XX: XX

#### **4.3.16.1.14 Shorter**

Menstruation has ended (US). Menstruation usually lasts five to seven days but this time it lasted for only 2 days but the flow was heavier than usual and the pain was intense.

01 F 17: XX: XX

#### **4.3.16.1.15 Tired / Lethargic**

Dear diary today I started my period. I was having some period pain in the morning then after I started bleeding. During the day the period pain come back. All day I was just tired I couldn't feel myself.

03 F 46: XX: XX

Feeling very tired and lethargic today. Maybe because menstrual cycle is close.

04 F 19: XX: XX

#### **4.3.17 CHEST**

##### **4.3.17.1 Pain**

I have this sharp pain towards my left side of my chest, going towards my heart. The scale is about 6 or 7, just started now. That it's pulling a muscle or the heart. Don't know if I can manage with the pain as much to wake up and every time I pull myself up, the pain gets worse, like it's cramping that much.

06 F 19: XX: XX

My chest is hurting.

07 M 03: XX: XX

I got up with this pain in my chest. My chest pain was a mild pain, so I just left it and as the day went by the pain went away.

08 F 13: XX: XX

This morning when I got out of bed I went to go take a bath. I started getting this intense pulling pain in my right side chest in the centre of my breast but the pain was on my right side mainly. I was feeling so miserable the entire day. That pain was like getting more intense. Every breath I took I had that pulling pain. That pain started going down towards the afternoon time. The pain was not so intense. I had that pain before but it was not as intense like today. I just felt like crying but I stuck the pain. Towards the evening the pain started, slowly going away around 9:00pm at night.

08 F 14: XX: XX

Today I had that pain in my right side chest again but this time the pain was not as intense like yesterday. As the day went by the pain started going away. When I was massaging my chest the pain was not bad but yesterday the pain was very intense I couldn't breathe. Every breath I took it was paining but thank god the pain was not as bad today.

08 F 15: XX: XX



#### **4.3.17.2 Heavy chest**

Heavy chest – like something bad is going to happen. It's a feeling of heaviness inside.

21 F 15: XX: XX

#### **4.3.17.3 Palpitation**

Had heart palpitation – missed heartbeat, then a pounding beat – then all normal.

30 F 07: XX: XX

At 1pm I had the same palpitation again like yesterday, as I was praying wondering what's wrong, and then I remembered it might be proving though I'm not experiencing any symptoms.

30 F 08: 01: 00

### **4.3.18 BACK**

#### **4.3.18.1 Back pain**

##### **4.3.18.1.1 Aching**

My back is also paining but I get like a cold shoulder at times. Think I need a shoulder massage.

06 F 16: XX: XX

I just realised that I haven't been having the lower back pain I always have during the day.

14 F 08: XX: XX

Oh God – my lower back aches like it's broken. Keep moving though it's crazy pain. Doesn't make it any easier that it's a public holiday. After lunch rubbed my lower back and crawled into bed with my bean bag.

14 F 14: XX: XX

And my child bearing hips are killing me especially the lower back. Went to bed with my beanie to ease the pain.

14 F 20: XX: XX

##### **4.3.18.1.2 Afternoon**

My lower back was paining at 13:00pm and stopped at 17:00pm and the pain was severe like someone hitting your back. The pain was worse when I sit down and occurred in the afternoon.

10 F 15: XX: XX

My lower back was paining at 5:00pm. The pain was like pins going in my back. The pain was severe and was worse when I bend down. The pain was in the afternoon.

10 F 23: XX: XX

#### **4.3.18.1.3 Left**

I have back pain on the upper left side, on the shoulder blade from the time of waking up, worse after doing seats up.

01 F 25: XX: XX

#### **4.3.18.1.4 Morning**

This morning when I got out of bed my lower back started paining the pain was so intense and I was feeling uncomfortable. The entire day only when I massaged my back and broke it then only the pain went down a bit.

08 F 27: XX: XX

This morning when I woke up out of bed I was feeling so tired? My body felt like someone hit me. My lower back was killing me. I had this intense pain on my back so when I got to work I told someone to break it then only it felt a bit okay. As the day went by the pain was there but it was not as painful.

08 F 32: XX: XX

#### **4.3.18.1.5 Motion**

Now I have this back pain, every time I turn or go on something the pain is there and I can't manage with it anymore.

06 F 27: XX: XX

#### **4.3.18.1.6 Noon**

My lower back was paining at noon. The pain was mild. I was feeling tired. When I turn to my right the pain gets worse. When I sleep on my right side my back pain was severe and when I sit the pain is worse.

10 F 01: XX: XX

My upper back was paining at 11:00pm and stopped at 14:00pm. The pain was severe like needles poking in my back and the pain is worse when I sit down. The pain was mild and occurred at noon and continued through till the afternoon.

10 F 13: XX: XX

#### **4.3.18.1.7 Piercing / stabbing**

Today my lower tummy was paining and the pain was going to my lower back. It was a poking pain on my lower tummy. As the day went by the pain I had on my tummy was gone

but my back was still paining. The pains I was getting today was because I was going to get my monthly.

08 F 22: XX: XX

My lower back and my lower tummy was paining. It was an intense pain and poking type of pain. My entire body was paining. As the day went by the pain was not as bad.

08 F 23: XX: XX

And today also when I was cold my back felt like there was a pain in it like someone was poking me with something sharp.

22 F 28: XX: XX

#### **4.3.18.1.8 Pulling**

My back pain started again but this time it feels like there's a muscle pulling and I can't break it.

06 F 09: XX: XX

I have this back pain that's hitting my spine so bad that every time I turn it pulls. And now it's hitting up my neck towards the ear and it's hitting the muscle like pulling it every time so much.

06 F 14: XX: XX

My lower back had this intense pulling pain as the day went by. My middle back started to pain and the pain was travelling through my entire back.

08 F 03: XX: XX

This morning I felt this pulling pain in the centre part of my lower back.

08 F 10: XX: XX

At work most of the time I am standing so that's why my back and leg was pulling and the pain on my leg was intense.

08 F 34: XX: XX

#### **4.3.18.1.9 Rest / Relax**

Lower back pain lasted for about 2 hours. Felt uneasy, took time to relax. Felt better.

23 F 23: XX: XX

#### **4.3.18.1.10 Sensitive to cold**

I have the pain in my back in the morning because of the cold.

22 F 21: XX: XX

In the morning I was feeling cold and my back had a pain to it because of the cold.

22 F 28: XX: XX

#### **4.3.18.1.11 Sharp**

I also have a sharp pain on my left side of my back that every time I move my hand it pulls more.

06 F 06: XX: XX

My back pain is back but this time it's more painful.

06 F 07: XX: XX

Now I have this sharp back pain on my right side but this time, it's pulling from my shoulders and the muscles are hard and too tight. Every time I turn it pulls more and hurts more.

06 F 08: XX: XX

#### **4.3.18.1.12 Sore**

And my back is so sore and it can't break at all which I can't stand at all.

06 F 35: XX: XX

My back is still sore. Ignored it because I'm tired of being in pain.

14 F 15: XX: XX

Made supper for everybody even though my back is still sore. Had an early night at 9pm for work tomorrow.

14 F 18: XX: XX

### **4.3.19 EXTREMITIES**

#### **4.3.19.1 Upper limbs**

##### **4.3.19.1.1 Arms**

I also have pain on my right arm on the shoulder part. That the sharp pain pulls right up and it pulls the muscle so much that I have to massage my hand just for a bit, so that the pain goes and come.

06 F 16: XX: XX

My arms are also paining due to putting them high.

06 F 23: XX: XX

This morning when I got out of bed I felt this intense pain. This pulling pain in my arms going to my lower hand. I had this pain throughout the day. Like around 7:30pm that pain I was feeling in my hand started going down a bit but it was a bit swollen, the lower centre part of my hand. Yesterday after a long time I scrubbed floors so today when I woke up I felt the pain in my arms.

08 F 09: XX: XX

This morning when I got out of bed I had this pain on my right lower arm. It had this pulling pain and was swollen.

08 F 16: XX: XX

My arms was paining. I couldn't move my arm up. My muscle was pulling.

10 F 08: XX: XX

Right arm throbbing pain, together to the neck and right half of the head. No throbbing in neck and head. Worse when lying and at night. I moan and groan with the pain. Ears, neck and head pain was unusual together.

19 F 06: XX: XX

Pain in right arm. Shooting pain in muscles of the arm and inner elbow also. Worse when lying and at night. Very painful to lift hands up.

19 F 11: XX: XX

My right arm was sore. It was a medium pain of soreness. I had a very hot bath and massaged my arm. The pain was still there. I went to work and worked slow today. The pain in my arm subsided about 3:30pm.

25 M 09: XX: XX

For some reason I had a sore pain on my right arm. It was not a sharp pain but a gentle pain. It was on the part just above my wrist. I rubbed my hand but the pain was still there. At work at about 11am I noticed that the pain subsided.

25 M 21: XX: XX

#### **4.3.19.1.2 Left hand**

Skin peeling off on the palm of left hand accompanied by itchiness.

01 F 06: XX: XX

Since I woke up this morning I have this pain on my left hand on the elbow and it's pulling every time I move my hand.

06 F 12: XX: XX

#### **4.3.19.1.3 Right hand**

Midday – right eye, right side head/right rear neck/right shoulder pain. It's not a throbbing eye pain. Just a low grade constant pain that lets you know it's there.

14 F 05: XX: XX

### **4.3.19.2 Lower limbs**

#### **4.3.19.2.1 Burning**

It felt like my legs were on fire, don't know why.

06 F 18: XX: XX

So tired and sleepy plus my legs are on fire because of walking so much.

06 F 31: XX: XX

#### **4.3.19.2.2 Feet**

Every time I come back from the toilet I get these extra ordinary foot cramps, I cannot even move at least for two minute.

07 M 16: XX: XX

My feet are freezing.

07 M 48: XX: XX

I sweat a lot especially in my feet! The odor recently has been bad!

09 F 19: XX: XX

My feet was paining in the afternoon when I stand and the pain was like something poked me under my feet. The pain was severe and was worse when I stand.

10 F 17: XX: XX

Pain under left foot of the heel, throbbing pain, which is worse when I get out of bed and walk and in the early part of the morning. Severe pain which causes me to limp for a while. I think swapping shoes from higher heels to flat shoes may be the aetiology.

19 F 25: XX: XX

Throbbing pain under left foot of the heel. It is worse when I get out of bed and walk and lessens in the course of the day. Severe pain that causes me to limp for a while. I think swapping shoes from higher heels to flat shoes may be the aetiology.

19 F 26: XX: XX

My feet was sore so I soaked them when I got home. Raised my feet and resting my feet gave me some relief.

27 M 27: XX: XX

I am at the library for research it's 10am, yet my feet smell sour smell already, this is the second time in the last week that I've noticed the smell. I normally do not have smelly feet ever. I have dry skin and never sweat on my feet, I hardly sweat at all I am a cold blooded, I sweat only for a short while on the face after a lot exercise or moving fast, or panic. This is definitely not me. I don't like it, I hate for my smells they make me think of germs. Now I have to wash all my shoes.

30 F 07: XX: XX

My feet are aching even when I sleep I put them outside the blanket as they are also hot, I haven't had them in a long time over a year, since I started jogging, that means I must go back to jogging.

30 F 14: XX: XX

#### **4.3.19.2.3 Heel**

Pain under left foot of heel. Throbbing pain which is worse when I get out of bed and walk and early part of the morning. Severe pain that causes me to limp for a little while. I think the aetiology is swapping shoes from higher heels to flats.

19 F 25: XX: XX

Throbbing pain still under the heel. Worse when I jump out of bed and worse in the morning and lessen in the day. Severe pain that causes me to limp. The aetiology is wearing flat sandals.

19 F 27: XX: XX

Throbbing pain under both heels. Worse when I jump out of bed and in the morning and lessens in the day. Severe pain that causes me to limp. Wearing very flat sandals could be the aetiology.

19 F 28: XX: XX

Pain under both heel. Dull pain. Slight pain when I am on my feet. Pain all day. Dull pain is bearable. Flat sandals it does this repeatedly.

19 F 31: XX: XX

Pain under both heels. Dull pain under feet when standing.

19 F 32: XX: XX

#### **4.3.19.2.4 Knee**

Sharp pain on both knee joints especially at night.

01 F 13: XX: XX

Feeling weak in the knees and just want to sleep.

01 F 15: XX: XX

I have sharp pain on the knee joints, worse when seated, better after standing for too long and when sleeping. (NS)

01 F 25: XX: XX

Also I have this pain on my right knee which is worse when I bend and better when it breaks.

06 F 20: XX: XX

Towards the evening I had this joint pain on my knee, that is just too painful and I can't put my leg straight. I have to take my time in doing that. I can't walk for long due to the pain.

06 F 26: XX: XX, 06 F 27: XX: XX

My knees was paining at night. It felt like someone was hitting it and the pain was severe. The pain was worse when I walk.

10 F 08: XX: XX

#### **4.3.19.2.5 Pain**

##### **4.3.19.2.5.1 Leg**

My legs started to pain on the bone part on the bottom of my leg were my ankle is. This maybe because of walking.

06 F 05: XX: XX

Due to walking a lot my legs start to pain a lot and it gets swollen up so much that even standing for a while, my legs start to pull a lot.

06 F 08: XX: XX

My legs are paining so much that it's pulling so badly now. When I have to sit and lift my legs it feels like fire, also feels like that something is pulling my feet down again.

06 F 09: XX: XX

Today wasn't my day at all because I don't know how but I hurt my leg. It's hurting so much that no matter how much I try to rest my leg it is still pulling as much. It's on the ankle but on the front of my leg. I can't stand for long, walk nor even rest it. It's like the muscles that are paining is pulled too and extend that putting my leg on top will still pain as much. Now I can't manage to stand for less than a minute or so. That is how bad the pain is. Even if I have to turn my leg the way it pulls so much and even if I have to press my foot, the pain hits more up and more sharper and is worse than before.

There is still pain on my leg, so much that even if I have to stand up immediately the pain is bad.

My leg is still paining and I can't stand it anymore. It's worse than before. I am laming and walking now.

06 F 16: XX: XX



My left leg started to pain again. This time it's from the back of the ankle part and it's pulling so badly.

06 F 19: XX: XX

My leg started to pain and pull at the same time maybe because of the cold that is in the air.

06 F 23: XX: XX

My legs are so sore that I can't walk.

06 F 33: XX: XX

My legs were so sore that I couldn't stand for long. As soon as I put my foot up it was like fire, like I was walking forever.

06 F 34: XX: XX

I feel so horrible; I cannot feel my right leg.

09 F 14: XX: XX

My right leg has locked again.

09 F 15: XX: XX

My legs was paining in the morning like pins and needles. I couldn't move my legs and just left my leg the way it was. It became better when I put my leg on the floor.

10 F 11: XX: XX

Had a pain on my left leg, back of my whole leg. But as the day passed the pain went away, other than that I was all good. Was a sharp pain. Rate the pain 7/10.

23 F 01: XX: XX

I rested my legs as it felt heavy.

25 M 11: XX: XX

As I walked to the rank my legs was paining a lot. I rested it in the taxi.

25 M 15: XX: XX

My left leg was pulling. It was like a tugging pain on the leg. I sat at my place and stuck the pain but could not concentrate on my work. I worked to a minimum.

25 M 20: XX: XX

#### **4.3.19.2.5.2 Weakness / Numbness**

##### **4.3.19.2.5.2.1 Numbness**

My right leg has a numbness on the thigh part and every time I move it pulls more each time.

06 F 03: XX: XX

I feel so horrible; I cannot feel my right leg.

09 F 14: XX: XX

#### **4.3.19.2.5.2.2 Weakness**

Coming to work I felt that my legs didn't want to walk, felt like I was walking on air and my legs were asleep.

06 F 19: XX: XX

#### **4.3.20 SLEEP**

##### **4.3.20.1 Peaceful / Deep sleep**

I just wish that I have a good night sleep tonight and have dreams that are peaceful and sweet dreams to wake up fresh and like a new person today.

06 F 01: XX: XX

Last night I had the most peaceful sleep ever since forever. I wanted to sleep during the day and I don't know how but I did feel like I was in a dream or something. As I was asleep I felt that my body was like falling as I was sleeping. If I close my eyes now I would fall off to sleep and into a deep one.

06 F 02: XX: XX

My sleep are good at night and there is no more focusing myself to sleep.

06 F 08: XX: XX

I had a very good sleep last night and didn't dream at all.

06 F 24: XX: XX

I slept for the whole day today.

07 M 07: XX: XX

I had a good sleep, I had no dreams.

07 M 16: XX: XX

Didn't have my usual unconscious sleep today. Did errands with mum.

14 F 02: XX: XX

OH MY WORD!!! I slept through the night – had a good sleep.

15 F 21: XX: XX

Woke up-good sleep.

15 F 22: XX: XX

My body was refreshed. I felt I slept well and enough.

25 M 01: XX: XX

I slept like I was dead the night.

25 M 30: XX: XX

Had a good night's rest. Woke up refreshed.

27 M 06: XX: XX

Had a good night's sleep. Feeling fresh and rejuvenated.

27 M 08: XX: XX

I had a deep sleep the previous night. Woke up refreshed and ready to go to work.

27 M 09: XX: XX

Felt a little better after having a nap.

27 M 11: XX: XX

The sleep did me good.

27 M 14: XX: XX

I felt better after sleeping.

27 M 19: XX: XX

It was terrible to work in this state so I left work about 5pm and went home and slept. Do not know anything after that.

27 M 28: XX: XX

Well rested. I had a very deep sleep – like the dead but the body felt well rested.

27 M 30: XX: XX

#### **4.3.20.2 Sleeplessness**

Insomnia only slept after 02h00 in the morning of day 5. This is unusual as I sleep at around 22h00 and 23h00 every day.

01 F 04: XX: XX

I still toss and turn in the night because of my sleep. Only when I am awake then my sleep wants to take me? I mean why is that? Am I a normal adult or does it happen to everybody?

06 F 03: XX: XX

In the night I was only turning on my bed, could not sleep. I think it is because of the stress that I have thinking of what to do with my son and how to send him school next year.

06 F 04: XX: XX

My sleep is regular and I had a good sleep. Dreams were there but was also waking up regularly and tossing in the night.

06 F 06: XX: XX

I didn't feel like sleeping in the night and wasn't sleepy at all in the night.

06 F 18: XX: XX

I didn't have a good night's sleep last night only turning from side to side.

06 F 20: XX: XX

I am so tired that I want to sleep and I did but not the sleep that I had wanted. I am so irritated and moody.

As soon as I put my head on the pillow I didn't fall off to sleep because my sleep wasn't coming as much and I wasn't so tired like I was in the morning.

06 F 34: XX: XX

I slept late, my lower body was itching.

07 M 37: XX: XX

I still have my sleepless nights and video-game sessions.

09 F 18: XX: XX

Sleepless nights still no dreams but experiencing no more headaches.

09 F 19: XX: XX

Didn't get much sleep, if any, feel like shit, irritated and crabby [spent the night away from home-hated being removed from my comfort zone/my "nest" (my own room).

15 F 24: XX: XX

#### **4.3.20.3 Sleepiness**

Feeling sleepy most times and waking up late. Slept for more than 10 hours and still woke up feeling even more sleepy.

01 F 11: XX: XX

Slept longer hours than usual with less appetite.

01 F 17: XX: XX

Felt sleepy throughout the day.

01 F 26: XX: XX

I was so tired I felt sleep while I was studying and wake up at 10:00 at night I couldn't get up I was so tired.

03 F 01: XX: XX

I was more tired I felt like sleeping nonstop.

03 F 19: XX: XX

I am also feeling lazy and want to fall off to sleep so badly.

06 F 05: XX: XX

My eyes are so heavy full with sleep and I can sleep for about a minute or so.

06 F 09: XX: XX

My sleep didn't go so well. I am so tired like I can fall off to sleep right now and I don't want to do anything.

06 F 11: XX: XX

Just like tired and I want to close my eyes and sleep.

06 F 13: XX: XX

I only slept at 11:30pm because of my baby playing so much that my whole body feels like shutting down and lazy to just sleep and then wake up fresh, like I normally do.

06 F 16: XX: XX

But I also feel that my eyes have become sleepy as well.

06 F 19: XX: XX

I was just tired a lot and sleepy.

06 F 25: XX: XX

So tired and sleepy plus my legs are on fire because of walking so much.

06 F 31: XX: XX

I am so tired and sleepy. I just want to sit and relax for the whole day.

06 F 33: XX: XX

I am feeling so sleepy that my half eye is already wanting to close and my body is already lazy and half asleep.

06 F 35: XX: XX

I did not sleep well, I had a fight with my partner, and right now I am so angry at her on the other side I'm stressed tomorrow I'm writing my final exam.

07 M 28: XX: XX

Last night I could not sleep. This morning when I got out of bed I felt so tired and as the day went by I started feeling sleepy. My eyes was like so heavy. I couldn't keep them open. When I got home and had a hot bath and went to bed and had a sleep for a while then I woke up feeling much better than before.

08 F 01: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy.

08 F 35: XX: XX

I still have sleepless night.

09 F 16: XX: XX

I still have my sleepless nights and video-game sessions.

09 F 18: XX: XX

Sleepless nights still no dreams but experiencing no more headaches.

09 F 19: XX: XX

Very sleepy.

15 F 03: XX: XX

I feel like going to sleep the whole day.

22 F 05: XX: XX

Think I overslept. I was feeling too tired.

25 M 05: XX: XX

I slept in the car again today.

25 M 06: XX: XX

I was sleeping in the car on my way home.

25 M 09: XX: XX

I was a bit tired as I slept late last night. On my way to work I slept in the car.

25 M 11: XX: XX

Went to work but on my way I slept way in the car. At 10am today I had a sleepy feeling. I went and washed my face with cold water. I felt better after that. I worked fine the entire day.

25 M 27: XX: XX

I went to work but I dozed off in the car.

25 M 35: XX: XX

I was feeling sleepy and went to bed early.

27 M 07: XX: XX

I told my friend to massage my head and neck and the body. Felt sleepy after that and slept and did not even eat my supper.

27 M 10: XX: XX

Today I was feeling sleepy at work. Just wanted to close my eyes and sleep. Went to the bathroom and refreshed myself. Then I felt a little more awake.

27 M 18: XX: XX

I have noticed that recently I have been sleeping more. I need to nap during the day plus I am sleeping earlier now. I just seem to need the sleep. Maybe my body's way of telling me it needs sum rest. Nothing much happened today.

27 M 32: XX: XX

#### **4.3.20.4 Sleep restless**

I did not sleep very well, I'm not sure why but I was so restless.

07 M 36: XX: XX

Last night I could not sleep. I was restless. I felt that way the entire night. I only fell asleep around 13:30am. When I got out of bed this morning I felt so tired.

08 F 03: XX: XX

Last night I was feeling so restless and couldn't sleep. I was feeling so hot. I only fell asleep toward the early part of the morning. The next day then I had to wake up for work. As the day went by I was feeling so tired and my eyes were opened but they were so heavy. I needed to sleep but as the day went by being busy at work my sleepiness went away.

08 F 11: XX: XX

As the day went by I started feeling tired and restless so I went and slept for a while. When I got up I felt fine.

08 F 16: XX: XX

Woke up-another restless night, was too hot. Neck is a bit stiff – must have picked my head up too fast off the pillow.

15 F 08: XX: XX

Woke up, a terrible attempt at sleep. So tired.

15 F 20: XX: XX

Didn't sleep well. Restless. Interrupted sleep. Wake up every 2-3 hours.

21 F 14: XX: XX

#### **4.3.20.5 Sleep disturbed**

I did not sleep well, my child is sick; I just wish I can be with her for the whole day today.

07 M 27: XX: XX

I did not sleep well, I had a fight with my partner, and right now I am so angry at her on the other side I'm stressed tomorrow I'm writing my final exam.

07 M 28: XX: XX

I slept late, my lower body was itching.

07 M 37: XX: XX

I went back to bed again! No dreams just a "blank space"!

09 F 03: XX: XX

I'm up again 1:30 am in the morning; no dreams just blank thoughts, time for my computer game and some deep-thinking and alone time!

09 F 06: XX: XX

I couldn't sleep so I played games till I fell asleep.

09 F 08: XX: XX

Went back home/res 8pm I was dying of my usual headache so I took a shower and went straight to bed but I was up before 3am back to my computer game.

09 F 10: XX: XX

Watched a romantic movie, cried myself to sleep and I was up by 1am, back to my computer game.

09 F 11: XX: XX

Had the worst night's sleep ever. Sleep kept on breaking. Woke up with a tight pain at the back of my head just above the neck. Not actually a headache but a really nuzzled up feeling.

14 F 23: XX: XX

Woke up tired, didn't have a good sleep due to the heat and my cat hogging the bed.

15 F 05: XX: XX

Had a terrible sleep. It was too hot. I was too irritated. Just couldn't rest.

15 F 06: XX: XX

Woke up, didn't sleep well – too hot.

15 F 07: XX: XX

Woke up, sleep still not good. Neck is really sore, a bit of pain running down my arm as well.

15 F 09: XX: XX

At night I waking up and sleeping constantly.

15 F 10: XX: XX

#### **4.3.20.6 Sleep – waking up late**

A bit late waking this morning. Probably from running around yesterday.

14 F 04: XX: XX

Woke up pretty late today at 9:30am. Probably bugged from yesterday. Really can't keep up with my two year old nephew.

14 F 10: XX: XX



#### **4.3.20.7 Sleep – longer**

Slept longer hours than usual with less appetite.

01 F 17: XX: XX

I slept for the whole day today.

07 M 07: XX: XX

Woke up – wish I could have slept a bit longer.

15 F 25: XX: XX

I was not feeling good. I slept in till later and woke up at 10am.

25 M 24: XX: XX

#### **4.3.20.8 Sleep – tired**

I was feeling very tired. I slept from 3pm to 5:30pm.

25 M 31: XX: XX

I was tired to wake out of bed. My whole body was tired. I slept in the car on my way to work.

25 M 32: XX: XX

### **4.3.21 DREAMS**

#### **4.3.21.1 Children**

Dreamt I went to Saturday tuition with my son to make sure that the boy from the ex-in-law family stops making friends with. I was angry and anxious that something like this can happen.

14 F 26: XX: XX

#### **4.3.21.2 Confusion**

Had a weird last night, I've never had it before, dream I was in some rural area I don't know looks like my ruler but different. It was lightning and I wasn't afraid (normally very afraid). Then chicken ran away from the flat we were in and then we realised that it means lightning was going to strike that room, second before it did, and it did. I wasn't hurt or anyone else (think so) then I woke up – never had any dream like that before, so I prayed because I couldn't understand the meaning (it was 3am) – like is it about me or other people or is it about to occur soon (I usually dream things that actually happen) but as I prayed I was confused, not afraid.

30 F 06: XX: XX

#### **4.3.21.3 Dead relatives**

Dreamt I was cooking vegetables for my maternal granny who is late now for about 14 years. Felt good dreaming about this as I was doing something good for her.

14 F 28: XX: XX

I had a dream about my mum at about morning part (mum dead).

25 M 02: XX: XX

#### **4.3.21.4 Giant / tsunami**

Dreamt of a tsunami, I can't really swim but always dream of saving people but in the dream the weird thing happened while swimming, I went through the mountain and entered another world. There were giants and I was warning them that a tsunami is coming, but the giant started to run and left their short wives behind. In the dream I stop the giant and told them they are huge giants and they can survive the tsunami but they are leaving their wives behind, why don't they carry them. The giants listened and started picking up their wives and I felt very wise. There was a feeling of wisdom.

30 F XX: XX: XX

#### **4.3.21.5 Father**

Had such a stupid dream. My father put hair in my food. I took it out and he put it back again and then I took my plate away and didn't eat...

14 F 08: XX: XX

#### **4.3.21.6 Friends**

Also had a dream about old friends. People who played a significant role in my childhood and adolescent years.

04 F 03: XX: XX

I had a strange dream last night that a friend of mine was dying. He needed my help.

25 M 29: XX: XX

#### **4.3.21.7 Family / Happy**

##### **4.3.21.7.1 Ex-boyfriend's son**

Had a weird dream last night. My ex-boyfriend's son wanted to borrow R400 to buy his baby a bed sheet for the camp cot.....And then he's telling me in my dream that my ex-boyfriends is having a really difficult time with his current wife. I told him that I've moved on and it doesn't bother me with what ex-boyfriend gets up to or how he's doing.

14 F 13: XX: XX

#### **4.3.21.7.2 Ex-in-laws**

Dreamt I went to Saturday tuition with my son to make sure that the boy from the ex-in-law family stops making friends with. I was angry and anxious that something like this can happen.

14 F 26: XX: XX

Dreamt something about ex-in-laws. Don't know what but I just remember snippets.

14 F 29: XX: XX

#### **4.3.21.7.3 Happy**

I had this beautiful dream of my family, that I have finally settled down and my baby is happy to have a father in his life. In my dream, I also have a baby girl that is so cute and that everyone was happy for me. My husband has done everything for me and he loves my son to bits. Every time he saw him was always with smiles and hugs him a lot and never let him go. We are together as a family and he was always there for us whenever we called or he would just come over. There is always smiles on my family in my sleep. Just like I don't want to wake up from it. Just want to hug them in reality.

06 F 03: XX: XX

Last night I dreamt of my grandparents from my mum's side. The whole day I kept thinking about them and all the happy occasions we spent together. I realised how much I miss them. In the dream my grandparents was looking after me and they were happy, smiling and laughing in the dream. I felt like I connected to them last night.

27 M 06: XX: XX

#### **4.3.21.8 Funeral**

I had a strange dream about a funeral we did about a month ago.

25 M 03: XX: XX

#### **4.3.21.9 Fights / Fighting**

Had a very intense dream about fighting and being frustrated. Remembered very vaguely. Woke up feeling very intense, hot, and scared. Felt very angry and frustrated more because I cannot remember much.

21 F 03: XX: XX

I had a strange dream during the afternoon when I took a nap. I dreamt I was fighting with one of my good friends. He and I argued and we were physically fighting with one another. Not sure what we were fighting about but we seemed really angry at each other. I woke up tense and perspiring. My face and neck was wet and the pillow was wet. I was shocked and worried. Not sure what the dream meant. Cannot believe I was fighting with my good friend. For the rest of the day I kept thinking about that dream. It left me with an unsettled uneasy feeling.

27 M 17: XX: XX

The previous day's dream is still on my mind. Still see flashes of the dream, gives me goose bumps.

27 M 18: XX: XX

Had a lot of dreams but night I couldn't understand but I was being pursued by people preventing me to reach my destination and trying to kill me but I ran away and fought back and destroyed them.

2<sup>nd</sup> dream I was helping 2 patients with cancer of brain and Alzheimer's. I took them to the homoeopathic clinic but a doctor there and Dr. Jabu just sent them away and didn't help them, at the same time thieves stole my TV and belongings and things in my kids' room at gunpoint but police caught them and things were recovered.

30 F 03: XX: XX

#### **4.3.21.10 Partner**

This morning I had a beautiful dream and I just didn't want to get up from my dream. It was like a fairytale dream that came true in real life, like, I can just pick up my dreamer (partner) and hold him so tight and never let go of him. Just to stay here in my life and in my son's life as well forever.

06 F 08: XX: XX

Woke up with the strangest dream! Dee (partner) left me for a gay-guy!

09 F 01: XX: XX

Dreamt of somebody that I should've been close with but never noticed that he was interested and it seemed so natural that we were together and it was like now – meaning in this time....

14 F 34: XX: XX

I had a dream about my ex-girlfriend but it was not a wet dream.

25 M 08: XX: XX

#### **4.3.21.11 Pursued**

Had a lot of dreams but night I couldn't understand but I was being pursued by people preventing me to reach my destination and trying to kill me but I ran away and fought back and destroyed them.

2<sup>nd</sup> dream I was helping 2 patients with cancer of brain and Alzheimer's. I took them to the homoeopathic clinic but a doctor there and Dr. Jabu just sent them away and didn't help them, at the same time thieves stole my TV and belongings and things in my kids' room at gunpoint but police caught them and things were recovered.

30 F 03: XX: XX

#### **4.3.21.12 TV shows**

I had a dream about me being in a TV show. It was quite a funny dream.

25 M 18: XX: XX

#### **4.3.21.13 Rash on the body**

Had a dream last night that I had this weird rash on my body/arms/face and that I needed to show it to my GP.

14 F 19: XX: XX

#### **4.3.21.14 Real**

My dreams was so real in the morning that I couldn't move my body. It felt so real that I couldn't even cough, like I was being trapped.

06 F 17: XX: XX

#### **4.3.21.15 Religious**

Crazy dreams. Dreamt I went for pilgrimage and there was like good protecting and fighting for me against the evil. Just weird.

14 F 35: XX: XX

#### **4.3.21.16 Unremembered / Vague**

Dreams was there but was also waking up regularly and tossing in the night.

06 F 06: XX: XX

I had a dream or it was a nightmare, but I don't remember what it was about.

07 M 45: XX: XX

Again I had a dream but I can't remember the details.

07 M 46: XX: XX

I no longer dream!

09 F 10: XX: XX

Can't remember my dreams.

23 F 24: XX: XX

### **4.3.22 FEVER**

Increase in temperature.

01 F 10: XX: XX

I fill so hot yet I want to go and sit on the sun.

07 M 06: XX: XX

I still have the fever but I have stop coughing.

22 F 00: XX: XX

I think have a fever.

22 F 01: XX: XX

I am feeling very much cold and it seem like I'm going to have a fever.

22 F 23: XX: XX

I was feeling slightly feverish. Had to put a jersey on. My forehead and neck was warm maybe because of these mouth sores.

27 M 21: XX: XX

Today I feel more feverish, the face and neck and body as well is hot. Hotter than yesterday.

Think I'm getting a fever.

27 M 22: XX: XX

My temperature is a little lower today. Not as hot as the previous day.

27 M 23: XX: XX

### **4.3.23 PERSPIRATION**

I sweat a lot especially in my feet! The odor recently has been bad!

09 F 19: XX: XX

Don't know if it's just the weather but I am feeling hot and sweaty.

15 F 03: XX: XX

Feeling extremely hot, sticky, sweaty – all round.

15 F 04: XX: XX

A lot of perspiration last night while sleeping.

17 M 02: XX: XX

Perspiration again during sleep.

17 M 03: XX: XX

Perspiration while sleeping.

17 M 04: XX: XX

Perspiring a lot. Hot flushes.

21 F 27: XX: XX

I am at the library for research it's 10am, yet my feet smell sour smell already, this is the second time in the last week that I've noticed the smell. I normally do not have smelly feet ever. I have dry skin and never sweat on my feet, I hardly sweat at all I am a cold blooded, I sweat only for a short while on the face after a lot exercise or moving fast, or panic. This is definitely not me. I don't like it, I hate for my smells they make me think of germs. Now I have to wash all my shoes.

30 F 07: XX: XX

## **4.3.24 SKIN**

### **4.3.24.1 Skin abscess**

And another abscess on my rear end.

14 F 14: XX: XX

I have an abscess on my left side torso- on my panty line. This is uncomfortable.

14 F 21: XX: XX

Damn it –Another damn abscess!!!

14 F 24: XX: XX

I have another abscess on my bum!!! Really irritable with this because sitting and moving is just irritating.

14 F 32: XX: XX

### **4.3.24.2 Skin brightened**

I also noticed that my skin has brightened up a bit and I am also losing a bit of weight since on this remedy and I have a lot of energy since then.

06 F 04: XX: XX

My skin has gone light since I have been on the remedy.

06 F 19: XX: XX

#### **4.3.24.3 Skin dry**

Skin peelling off on the palm of left hand accompanied by itchiness.

01 F 06: XX: XX

My skin is so painful after walking in the sun for about two hours.

07 M 14: XX: XX

My skin feels so dry right now.

07 M 37: XX: XX

My lower body was itching when I went to bed, so I slept late again.

07 M 38: XX: XX

I think I have a skin rash or something, my skin is so dry.

07 M 46: XX: XX

I noticed my skin is peeling! I was in panic mode for the entire day.

09 F 06: XX: XX

My skin is still peeling, my mother says it could be the weather but then I'm not sure.

09 F 07: XX: XX

My skin is clear though and has no pimple.

09 F 16: XX: XX

Skin felt dry and was very dry. I had to moisturise all the time. Skin became very flakily.

23 F 15: XX: XX

Skin was very dry from the day before. I continued to moisturise and washed my face often.

23 F 16: XX: XX

#### **4.3.24.4 Skin fever sores**

Evening- Damn!!! Fever sore.

14 F 03: XX: XX

Damn! Full blown fever sore on bottom lip on the right corner. Abscess on the upper left thigh.

14 F 04: XX: XX

Damn this fever sore. My fever sore is smiling at everybody and not popping and going away.

14 F 05: XX: XX

This damn fever sore is irritating me. The sore on the side of my tongue has gone.



14 F 06: XX: XX

Oh God – I'm getting like a sore on my tongue!! What is going on? Discovered another abscess in my nether regions! Oh God!!

14 F 07: XX: XX

This damn fever sore is taking too long to dry up-going away too slowly.

14 F 08: XX: XX

#### **4.3.24.5 Skin inflammation**

My skin is so painful after walking in the sun for about two hours.

07 M 14: XX: XX

Doesn't seem like this pimple on the left nostril wants to come up. Will wait and see. This nose is irritating. No pimple but my left nostril is like inflamed at the bottom corner and is sore.

14 F 19: XX: XX

#### **4.3.24.6 Skin itchy**

My lower body was itching when I went to bed, so I slept late again.

07 M 38: XX: XX

#### **4.3.24.7 Skin peeling**

Skin peeling off on the palm of left hand accompanied by itchiness.

01 F 06: XX: XX

I noticed my skin is peeling! I was in panic mode for the entire day.

09 F 06: XX: XX

My skin is still peeling, my mother says it could be the weather but then I'm not sure.

09 F 07: XX: XX

#### **4.3.24.8 Pimples**

I have a new symptom that I am having which is pimples on my side of my face, also on my upper lips and on my chin as well. It is a bit itchy.

06 F 07: XX: XX

My skin feels tighter and not oily and there is fine pimples on my face which I can feel when I touch my skin.

06 F 08: XX: XX

My skin is clear though and has no pimple.

09 F 16: XX: XX

Only my left nostril is irritating I have a small pustule pimple at the corner of my left nostril. Popped it but the whole area is sore. These abscesses don't seem to get ripe. Just appears and pains just to get noticed and then seem to go dormant.

14 F 16: XX: XX

Feels like an acne pimple.

14 F 17: XX: XX

Woke up with an inflamed pimple on the left bottom corner of my nostril. Like an abscess of sorts. Oozing pus and very sore. Tried to press out what I could but now it's crusty.

14 F 20: XX: XX

Did notice the development of pimples, thought it was the normal odd pimple, but I know suspect that maybe it's not, because it's more than the normal odd pimple. It's 5 to be exact.

15 F 16: XX: XX

#### **4.3.24.9 Rash – arms / finger / neck**

Rash on base of right middle finger. Also on back of neck. Consistant with sun rash-fine and itchy.

04 F 02: XX: XX

Rash on arms, neck and right middle finger.

04 F 03: XX: XX

Rash on arms and finger seems to be healing. Rash on neck still persistent.

04 F 05: XX: XX

Rash on neck getting dry. Not so itchy.

04 F 07: XX: XX

Rash seems to be healing.

04 F 08: XX: XX

I think I have a skin rash or something, my skin is so dry.

07 M 46: XX: XX

### **4.3.25 GENERALS**

#### **4.3.25.1 Bathing**

After bathing I felt a little better, and went straight to bed.

07 M 07: XX: XX

### **4.3.25.2 Energy**

#### **4.3.25.2.1 Increased energy**

I feel that I have more energy in me than before, like there is a different side of me. I don't feel alone in this world, like there is hope for me, someone is out there for me.

06 F 01: XX: XX

This morning when I got of bed for the first time I was not tired. I was full of energy and was on the go.

08 F 02: XX: XX

Today I was full of energy not like every other day. I'm always tired. Today I was not.

08 F 20: XX: XX

Today I had a good day. I was not tired and I was full of energy and was on the go.

08 F 28: XX: XX

Energy level good.

17 M 06: XX: XX

I was very happy since I did very well in my Eco paper 2. And I had lot of energy, and was very hyper.

22 F 38: XX: XX

I was feeling refreshed and full of energy. I went to work full of power. I worked to the maximum and came home.

25 M 33: XX: XX

I have noticed that I am able to accomplish my tasks given to me more easily. I'm not drained out as before. My energy level is higher than before and I can focus more on my work. I am happy and excited about this. I have so much energy.

27 M 04: XX: XX

Feeling energetic, very energetic this morning.

27 M 05: XX: XX

Felt good and energised when I work up this morning. The sleep did me good.

27 M 14: XX: XX

#### **4.3.25.2.2 Decreased Energy**

Feeling lazy and want to sleep throughout the day.

01 F 08: XX: XX

Tired and feeling weak throughout the day.

01 F 09: XX: XX

I feel tired throughout the day. I feel sleepy all the time (NS).

01 F 25: XX: XX

I was so tired I felt sleep while I was studying and wake up at 10:00 at night I couldn't get up  
I was so tired.

03 F 01: XX: XX

I was tired. I slept by one time I arrived.

03 F 04: XX: XX

I was so tired I also slept very early than usually, but it not a serious flu it will pass.

03 F 17: XX: XX

I was more tired I felt like sleeping nonstop.

03 F 19: XX: XX

I'm a bit tired.

07 M 14: XX: XX

I am so tired right now. I need to rest but after I've ate I'm doing well now physically,  
everything is back to normal.

07 M 21: XX: XX

Today I was feeling so tired and I was feeling so drained out. As the day went by I was  
feeling okay. When I got up this morning my body was feeling tight and was tired. But when I  
had a hot bath I felt a bit relieved but I was still feeling tired.

08 F 25: XX: XX

This morning when I woke up out of bed I was feeling so tired? My body felt like someone hit  
me.

08 F 32: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy.

08 F 35: XX: XX

I was feeling weak and restless because it was hot and when I feel restless I don't want to  
do anything. I woke up like a zombie I feel sluggish and tired!

09 F 08: XX: XX

Had to fetch my friend from the airport with my boyfriend, had a good time but I was  
extremely exhausted by 3pm.

09 F 12: XX: XX

I didn't get my usual headache I only experience tiredness.

09 F 14: XX: XX

Today! I had no energy at all.

09 F 20: XX: XX

I'm so tired! I think that I've been overworking myself lately.

09 F 11: XX: XX

I was feeling weak and restless because it was hot and when I feel restless I don't want to do anything.

10 F 12: XX: XX

I was just tired. My body felt like tight and heavy.

10 F 16: XX: XX

I was feeling so tired like I didn't want to do anything. It felt like a rock.

10 F 22: XX: XX

I was so tired. My body felt heavy. I felt like I didn't want to do anything.

10 F 30: XX: XX

Feeling sleepy, a glass of water didn't help.

13 M 03: 10: 00

Got really weak around midday and feeling shaky. Eating did not help immediately.

14 F 05: XX: XX

Do I have to go to work!! Just feeling like a blob. Dragged myself around the entire day. Crashed early.....

14 F 40: XX: XX

I woke up in the morning feeling so tired and pain in the whole body. I slept the whole day.

15 F 07: XX: XX

I do feel very tired and I want to sleep.

22 F 00: XX: XX

I feel like going to sleep the whole day.

22 F 05: XX: XX

I feel very tired.

22 F 06: XX: XX

I feel very tired and just want to sleep the whole day.

22 F 11: XX: XX

And I'm very tired and weak.

22 F 12: XX: XX

I was very happy since I did very well in my Eco paper 2. And I had lot of energy, and was very hyper.

22 F 38: XX: XX

A bit drained towards the afternoon but continued to work but at a slower pace.

27 M 27: XX: XX

### **4.3.25.3 Food and drinks**

#### **4.3.25.3.1 Beef / vegetable**

##### **4.3.25.3.1.1 Aversion to beef / vegetable**

I am vomiting after eating fried beef with vegetable.

01 F 04: XX: XX

#### **4.3.25.3.2 Tomatoes**

##### **4.3.25.3.2.1 Aversion to tomatoes**

I couldn't even finish my Greek salad, for some reason tomatoes taste awful!

09 F 05: XX: XX

I love chilies and like completely hate tomatoes.

09 F 10: XX: XX

#### **4.3.25.3.3 Cravings**

##### **4.3.25.3.3.1 Cake / Sweet**

I feel like eating cake but did not. It was my monthly time that's why I like to eat sweet things but I did not get my monthly and I only feel for sweet things.

10 F 34: XX: XX

##### **4.3.25.3.3.2 Chocolate cake**

I felt like eating chocolate cake. After eating the cake I was satisfied.

08 F 08: XX: XX

I was feeling to eat chocolate cake but I did not eat it.

10 F 01: XX: XX

#### **4.3.25.3.3.3 Chocolate / Chocolate mousse**

I am craving for chocolate mousse and dark chocolate. I was also very hungry. After eating my chocolate mousse I felt like I am in heaven. It was what I had wanted for a very long time.

06 F 01: XX: XX

As the day went by around 10:45am I felt like having chocolate mousse. After having chocolate mousse I went for seconds then I was satisfied.

08 F 10: XX: XX

As the day went by I felt like having chocolate and sour things. I had a chocolate and sour figs and felt better again. I had my sweet and sour stuffs and was satisfied.

08 F 23: XX: XX

I was feeling to eat chocolate but did not eat it. I like to eat chocolates when it's cold.

10 F 07: XX: XX

I was feeling to eat chocolate but I never eat it. My craving for chocolate is because it is that time of the month.

10 F 26: XX: XX

#### **4.3.25.3.3.4 Chicken and roti / chicken**

I wanted chicken and roti but they gave me mutton which I don't like much. I so wanted the white Easter egg that they have in a tray but now they don't have any at all only the normal Easter eggs.

06 F 35: XX: XX

Bought my doggy bag filled with "hot" wings for supper.

09 F 12: XX: XX

I was feeling to eat Nando's. I did not eat it.

10 F 02: XX: XX

#### **4.3.25.3.3.5 Chillies**

I have a weird craving for chillies and I'm not even a "chillies" fan.

09 F 04: XX: XX

I feel like eating a lot of meat with aged chili sauce (7pm); I ate 3 pieces of chicken dipped in "aged chillies sauce".

09 F 11: XX: XX

My appetite is improving though I'm still craving for hot and spicy food.

09 F 16: XX: XX

#### **4.3.25.3.3.6 Coke**

I was feeling for coke but did not drink it.

10 F 02: XX: XX

#### **4.3.25.3.3.7 Fishcake**

I was craving to eat fishcake but did not eat it.

10 F 03: XX: XX

#### **4.3.25.3.3.8 Herbs and roti**

Today I felt like having herbs and roti. When I got home my mum made the very same thing and I enjoyed it. I even had a second roti but at least I was satisfied after I had it.

08 F 12: XX: XX

#### **4.3.25.3.3.9 Ice-cream**

I felt like having a king cone ice-cream.

08 F 13: XX: XX

Yesterday I felt like having a king cone ice-cream so today I had it but I had to have two then I was satisfied.

08 F 14: XX: XX

As the day went by I felt like having an ice-cream blue berry cheese cake. As it got towards evening I felt to have the ice-cream again so I had it. I was not satisfied the first time I had the ice-cream during the day so I had more towards the evening then I was satisfied.

08 F 19: XX: XX

As the day went by I felt like having ice-cream and I did have it but late at night. I had three cones and was over satisfied. I had my favorite ice-cream blue berry cheese cake.

08 F 24: XX: XX

As the day went by I felt like eating ice-cream.

08 F 28: XX: XX

#### **4.3.25.3.3.10 Junk food**

Just ate junk food the whole day, chips and chocolates.

23 F 06: XX: XX



#### **4.3.25.3.3.11 Milkshake – banana flavor**

I felt like having a banana milkshake but I couldn't have it because I didn't have it at home around that time so I had to stay without it but I could taste it in my mouth.

08 F 14: XX: XX

Yesterday I felt like having banana milkshake. So today I had it and it felt so nice. After a long time I had a banana milkshake.

08 F 15: XX: XX

#### **4.3.25.3.3.12 Mutton curry / Meat**

I feel like eating a lot of meat with aged chili sauce (7pm); I ate 3 pieces of chicken dipped in "aged chilies sauce".

09 F 11: XX: XX

I feel like eating mutton curry but did not eat it.

10 F 10: XX: XX

#### **4.3.25.3.3.13 Spicy / Hot**

My appetite is improving though I'm still craving for hot and spicy food.

09 F 16: XX: XX

#### **4.3.25.3.3.14 Sour**

As the day went by I felt like having chocolate and sour things. I had a chocolate and sour figs and felt better again. I had my sweet and sour stuffs and was satisfied.

08 F 23: XX: XX

#### **4.3.25.4 General muscle pains / soreness**

##### **4.3.25.4.1 Body pain**

I am so sick, I feel pains everywhere.

07 M 07: XX: XX

Right now my body has pains.

07 M 36: XX: XX

My body was paining and I felt tired.

08 F 12: XX: XX

When I got up this morning my body was feeling tight and tired but when I had a hot bath I felt a bit relieved but I was still feeling tired and drained out.

08 F 25: XX: XX

And my child bearing hips are killing me especially the lower back. Went to bed with my beanie to ease the pain.

14 F 20: XX: XX

Really feeling exhausted this morning. Body is aching as well. Went back to bed after breakfast.

14 F 24: XX: XX

The body ached so much. I told my friend to massage my head and neck and the body. Felt sleepy after that and slept and did not even eat my supper.

27 M 10: XX: XX

Normal day, just a bit tired. Feeling aches in the body. I felt better after sleeping and was a bit more relaxed.

27 M 19: XX: XX

#### **4.3.25.4.2 Pain – left**

I have started with a side pain on my left side of my body, that is on the rib cage, that is so bad, it's like the pain doesn't want to go away from me. The pain this time is sharper. It's always like a poking pain and I can't stand it now. My side still had that bad pain, like something was killing me inside. It was like a knife poking me repeatedly and only after a minute.

06 F 01: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy. As I was going to work my left side started to cramp.

08 F 35: XX: XX

My side was paining and the pain was coming and going at 13:00pm and went away at 17:00pm. The pain was mild, like something poking me. When I sleep on my left side its worse. The pain was in the afternoon.

10 F 05: XX: XX

My left side was paining in the morning. The pain was that sharp pain, it was like someone hitting my side. The pain was worse when I sleep on my left side and a mild pain.

10 F 25: XX: XX

But my left hip feels sore when walking. Think carrying the 2 year old blob caused that. Don't know how I'm going to last 1 week with him.

14 F 11: XX: XX

Oh God – my left side hip is sore. My whole body is aching today but I don't know where.

14 F 12: XX: XX

#### **4.3.25.4.3 Pain – joints**

Felt every joint in the body pain. No pain after I got out of bed

19 F 05: XX: XX

Body very sore not sure why but joints are sore.

21 F 28: XX: XX

#### **4.3.25.4.4 Pain – sensation as If hit by bus / person**

My body started to pain around 7:00pm as if someone hit me.

08 F 08: XX: XX

Aaah!! Feel like I've been hit by a bus. My body is aching and my shoulder blades are bugged. I'm thinking because I slept with the aircon on last night.....

14 F 07: XX: XX

#### **4.3.25.4.5 Influenza**

Today I couldn't even wake up I was so sick. My voice wasn't well.

03 F 19: XX: XX

Fluish, sore throat, fever and hot flushes.

21 F 29: XX: XX

#### **4.3.25.5 Weather**

##### **4.3.25.5.1 Sensitive to the cold**

Felt very cold even though the temperature was high.

01 F 26: XX: XX

I feel like sitting on the sun for the whole day.

07 M 05: XX: XX

Today I'm feeling colder than usually.

22 F 27: XX: XX

So nice and cold today. No hot sun.

14 F 19: XX: XX

Don't know if it's just the weather (the weather is extremely hot and humid) but I am feeling hot and sweaty.

15 F 03: XX: XX

#### **4.3.25.5.2 Warm / hot water ameliorates**

After bathing I felt a little better, and went straight to bed.

07 M 07: XX: XX

In the morning I woke up in the kitchen to drink some warm water to moderate my headache.

After that I went back to bed.

16 F 12: XX: XX

#### **4.3.25.6 Weight loss**

I feel that I have lost weight from my wrist line, and a bit on my stomach area, because my pants are gone loose. So I am so excited about that and feel proud as well.

06 F 19: XX: XX

But strangely, I feel like I lost weight. My clothes are looser.

27 M 08: XX: XX

#### **4.3.25.7 Weariness**

##### **4.3.25.7.1 Tired / Drained out**

Today I couldn't even wake up I was so sick. My voice wasn't well.

03 F 19: XX: XX

Feeling a little tired today.

04 F 12: XX: XX

Feeling a bit tired and hungry.

04 F 18: XX: XX

Feeling very tired and lethargic today. Maybe because menstrual cycle is close.

04 F 19: XX: XX

Was tired again today.

04 F 20: XX: XX

Another sluggish day but no period yet.

04 F 21: XX: XX

It is the Easter weekend that has started and I am so tired. Work has been so busy that I couldn't get of my leg.

06 F 30: XX: XX

I am so sick, I feel pains everywhere.

07 M 07: XX: XX

I am so tired of studying yet I feel like I need to study more.

07 M 18: XX: XX

Right now my body has pains.

07 M 36: XX: XX

I only slept for few hours, my body is sore.

07 M 48: XX: XX

As the day progressed I started getting tired.

08 F 06: XX: XX

As the day went by I started getting tired.

08 F 09: XX: XX

Today I was feeling so tired. My body was paining with the tiredness.

08 F 12: XX: XX

Today I was feeling a bit tired and lazy.

08 F 18: XX: XX

Today I was feeling so tired and I was feeling so drained out. As the day went by I was feeling okay. When I got up this morning my body was feeling tight and was tired. But when I had a hot bath I felt a bit relieved but I was still feeling tired.

08 F 25: XX: XX

Today I was not as tired as every other day.

08 F 26: XX: XX

This morning when I woke up and got out of bed I was feeling so tired? My body felt like someone hit me.

08 F 32: XX: XX

As the day went by I started getting tired. I was feeling hot and found myself drinking a lot of water. I was busy the entire day so that made me feel tired.

08 F 33: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy.

08 F 35: XX: XX

I was feeling tired.

10 F 01: XX: XX

Made snacks for my dad and son as everyone was drained for the funeral day we had.

14 F 03: XX: XX

Tiring day. Just went to bed and crashed.

14 F 09: XX: XX

Woke up pretty late today at 9:30am. Probably buggered from yesterday. Really can't keep up with my 2 year old nephew.

14 F 10: XX: XX

Woke up tired. Still tired in the afternoon.

15 F 12: XX: XX

I was tired in the morning.

25 M 02: XX: XX

Worked hard today and I was tired.

25 M 04: XX: XX

My body is so tired.

25 M 09: XX: XX

I did not eat as I was feeling tired.

25 M 35: XX: XX

Felt tired at night and went to bed.

27 M 08: XX: XX

I'm tired. We had a busy day at work. Exhausted.

27 M 13: XX: XX

I am tired. We were busy at work. Felt better after a hot bath. Did not feel like eating and went straight to bed.

27 M 16: XX: XX

I'm tired after a hard day's work. Felt better after I had a bath and had something to eat.

27 M 25: XX: XX

#### **4.3.25.7.2 Tired / Irritable / Grumpy**

Woke up tired and grumpy (by now you should realise I'm definitely not a morning person, nor do I sleep well).

15 F 11: XX: XX

Woke up tired. Irritable.

15 F 28: XX: XX

Woke up tired. Irritated, frustrated, stressed!!! HATE LIFE!!!

15 F 29: XX: XX

#### **4.3.25.7.3 Tired / Occupation**

The entire day I was feeling tired and could not work to my full potential.

25 M 13: XX: XX

My day was weary as I could not perform to my maximum level at work.

25 M 32: XX: XX

#### **4.3.25.7.4 Tired / Relaxed**

Because of yesterday's tiredness I just relaxed at home. Enjoyed the day. Felt very at ease.

21 F 17: XX: XX

#### **4.3.25.7.5 Tired / Restless**

As the day went by I started feeling tired and restless so I went and slept for a while. When I got up I felt fine.

08 F 16: XX: XX

I was feeling so tired and restless today. My entire body was paining.

08 F 23: XX: XX

Woke up tired from a restless night. Scratchy throat from nasal drip. Still tired and going to nap. Woke up feeling rested, throat scratchy.

15 F 02: XX: XX

#### **4.3.25.7.6 Restless / Weakness**

I was feeling weak and restless because it was hot and when I feel restless I don't want to do anything.

10 F 12: XX: XX

Got really weak around midday and feeling shaky. Eating did not help immediately.

14 F 05: XX: XX

#### **4.3.25.7.7 Tired / Sleepy**

I was so tired I felt sleep while I was studying and wake up at 10:00 at night I couldn't get up I was so tired.

03 F 01: XX: XX

I am so tired, like I can fall off to sleep right now and I don't want to do anything.

06 F 11: XX: XX

Just like tired and I want to close my eyes and sleep.

06 F 13: XX: XX

I feel very tired in the morning, like I just don't want to get up from bed anymore. I just want to lay in bed, and just be lazy all day.

06 F 14: XX: XX

I was just tired a lot and sleepy.

06 F 25: XX: XX

I am so tired and sleepy plus my legs are on fire because of walking so much.

06 F 31: XX: XX

I am so tired and sleepy. Just want to sit and relax for the whole day.

06 F 33: XX: XX

I am so tired that I want to sleep and I did but not the sleep that I had wanted. So now, I am so irritated and moody.

06 F 34: XX: XX

This morning when I got out of bed I felt so tired and as the day went by I started feeling sleepy.

08 F 01: XX: XX

Really feeling exhausted this morning. Body is aching as well. I went back to bed after breakfast. Woke up for lunch and went back to bed again. Oh my God – sleeping too much. Woke up at 4:30pm and lazed in front of the TV and then the lights go out at 8pm. No need to stay awake now.

14 F 24: XX: XX

I think I over slept. I was feeling too tired.

25 M 05: XX: XX

I was a bit tired as I slept late last night.

25 M 11: XX: XX

I felt a bit tired. I slept in my transport to work.

25 M 26: XX: XX

I was feeling very tired. I slept from 3pm to 5:30pm.

25 M 31: XX: XX

I was tired to wake out of bed. My whole body was tired. I slept in the car on my way to work.

25 M 32: XX: XX

Went to sleep early at night and did not even feel like eating. Did not have supper.

27 M 19: XX: XX



I was a little tired when I reached home. Was too lazy to even cook. Just had a bath and slept. I did not have much of an appetite. I just didn't feel hungry.

27 M 31: XX: XX

#### **4.3.25.7.8 Tired / Tight / Heavy**

I was just tired. My body felt like tight and heavy.

10 F 16: XX: XX

I was feeling so tired like I didn't want to do anything. It felt like a rock.

10 F 22: XX: XX

I was so tired. My body felt heavy. I felt like I didn't want to do anything.

10 F 30: XX: XX

Do I have to go to work!! Just feeling like a blob. Dragged myself around the entire day. Crashed early.....

14 F 40: XX: XX

## **4.4 THE REPERTORY OF *ACACIA XANTHOPHLOEA* 30CH**

The rubrics recognised in the research proving of *Acacia xanthophloea* 30CH were depicted in the traditional repertory format. The transcription of the proving symptomatology to rubrics in the repertory was directed in accordance with the standard enunciated by Schroyens(2007). The procedure employed for the grading of symptoms is an amalgamation of grading according to the prevalence of symptom manifestation(Sherr 2003:86) and according to the number of provers encountering the specific symptom(Schroyens, 2007). The moderate percentages of the 24 provers on verum were determined which resulted in the grading structure represented in Table 4.2.

Rubrics were graded as follows: [(Schroyens, 2007) and (Sherr 2003:86)]

- New rubrics proposed in this proving are underlined and marked with an N;
- Grade 1 rubrics are in plane type;
- *Grade 2 rubrics are in italics;*
- **Grade 3 rubrics are in bold type, lower case;** and
- **GRADE 4 RUBRICS ARE IN BOLD TYPE, HIGHER CASE**

**Table 4.2: Rubric grading system**

Number of provers	Average percentage	Grade
1-4	0-19	1
5-9	20-39	2
10-14	40-59	3
15 and above	60 and above	4

The repertory in Table 4.3 comprises three columns following the order of sections found in the repertory. The first column indicates the rubric and sub-rubric/s, the second column is the grading and the third column is the *Synthesis* page number or new symptom(N) or cured symptom(CS).

**Table 4.3: Rubrics and grading of symptoms arising from the proving**

Rubrics	Grading	Page no
<b>4.4.1 Mind</b>		
[80 RUBRICS]		
<i>Mind – Activity – desires activity – work, at</i>	2	02
<i>Mind – Ailments-from – mental exertion</i>	2	06
Mind – Ailments from – neglected, being – father, by one's	1	06
Mind – Ambition – increased	1	07
<i>Mind – Anger</i>	2	08
Mind – Anger – morning	1	08
Mind – Anger – causeless	1	09
Mind – Anger – children in	1	09
Mind – Anger – waking on	1	11
Mind – Anxiety	1	14
Mind – Anxiety – time is set, if a	1	21
<i>Mind – Antisocial</i>	2	14
Mind – Cares – money, about	1	28
<i>Mind – Cheerful</i>	2	29
Mind – Cheerful – company, in	1	30
<i>Mind – Company – aversion to</i>	2	34
Mind – Concentration – difficult – attention, cannot fix	1	36
<i>Mind – Concentration – difficult – attempting to concentrate, on</i>	2	36

Mind – Concentration – working, while – work	1	36
Mind – Concentration – difficult – studying	1	36
Mind – Content – himself, with	1	41
Mind – Delusions – body – ugly, body looks	1	53
Mind – Delusions – time – earlier, time seems	1	79
Mind – Delusions – time, exaggeration of time	1	79
Mind – Delusions – time, space, and, lost or confused	1	79
Mind – Delusions – time – working against	1	79
Mind – Disgust – own body, of one's	1	88
Mind – Estranged	1	95
<i>Mind – Escape – society from</i>	2	95
Mind – Fear – alone, of being	1	101
Mind – Fear – danger, of impending	1	103
<i>Mind – Fear – failure, of</i>	2	106
Mind – Fear – happen, something will	1	107
Mind – Fear – separation of, children, from	1	111
Mind – Fear – unknown, of the	1	113
Mind – Forgetful	1	115
Mind – Forsaken feeling – isolation, sensation	1	116
Mind – Hopeful	1	123
Mind – Industrious – finish his work/ desire to	1	132
Mind – Irresolution	1	136
<b>Mind – Irritability</b>	<b>3</b>	<b>136</b>
Mind – Irritability, children toward	1	138
Mind – Irritability – evening	1	137
Mind – Irritability-morning	1	137
Mind – Irritability – morning – waking on	1	137
Mind – Irritability – noise, from	1	139
<i>Mind – Irritability – people, with</i>	2	139
<i>Mind – Irritability – sleeplessness, with</i>	2	140
<i>Mind – Laziness</i>	2	146
Mind – Laziness – morning	1	145
Mind – Laziness – waking – morning – waking, on	1	146
Mind – Laziness – work – aversion to	1	147
Mind – Mental exertion – amel	1	155
<i>Mind – Mental exertion – agg</i>	2	155
Mind – Mental exertion – desires	1	155
<i>Mind – Mental exertion – fatigues</i>	2	155
Mind – Mood – alternating	1	160
Mind – Mood – changeable	1	160
Mind – Rage	1	171
Mind – Religious affections	1	173
<i>Mind – Restlessness</i>	2	175

Mind – Restlessness; night	1	176
Mind – Restlessness – sleep – starting from, on	1	179
Mind – Restlessness – sleeplessness; from	1	179
Mind – Restlessness – weakness – during	1	179
Mind – Sadness – company – aversion to company; desire for solitude	1	183
Mind – Sadness – company – desire for company	1	183
<i>Mind – Sadness – gloomy</i>	2	184
Mind – Sensitive – chill; during	1	188
Mind – Sensitive – reprimands; to	1	190
Mind – Slowness – motion, in	1	195
Mind – Slowness – work, in	1	195
Mind – Studying – difficult	1	201
Mind – Talking – agg	1	205
Mind – Time – quickly, appears shorter, passes too	1	211
Mind – Time – slowly, appears longer, passes too	1	211
Mind – Tension, mental	1	207
<i>Mind – Tranquility</i>	2	212
Mind – Weeping – alone; when – amel	1	219
Mind – Weeping – sad – thoughts, at	1	222

#### **4.4.2 Vertigo**

[5 RUBRICS]

Vertigo – Accompanied – head – pain	1	227
Vertigo – Evening	1	226
Vertigo – Noon	1	225
Vertigo – Turning, as if head is turning round, sensation as if	1	223
Vertigo – Vertigo	1	225

#### **4.4.3 Head**

[86 RUBRICS ]

Head – Heaviness – morning	1	261
Head – Lightness, sensation of	1	267
Head – Pain – accompanied – eye – pain	1	278
Head – Pain – accompanied by – nausea	1	277
Head – Pain – afternoon	1	274
Head – Pain – afternoon – dull pain	1	274
Head – Pain – bursting pain	1	282
Head – Pain – closing the eyes – agg	1	283
Head – Pain – closing the eye – amel	1	283
Head – Pain – company – agg	1	284

Head – Pain – drinking – cold water – amel	1	286
<i>Head – Pain – dull pain</i>	2	286
Head – Pain – Eating – agg	1	287
Head – Pain – eating – after – amel	1	287
Head – Pain – eating – fasting agg	1	288
Head – Pain – eating – impossible	1	287
Head – Pain – evening – bursting pain	1	275
Head – Pain – evening – 20h	1	275
Head – Pain – evening – sore	1	287
Head – Pain – evening – while – amel	1	287
Head – Pain – exertion – amel	1	261
Head – Falls – forward – head would fall	1	288
Head – Pain – fasting – agg	1	313
Head – Pain – forehead	1	318
Head – Pain – forehead – cutting pain	1	311
Head – Pain – forehead – dull pain	1	320
Head – Pain – forehead – noise – agg – pulsating pain		
Head – Pain – forehead – motion – agg – pulsating pain	1	320
Head – Pain – forehead – sleep – after – amel	1	322
Head – Pain – head – forward – agg	1	281
Head – Pain – hammering pain	1	288
<i>Head – Pain – headache, after intense</i>	2	288
Head – Pain – lying-amel	1	31
<b>Head – Pain –morning</b>	<b>3</b>	<b>272</b>
Head – Pain – morning – dull pain	1	295
Head – Pain – night	1	274
Head – Pain – noise – agg	1	335
Head – Pain – noon	1	336
Head – Pain – occiput	1	338
Head – Pain – occiput – morning – waking, on	1	346
Head – Pain – occiput – eating – after – amel	1	348
Head – Pain – occiput – extending to – neck	1	343
Head – Pain – occiput – extending to neck – down back of neck	1	343
Head – Pain – occiput – extending to – shoulders	1	343
Head – Pain – occiput – lying-head low, with the /amel	1	338
Head – Pain – occiput – pressing pain	1	339
Head – Pain – occiput – pulsating pain	1	340
Head – Pain – pressing pain – cap, as from a	1	291
<i>Head – Pain – pulsating pain</i>	2	298
Head – Pain – rest – amel	1	299
Head – Pain – rubbing – amel	1	300
Head – Pain – short lasting	1	301
Head – Pain – sides	1	346

Head – Pain – sides – bursting pain	1	349
Head – Sides – extending to – temples	1	353
Head – Pain – sides – left	1	347
Head – Pain – sides – left – morning – waking; on	1	348
Head – Pain – sides – left – pulsating pain	1	348
Head – Pain – sides – right – dull pain	1	347
Head – Pain – sides – right – morning	1	347
<i>Head – Pain – sleep – amel</i>	2	301
<i>Head – Pain – sleep – after – amel</i>	2	301
Head – Pain – sun – exposure to sun, from	1	304
Head – Pain – sun – exposure to sun, from, sore	1	304
Head – Pain – tea – amel	1	304
Head – Pain – tea – green – amel	1	304
Head – Pain – temples	1	354
Head – Pain – temples – daytime	1	272
Head – Pain – temples – morning	1	356
Head – Pain – temples – extending to head	1	363
Head – Pain – temples – left – lightning	1	N
Head – Pain – temples – right – stitching pain	1	355
Head – Pain – temples – thinking of pain – agg	1	362
<i>Head – Pain – vertex</i>	2	364
Head – Pain – vertex – afternoon – 15-18h	1	365
Head – Pain – vertex – dull pain	1	366
Head – Pain – vertex – light, from	1	366
Head – Pain – vertex – lying – amel	1	367
Head – Pain – vertex – morning – waking – on	1	365
Head – Pain – vertex – motion – agg	1	367
Head – Pain – vertex – noise – agg	1	367
Head – Pain – vertex – pulsating pain	1	368
Head – Pain – vertex – rubbing – amel	1	368
Head – Pain – vertex – walking – agg	1	369
<i>Head – Pain – violent</i>	2	306
Head – Pain – weather – change of weather	1	309

#### 4.4.4 Eye

[36 RUBRICS]

Eye – Closing the eye – desire to	1	391
<i>Eye – Closing the eye – amel</i>	2	391
Eye – Complaints of eyes – left eye	1	392
Eye – Complaints of eye – -right eye	1	392
Eye – Discharges	1	393
Eye – Discharges – watery	1	394

Eye – Discoloration – red	1	395
Eye – Discoloration – red-headache – during	1	39
Eye – Discoloration – red – inflamed	1	395
Eye – Discoloration – red – left	1	395
Eye – Discoloration – red – morning	1	395
Eye – Dryness	1	396
Eye – Dryness – sensation of	1	396
Eye – Heaviness	1	400
Eye – Heaviness – eyebrows – closing the eye	1	400
Eye – Heaviness – lids – closing of the eyes – amel	1	400
Eye – Inflammation – cold – washing – amel	1	402
<i>Eye – Itching</i>	2	405
Eye – Itching – lachrymation; with – rubbing, from	1	405
Eye – Itching – morning – rising agg; after	1	405
Eye – Itching – rubbing – agg	1	405
Eye – Itching – rubbing – amel	1	405
Eye – Open lid – sleep, during	1	410
<i>Eye – Pain</i>	2	410
Eye – Pain – burning	1	415
Eye – Pain – eyeballs	1	425
Eye – Pain – exertion of the eye – agg	1	416
Eye – Pain – exertion of the eye, as from	1	416
Eye – Pain – foreign body, as from	1	416
Eye – Pain – left	1	411
Eye – Pain – morning – rising – after – agg	1	412
Eye – Pain – rest – amel	1	420
Eye – Pain – sore	2	426
Eye – Pain – stitching	1	421
Eye – Sleepy feeling of eyes	1	431
Eye – Swelling – right	1	434
<b>4.4.5 Ear</b>		
[12 RUBRICS]		
Ear – foreign body in; sensation of a	1	467
Ear – Itching – Eustachian tubes	1	469
Ear – Itching – left ear	1	469
Ear – Itching – right ear	1	469
Ear – Pain	1	480
Ear – Pain – left	1	481
Ear – Pain – left – aching	1	481
Ear – Pain – left– lancinating	1	481
Ear – Pain – right – drawing pain	1	481

Ear – Pain – stitching	1	487
Ear – Pain – walking – agg	1	488
Ear – Stopped sensation	1	495
<b>4.4.6 Nose</b>		
[20 RUBRICS]		
<i>Nose – Congestion</i>	2	507
Nose – Congestion – night – sleep; during	1	507
Nose – Congestion – sinuses	1	508
Nose – Discharge – bloody – blowing the nose; when	1	514
Nose – Discharge – burning	1	514
Nose – Discharge – clear	1	514
Nose – Discharge – dripping	1	515
Nose – Discharge – morning	1	514
Nose – Discharge – watery	1	517
Nose – Dryness – inside	1	519
Nose – Inflammation- – left	1	525
<i>Nose – Obstruction</i>	2	527
Nose – Obstruction – evening	1	527
Nose – Obstruction – morning	1	527
Nose – Obstruction – sensation of – sinuses	1	508
Nose – Pain – nostrils – left – anterior	1	534
Nose – Pain – nostrils – sore	1	534
Nose – Pain – nostrils – raw	1	534
Nose – Pain – nostrils – corrosive	1	534
Nose – Sneezing – night	1	539
<b>4.4.7 Face</b>		
[3 RUBRICS]		
Face – Eruptions – pimples	1	565
Face – Eruption – pimples – white	1	565
Face – Numbness	1	578
<b>4.4.8 Mouth</b>		
[31 RUBRICS]		
Mouth – Abscess – gums – painful	1	605
Mouth – Abscess – tongue	1	605
Mouth – Bleeding – cleaning them, when	1	606
Mouth – Discoloration – gums – red – margins – red	1	611
Mouth – Discoloration – gums – red – margins – red, bright	1	611



Mouth – Discoloration – red – spots	1	611
Mouth – Discoloration – gums – white	1	611
Mouth – Dryness – drinks – amel	1	620
Mouth – Dryness – thirst, with	1	620
Mouth – Dryness – tongue	1	621
Mouth – Dryness – Tongue – center	1	621
Mouth – Eruption – pimples – lips; inner side of	1	622
Mouth – Eruption – vesicles – lips	1	622
Mouth – Inflammation	1	625
Mouth – Inflammation – gums	1	625
Mouth – Itching – lip	1	626
Mouth – Lips – sand – sensation as if	1	N
Mouth – Pain – eating – while – agg – burning	1	632
Mouth – Pain – gums – eating – while – agg – sore	1	632
Mouth – Pain – gums – touch – agg – sore	1	633
Mouth – Pain – gums – salt – agg	1	632
Mouth – Pain – gums – sore	1	632
Mouth – Pain – gums – warm – water – burning	1	633
Mouth – Pain – lips	1	633
Mouth – Pain – tongue – edges – cutting pain, cut, as if	1	636
Mouth – Sensitive – food and drinks – unbearable	1	644
Mouth – Swelling – lips	1	647
Mouth – Swelling – gums – painful	1	647
Mouth – Taste – diminished	1	651
Mouth – Thick, sensation as if	1	656
Mouth – Thick, sensation, as if tongue was	1	656
<b>4.4.9 Teeth</b>		
[5 RUBRICS]		
Teeth – Pain	1	666
Teeth – Pain – drinking – agg	1	671
Teeth– Pain – incisor	1	677
Teeth– sensitive; tender– incisors	1	680
Teeth– Sensitive; tender– canine	1	N
<b>4.4.10 Throat</b>		
[17 RUBRICS]		
<i>Throat – Dryness</i>	2	688
<i>Throat – Dryness – accompanied by – thirst</i>	2	688
Throat – Dryness – itching	1	689
Throat – Dryness – morning	1	688

Throat – Dryness – night	1	688
Throat – Dryness – painful	1	689
Throat – Dryness – raw egg; amel	1	N
Throat – Dryness – thirst – with	1	689
Throat – Dryness – thirst – with – water; for – cold	1	689
Throat – Itching	1	694
<i>Throat – Pain</i>	2	697
Throat – Pain – aching	1	699
Throat – Pain – cold air – agg – sore	1	700
Throat – Pain – coryza; during	1	700
Throat – Pain – raw, as if	1	702
<b>THROAT – PAIN – SORE</b>	<b>4</b>	<b>702</b>
Throat – Scratching – morning	1	709
<b>4.4.11 Neck</b>		
[15 RUBRICS]		
Back – Pain – cervical region – cutting pain	1	1296
Back – Pain – cervical region – extending to – downward	1	1299
Back – Pain – cervical pain – left	1	1295
Back – Pain – cervical region – left – sprained	1	1295
Back – Pain – cervical pain – left – sore	1	1295
Back – Pain – cervical region – morning	1	1295
Back – Pain – cervical region – right	1	1295
Back – Pain – cervical region – rising – bed – agg	1	1298
Back – Pain – cervical region – rising – body/pillow, from	1	1298
Back – Pain – cervical region – rising – head-agg	1	1298
Back – Pain – cervical region – sore	1	1298
Back – Pain – cervical region – turning – head – left-agg, to	1	1298
Back – Pain – cervical region – warm – applications – amel	1	1299
Back – Stiffness – cervical region	1	1342
Back – Stiffness – cervical region – sleep – agg-during	1	1342
<b>4.4.12 Stomach</b>		
[57 RUBRICS]		
Stomach – Anxiety	1	723
Stomach – Appetite – changeable	1	723
Stomach – Complaints of the stomach	1	729
Stomach – Appetite – constant	1	723
<b>Stomach – Appetite – increase</b>	<b>3</b>	<b>724</b>
Stomach – Appetite – increased – accompanied by – eating – cannot eat	1	725

Stomach – Appetite – increased – accompanied by – fullness of stomach	1	725
<i>Stomach – Appetite – increased-daytime</i>	2	724
Stomach – Appetite – increased-morning	1	724
Stomach – Appetite – increased-night	1	725
<i>Stomach – Appetite – diminished</i>	2	724
Stomach – Appetite – ravenous – eating – after eating – increases the hunger	1	726
Stomach – Appetite – ravenous – eating-after eating – soon	1	726
Stomach – Distension	1	732
Stomach – Distension – drinking – agg after	1	733
Stomach – Eating – agg	1	733
Stomach – Eructation – drinking – after – amel	1	737
Stomach – Eructations – stool – during – agg	1	738
Stomach – Fullness, sensation of – eating – after agg	1	74
Stomach – Heaviness – drinking – after – water – agg	1	748
Stomach – Heartburn – night	1	746
Stomach – Indigestion – eating – after – agg	1	753
Stomach – Nausea	1	754
Stomach – Nausea – eating – after – agg	1	758
Stomach – Nausea – tea; after	1	762
Stomach – Pain – afternoon – 14h	1	765
Stomach – Pain – afternoon – 15h	1	765
Stomach – Pain – afternoon – 16h	1	765
Stomach – Pain – afternoon – cutting pain	1	765
Stomach – Pain- cold drinks – amel	1	768
<i>Stomach – Pain – cramping</i>	2	769
Stomach – Pain-cutting pain	1	769
Stomach – Pain – diarrhea – agg	1	769
Stomach – Pain – eating – after – agg – cutting pain	1	772
Stomach – Pain – hunger – during	1	773
Stomach – Pain – menses – before – agg	1	773
Stomach – Pain – night	1	765
Stomach – Pain – periodical – cramping	1	774
Stomach – Pain – pressure-sore	1	774
Stomach – Pain – sore	1	775
Stomach – Pain – stitching	1	775
Stomach – Pain – tearing pain	1	777
Stomach – Rumbling	1	783
Stomach – Sensation of, distension	1	733
<b>Stomach – Thirst</b>	<b>3</b>	<b>785</b>
Stomach – Thirst-accompanied by – eating – after – agg	1	787
<i>Stomach – Thirst – day</i>	2	785
<i>Stomach – Thirst – extreme</i>	2	787

<i>Stomach – Thirst – large quantities</i>	2	788
<i>Stomach – Thirst – large quantities for – often</i>	2	788
<i>Stomach – Thirst – unquenchable</i>	2	788
Stomach – Thirst – vomiting – before	1	788
Stomach – Vomiting – breakfast – after/agg	1	792
Stomach – Vomiting – drinking – amel	1	793
Stomach – Vomiting – eating – after – agg/ sudden vomiting	1	793
Stomach – Vomiting – eggs – after	1	793
Stomach – Vomiting – inclination to	1	794
<b>4.4.13 Abdomen</b>		
[2 RUBRICS]		
Abdomen – Heaviness	1	820
Abdomen – Distension	1	809
<b>4.4.14 Rectum</b>		
[15 RUBRICS]		
Rectum – Abscess	1	897
Rectum– Constipation	1	898
Rectum – Constipation – accompanied by flatulence	1	900
Rectum – Constipation-accompanied by – stomach – complaints of	1	899
Rectum – Constipation – difficult – stool	1	900
Rectum – Constipation – women, in	1	901
Rectum – Constriction – night	1	902
Rectum – Constriction – painful	1	902
Rectum – Constriction – stool – urging to/ during	1	902
<i>Rectum – Diarrhea</i>	2	903
Rectum – Diarrhea-accompanied by – weakness	1	903
<b>RECTUM – DIARRHEA – EATING – AFTER –AGG</b>	<b>4</b>	<b>907</b>
Rectum – Emptiness – sensation of	1	912
Rectum – Flatus	1	913
Rectum – Pain – stool – hard – stool – during	1	929
<b>4.4.15 Stools</b>		
[9 RUBRICS]		
Stool – Black	1	939
Stool – Copious	1	940
Stool – Dark	1	941
Stool – Frequent	1	941

Stool – Frequent – night	1	942
Stool – Hard	1	945
Stool – Odour – offensive	1	948
Stool – Watery	1	948
Stool – Watery – night	1	948
<b>4.4.16 Bladder</b>		
[8 RUBRICS]		
Bladder – Inflammation – accompanied by – urine – burning	1	952
Bladder – Pain – burning	1	954
Bladder – Pain – evening – burning	1	953
Bladder – Pain – urination – during – agg – burning	1	956
Bladder – Pain – urination – during – beginning of, agg	1	956
Bladder – Pain – urination – during – end of	1	956
Bladder – Retention	1	958
Bladder – Urination – frequent	1	963
<b>4.4.17 Female genitalia / sex</b>		
[35 RUBRICS]		
Female Genitalia/Sex – Bleeding – coition – after	1	N
Female Genitalia/Sex – Sexual Desire – diminished	1	1088
Female Genitalia/Sex – Eruption – itching	1	1048
Female Genitalia/Sex – Eruption – nodosities	1	1048
Female Genitalia/Sex – Eruption – pimple – painful	1	1048
Female Genitalia/Sex – Eruption – pustules menses; before	1	1050
Female Genitalia/Sex – Heaviness – menses, during	1	1052
Female Genitalia/Sex – Itching – vagina	1	1088
Female Genitalia/Sex – Sexual Desire – increased	1	1055
Female Genitalia/Sex – Leukorrhoea – cream – like	1	1060
Female Genitalia/Sex – Menses – bright red	1	1060
Female Genitalia/Sex – Menses – bright red – clotted – partly clotted	1	1060
Female Genitalia/Sex – Menses – brown	1	1060
<i>Female Genitalia / Sex– Menses – changeable in appearance</i>	2	1060
Female Genitalia/Sex – Menses – copious	1	1061
Female Genitalia/Sex – Menses – copious – daytime	1	1061
Female Genitalia/Sex – Menses – dark – clots; with	1	1062
Female Genitalia/Sex – Menses – early; too	1	1062
Female Genitalia/Sex – Menses – flow scanty	1	1065
Female Genitalia/Sex – Menses – late, too	1	1063
Female Genitalia/Sex – Menses – membranous	1	1064

Female Genitalia/Sex – Menses – menopause – during	1	1064
Female Genitalia/Sex – Menses – offensive	1	1064
<i>Female Genitalia/ Sex – Menses – painful</i>	2	1065
Female Genitalia/ Sex – menses – painful – accompanied by- ovaries, complaints of	1	1064
Female Genitalia/Sex – Menses – pale	1	1065
Female Genitalia/ Sex – Menses – protracted	1	1065
Female Genitalia/ Sex – Menses – scanty	1	1066
Female Genitalia/Sex – Menses – sensation of copious menses	1	1061
Female Genitalia/Sex – Menses – short; too	1	106
Female Genitalia/Sex – Menses – thick	1	1067
Female Genitalia/ Sex – Menses – thin	1	1067
Female Genitalia/ Sex – Menses – thin – clots, with	1	1067
Female Genitalia/Sex – Menses – watery	1	1068
<i>Female Genitalia/Sex – Pain – menses – during</i>	2	1074
<b>4.4.18 Chest</b>		
[21 RUBRICS]		
Chest – Anxiety - Heart	1	1178
Chest – Itching – mammae – nipples	1	1199
Chest – Oppression – anxious	1	1203
Chest – Pain	1	1205
Chest – Pain – constriction	1	1208
Chest – Pain – cramping	1	1209
Chest – Pain – cutting pain	1	1210
Chest – Pain – exertion – agg	1	1211
Chest – Pain – Motion – agg – cutting pain	1	1213
Chest – Pain – Middle of chest – cutting pain	1	1234
Chest – Pain – Middle of chest – extending to – side, right	1	1235
Chest – Pain – Middle of chest – motion – agg	1	1234
Chest – Pain – Middle of chest – expiration – agg	1	1234
Chest – Pain – Middle of chest – inspiration – agg	1	1234
Chest – Pain – Middle of chest – afternoon	1	1234
Chest – Pain – Middle of chest – evening	1	1234
Chest – Pain – morning	1	1205
Chest – Pain – rest-amel	1	1214
Chest – Pain – right	1	1205
Chest – Palpitation – Anxiety within	1	1251
Chest – Palpitation of heart	1	1250

<b>4.4.19 Back</b>		
[36 RUBRICS]		
Back – Complaints of back – left side	1	1272
Back – Complaints of back – right side	1	1272
Back – Pain	1	1282
Back – Pain – aching	1	1284
Back – Pain – bending – agg	1	1284
Back – Pain – cold – agg	1	1285
Back – Pain – cold; after taking a	1	1285
Back – Pain – drawing pain	1	1286
Back – Pain – left – stitching pain	1	1282
Back – Pain – lumbar region – aching	1	1317
Back – Pain – lumbar region – afternoon – aching	1	1316
Back – Pain – lumbar region – afternoon – sprained, as if	1	1316
Back – Pain – lumbar region – afternoon – sore	1	1316
Back – Pain – lumbar region – broken, as if	1	1318
Back – Pain – lumbar region – rubbing – amel	1	1323
Back – Pain – lumbar region – sore	1	1324
Back – Pain – morning	1	1282
Back – Pain – motion – agg – drawing pain	1	1288
Back – Pain – motion – shoulders, of – agg	1	1289
Back – Pain – poking; as if someone is	1	1285
Back – Pain – right	1	1282
Back – Pain – right – stitching pain	1	1282
Back – Pain – rubbing – amel	1	1290
Back – Pain – scapular – sore	1	1308
Back – Pain – sitting down – agg	1	1290
Back – Pain – spine	1	1335
Back – Pain – spine – aching	1	1335
Back – Pain – spine – sore	1	1336
<i>Back – Pain – sore</i>	2	1291
Back – Pain – turning – agg	1	1292
Back – Pain – turning – agg – drawing pain	1	1292
Back – Pain – turning – body – agg	1	1292
Back – Pain – turning – head – agg	1	1292
Back – Pain – unbearable	1	1292
Back – Standing – agg – lumbar region	1	1341
Back – Tight feeling	1	1345

## 4.4.20 Extremities

[98 RUBRICS]

Extremities – Coldness – feet – icy cold	1	1359
Extremities – Cramps – feet	1	1371
Extremities – Feet – left – walking – agg	1	1456
Extremities – Heat – feel – night – uncovering foot	1	1406
Extremities – Heat – upper arms	1	1409
Extremities – Numbness – legs – morning	1	1434
Extremities – Numbness – legs – motion – agg	1	1435
Extremities – Numbness – legs – right	1	1434
Extremities – Numbness – legs – rising – agg	1	1435
Extremities – Numbness – legs – standing – agg	1	1435
Extremities – Pain – ankles – left	1	1446
Extremities – Pain – ankles – walking: after – agg	1	1449
Extremities – Pain – elbows – left – drawing pain	1	1451
Extremities – Pain – elbows – motion-agg	1	1453
Extremities – Pain – extending to – head	1	1446
Extremities – Pain – feet	1	1456
Extremities – Pain – feet – heels – left	1	1461
Extremities – Pain – feet – heels – morning	1	1461
Extremities – Pain – feet – heels – pulsating pain	1	1462
Extremities – Pain – feet – heels – walking – after – agg	1	1463
Extremities – Pain – feet – heels – walking – agg	1	1463
Extremities – Pain – feet – heels – walking – agg-sore	1	1463
Extremities – Pain – feet – left	1	1456
Extremities – Pain – feet – left – morning	1	1456
Extremities – Pain – feet – night	1	1456
Extremities – Pain – feet – night – sore	1	1457
Extremities – Pain – feet – pulsating pain	1	1458
Extremities – Pain – feet – standing – agg	1	1458
Extremities – Pain – feet – stepping – agg	1	1463
Extremities – Pain – feet – sore	1	1458
<i>Extremities – Pain – forearms – aching</i>	2	1478
Extremities – Pain – forearms – daytime	1	1477
Extremities – Pain – forearms – drawing pain – downward	1	1478
Extremities – Pain – forearms – elbow, near	1	1481
Extremities – Pain – forearms – exertion – after – agg	1	1479
Extremities – Pain – forearms – exertion – agg – drawing pain	1	1479
Extremities – Pain – forearms – extending to – elbow	1	1480
Extremities – Pain – forearms – extending to – hand	1	1481
Extremities – Pain – forearms – lying – agg	1	1479
Extremities – Pain – forearms – morning	1	1477



Extremities – Pain – forearms – motion – agg	1	1479
Extremities – Pain – forearms – motion – arms, of – agg	1	1479
Extremities – Pain – forearms – night	1	1478
Extremities – Pain – forearms – right	1	1477
Extremities – Pain – forearms – right – drawing pain	1	1477
Extremities – Pain – forearms – right – stitching pain	1	1477
Extremities – Pain – forearms – rubbing – amel	1	1479
<i>Extremities – Pain – forearms – sore</i>	2	1480
Extremities – Pain – forearms – walking – agg	1	1480
Extremities – Pain – forearms – warm – application – amel	1	1480
Extremities – Pain – heat – legs	1	1408
Extremities – Pain – knees – bending – agg	1	1502
Extremities – Pain – knees – evening	1	1501
Extremities – Pain – knees – extending limb	1	1502
Extremities – Pain – knees – motion – agg	1	1503
Extremities – Pain – knees – night	1	1501
Extremities – Pain – knees – right	1	1500
Extremities – Pain – knees – sitting agg	1	1504
Extremities – Pain – knees – standing – amel	1	1505
Extremities – Pain – knees – stretching – agg	1	1505
Extremities – Pain – knees – walking – agg	1	1506
Extremities – Pain – knees – walking – agg-sore	1	1506
Extremities – Pain – neuralgic – shooting pain	1	1442
Extremities – Pain – legs – aching	1	1511
Extremities – Pain – legs – drawing pain	1	1512
Extremities – Pain – legs – exertion – agg	1	1512
Extremities – Pain – legs – pressing pain	1	1513
Extremities – Pain – legs – right – shooting pain	1	1510
Extremities – Pain – legs – rising – agg	1	1514
Extremities – Pain – legs – rising after – agg – drawing pain	1	1514
Extremities – Pain – legs – sitting – agg	1	1514
Extremities – Pain – legs – sitting – agg – drawing pain	1	1514
Extremities – Pain – legs – standing – agg	1	1514
Extremities – Pain – legs – stretching – leg – agg	1	1515
Extremities – Pain – legs – sore	1	1514
Extremities – Pain – legs – tendo Achilles	1	1521
Extremities – Pain – legs – tendon Achilles – drawing pain	1	1521
Extremities – Pain – legs – tendo Achilles – walking – after – agg	1	1521
Extremities – Pain – legs – tendo Achilles – walking – agg	1	1521
Extremities – Pain – legs – walking – after – agg	1	
Extremities – Pain – legs – walking – agg	1	
Extremities – Pain – shoulders – aching	1	1534
Extremities – Pain – shoulders – cold – agg	1	1535

Extremities – Pain – shoulders – extending to – back	1	1531
Extremities – Pain – shoulders – extending to – cervical muscles	1	1539
Extremities – Pain – shoulders – extending to – neck	1	1539
Extremities – Pain – shoulders – motion – arm, of – agg	1	1536
Extremities – Pain – shoulders – night-sore	1	1534
Extremities – Pain – shoulders – noon	1	1533
Extremities – Pain – shoulders – right – stitching pain	1	1533
Extremities – Pain – shoulders – right – sore	1	1533
Extremities – Pain – shoulders – rising – agg	1	1537
Extremities – Pain – shoulders – rubbing – amel	1	1537
Extremities – Pain – shoulders – sleep – after	1	1537
Extremities – Pain – shoulders – sore	1	1537
Extremities – Pain – walking – after – agg	1	1445
Extremities – Perspiration – foot – offensive	1	1584
Extremities – Swelling – forearms	1	1600

#### **4.4.21 Sleep**

[52 RUBRICS]

<i>Sleep – Deep</i>	2	1642
Sleep – Deep – afternoon	1	1642
Sleep – Deep – night	1	1642
Sleep – Deep – sleeplessness, after	1	1642
<i>Sleep – Disturbed</i>	2	1643
Sleep – Disturbed – anxiety, from	1	1643
Sleep – Disturbed – easily	1	1643
Sleep – Disturbed – heat, by	1	1643
Sleep – Disturbed – thoughts, by	1	1644
Sleep – Dozing	1	1644
Sleep – Dozing – daytime	1	1645
Sleep – Falling asleep – difficult	1	1646
Sleep – Falling asleep – easy	1	1934
Sleep – Falling asleep – evening	1	1646
Sleep – Interrupted	1	1647
Sleep – Laziness – waking – late, too	1	1648
Sleep – Light – tossing around, much	1	1648
Sleep – Need to sleep-great	1	1649
Sleep – Position – changed frequently	1	1649
Sleep – Position – reverse	1	2649
Sleep – Position – side on, left side – impossible	1	1650
Sleep – Prolonged	1	1650
Sleep – Restless	1	1651
Sleep – Restless – heat – during	1	1651

Sleep – Restless – morning	1	1650
Sleep – Restless – night – midnight – before	1	1650
Sleep – Restless – night – midnight – after	1	1651
Sleep – Restless – tossing about in bed	1	1651
Sleep – Rise – aversion to – waking	1	1651
Sleep – Rise – remain in bed, desire to	1	1651
Sleep – Semi-conscious	1	1652
Sleep – Short – refreshing	1	1652
Sleep – Sleepiness	1	1653
Sleep – Sleepiness – afternoon	1	1652
Sleep – Sleepiness – daytime	1	1654
Sleep – Sleepiness – evening – early	1	1652
<i>Sleep – Sleepiness – morning</i>	2	1652
<i>Sleep – Sleepiness – overpowering</i>	2	1657
Sleep – Sleepiness – restlessness	1	1658
<i>Sleep – Sleepiness – work – during</i>	2	1140
<i>Sleep – Sleeplessness, with</i>	2	1663
Sleep – Sleeplessness – heat – during	1	1664
Sleep – Sleeplessness- – rritability, from	1	1659
Sleep – Sleeplessness – morning	1	1659
Sleep – Sleeplessness – night	1	1660
Sleep – Sleeplessness – night – midnight – after – 1h	1	1657
Sleep – Sleeplessness – overpowering	1	1665
Sleep – Sleeplessness – restlessness, from	1	1666
Sleep – Sleeplessness – tossing about/ not from tossing about	1	1669
Sleep – Waking – difficult – morning	1	1669
Sleep – Waking – frequently	1	1669
Sleep – Waking – late, too	1	1671
<b>4.4.22 Dreams</b>		
[31 RUBRICS]		
Dreams – Anger	1	1676
Dreams – Anxious – children, in	1	1676
Dreams – Cooking	1	1680
Dreams – Comical	1	1679
Dreams – Confused	1	1689
Dreams – Mother – dead mother appearing	1	1681
Dreams – Dead – relatives	1	1681
Dreams – Death – friend, of	1	1681
Dreams – Death – dying – he is	1	1682
Dreams – Distant things – people	1	1682
Dreams – Entertainment	1	1684

Dreams – Family,own	1	1684
Dreams – Father	1	1684
Dreams – Fights	1	1684
Dreams – Fighting, one is	1	1685
Dreams – Friend – -meeting friends	1	1685
Dreams – Friends – old	1	1685
Dreams – Frightful	1	1685
Dreams – Funeral	1	1685
Dreams – Giants	1	1686
Dreams – Happy	1	1687
Dreams – Lightning	1	1688
Dreams – Men	1	N
Dreams – Partner, of	1	1691
Dreams – Rash, body covered with	1	1691
Dreams – Religious	1	1692
Dreams – Robbers	1	N
Dreams – Tsunami	1	1695
Dreams – Unremembered	1	1695
Dreams – Vivid	1	1965
Dreams – Vivid – night	1	1969

#### **4.4.23 Fever**

[10 RUBRICS]

Fever – Body – anterior part	1	1720
Fever – Body – Upper part	1	1720
Fever – Burning	1	1720
Fever – Chilliness; with – long into the heat, continuous	1	1722
Fever – Fever	1	1717
Fever – Heat – flushes, in	1	1725
Fever – Shivering	1	1729
Fever – Shivering, with	1	1729
Fever – Shivering, with – uncovering – agg	1	1729
Fever – Uncovering – agg	1	1732

#### **4.4.24 Perspiration**

[7 RUBRICS]

Perspiration – Clammy	1	1737
Perspiration – Odor – offensive	1	1741
Perspiration – Odor – sour	1	1741
Perspiration – Profuse	1	1741

Perspiration – Profuse – night	1	1742
Perspiration – Sleep – during – agg	1	1743
Perspiration – Sticky	1	1743
<b>4.4.25 Skin</b>		
[12 RUBRICS]		
Skin – Dry	1	1754
Skin – Dry – sensation of dryness	1	1754
Skin – Eruptions – dry	1	1758
Skin – Eruptions – itching	1	1761
Skin – Eruptions – pimples	1	1763
Skin – Eruptions – rash	1	1765
Skin – Eruptions – scaly	1	1767
Skin – Moisture	1	1780
Skin – Pain – sore	1	1781
Skin – Sealy – Eruption – scaly	1	1767
Skin – Shining	1	1783
Skin – Soft	1	1783
<b>4.4.26 Generals</b>		
[92 RUBRICS]		
Generals – Bathing – amel	1	1804
Generals – Clothes – large, too	1	1811
Generals – Cold – amel	1	1813
<b>Generals – Energy – excess of energy</b>	<b>3</b>	<b>1838</b>
<b>Generals – Energy of energy (weakness)</b>	<b>3</b>	<b>1963</b>
Generals – Food and Drinks – bananas – desire	1	1846
Generals – Food and Drinks – beef – agg	1	1846
Generals – Food and Drinks – chicken – desire	1	1848
Generals – Food and Drinks – chicken – desire – tandoori	1	1848
Generals – Food and Drinks – chocolate – desire	1	1848
Generals – Food and Drinks – chocolate – desire – menses; before	1	1849
Generals – Food and Drinks – coca cola – desire	1	1849
Generals – Food and Drinks – delicacies – desire	1	1851
Generals – Food and Drinks – excess of energy	1	1838
Generals – Food and Drinks – fish – desire	1	1852
Generals – Food and Drinks – herbs – desire	1	N
Generals – Food and Drinks – ice – cream – desire	1	1854
Generals – Food and Drinks – milkshake – desire	1	1856
Generals – Food and Drinks – mutton – aversion	1	1856

Generals – Food and Drinks – mutton – desire	1	1856
Generals – Food and Drinks – potato chips – desire	1	1857
Generals – Food and Drinks – red pepper – desire	1	1858
Generals – Food and Drinks – rich food – desire	1	1858
Generals – Food and Drinks – roti –desire	1	N
Generals – Food and Drinks – spices – desire	1	1859
Generals - Food and Drinks – sour food, acids – desire	1	1859
Generals – Foodand Drinks – sweets – desire	1	1860
Generals – Food and Drinks – tea – amel	1	1860
Generals – Food and Drinks – tomatoes – aversion	1	1861
Generals – Food and Drinks – warm drinks – amel	1	1861
Generals – Food and Drinks – warm food – desire – hot	1	1862
Generals – Heat – perspiration – with	1	1866
Generals – Heat – sleep – during – agg	1	1866
Generals – Influenza – accompanied by – chill	1	1876
Generals – Irritability	1	1878
Generals – Lassitude	1	1881
Generals – Lassitude – restlessness, with	1	1881
Generals – Myalgia (Pain – muscles)	1	1915
Generals – Pain – aching	1	1897
Generals – Pain – beaten, as if	1	1898
Generals – Pain – cutting pain	1	1899
Generals – Pain – cutting pain, knife, as with a	1	1899
Generals – Pain – joints – sore	1	1915
Generals – Pain – left	1	1897
Generals – Pain – left – morning	1	1897
General – Pain – left – sore	1	1897
Generals – Pain – muscles – cramping	1	1915
Generals – Pain – sore – accompanied by – exertion, as after great	1	1904
Generals – Pain – standing – agg	1	1904
Generals – Relaxation – muscles, of	1	1931
<i>Generals – Rest – amel</i>	2	1932
<i>Generals – Restlessness – night</i>	2	1932
Generals – Rubbing – amel	1	1932
Generals – Sleep – after sleep – amel	1	1940
Generals – Side – left	1	1793
Generals – Sleep – after sleep – amel – short sleep, even after a	1	1940
Generals – Sleep – after sleep – morning – waking on	1	1940
Generals – Sleep – long sleep – agg	1	1940
Generals – Sleep – morning – waking, on	1	1940
Generals – Sleep – short sleep – amel	1	1940
Generals – Warm – artificial heat/ amel	1	1962
Generals – Warm – bed – amel	1	1963

<b>Generals – Weakness</b>	<b>3</b>	<b>1964</b>
Generals – Weakness – afternoon	1	1965
General – Weakness – bed – going to bed/when	1	1966
Generals – Weakness – breakfast – amel	1	1966
Generals – Weakness – excess	1	1967
Generals – Weakness – excessive	1	1968
Generals – Weakness – excessive – pain	1	1968
<i>Generals – Weakness – exertion – agg</i>	2	1968
<i>Generals – Weakness – heat – from</i>	2	1968
<b>Generals – Weakness – irritability</b>	<b>3</b>	<b>1968</b>
Generals – Weakness – joints – muscular – accompanied by – fatigue	1	1973
Generals – Weakness – menses – before/agg	1	1969
Generals – Weakness – mental exertion	1	1969
Generals – Weakness – mental exertion – agg	1	1969
Generals – Weakness – morning	1	1946
Generals – Weakness – morning – waking, on	1	1964
Generals – Weakness – muscular – fatigue	1	1973
Generals – Weakness – night	1	1965
Generals – Weakness – overwork, from	1	1970
<i>Generals – Weakness – pain, from</i>	2	1970
Generals – Weakness – rest – amel	1	1971
<i>Generals – Weakness – restlessness, with</i>	2	1971
<i>Generals – Weakness – sleep – after – amel</i>	2	1971
Generals – Weakness – sleep – amel	1	1971
Generals – Weakness – sleepiness – agg – morning	1	1971
Generals – Weakness – sleepiness – as from sleepiness	1	1971
Generals – Weakness – sleeplessness – agg	1	1971
Generals – Weight Loss	1	N
Generals – Weight Loss – men; in	1	N
Generals – Weight Loss – women; in	1	N

**Table 4.4 : The distribution of rubrics according to sections of the repertory**

1. Mind	80	11. Stomach	57	21. Chest	21
2. Vertigo	5	12. Abdomen	2	22. Back	36
3. Head	86	13. Rectum	15	23. Extremities	98
4. Eye	36	14. Stool	9	24. Sleep	52
5. Ear	12	15. Bladder	8	25. Dreams	31
6. Nose	20	16. Urine	0	26. Fever	10
7. Face	3	17. Female genitalia/sex	35	27. Perspiration	7
8. Mouth	31	18. Respiration	0	28. Skin	12
9. Throat	17	19. Cough	0	29. Generals	92
10. Neck	15	20. Sensitive teeth	5		



# CHAPTER 5

## DISCUSSION OF THE RESULTS

### 5.1 INTRODUCTION

The principle aim of this chapter is the discussion of the data of this research study. The themes and prominent symptoms arising from the proving were discussed in a narrative approach. The amalgamation of the incoherent fundamental components of the proving was essential so that a clear, definitive pictorial understanding of the remedy *Acacia xanthophloea* 30CH can be established. The ultimate deep and discerning mental and physical themes that emerged throughout the proving study will be reflected upon. A subsequent comparison of the resultant symptomatology to the African traditional medicinal uses of *Acacia xanthophloea* was conducted.

It was hypothesised that *Acacia xanthophloea* 30CH would yield distinctly observable signs and symptoms in healthy provers. The second hypothesis was that the proving of *Acacia xanthophloea* 30CH would amplify the symptom portrait and the therapeutic dimension of the remedy by correlating the symptoms produced with the African traditional medical uses of *Acacia xanthophloea*. All the information gathered from this research study did not contravene the hypotheses stated above and it is thus concluded that these hypotheses are admissible.

Sherr (1994) accentuated that the totality of symptoms must be deliberated upon “as if one person” and therefore the investigator attributed the proving of *Acacia xanthophloea* 30CH “as if one person”. This chapter ventures to consolidate the individual symptomatology into an extensive, all-inclusive, unified symptom depiction of *Acacia xanthophloea* 30CH which is therefore advantageous for future clinical indications.

## 5.1.1 THE TOTAL NUMBER OF RUBRICS

The proving of *Acacia xanthophloea* 30CH produced a total of 795 rubrics, 12 of which were newly formulated rubrics. There were 712 Grade 1 rubrics, 61 Grade 2 rubrics and 7 Grade 3 rubrics. The majority of rubrics were represented in the Mind, Head, Extremities, Sleep, Eye, Dreams and Generals sections of the repertory (Table 5.1).

**Table 5.1: The number of rubrics in each section and the total number of rubrics utilised**

SECTION	NUMBER OF RUBRIC
MIND	80
VERTIGO	5
HEAD	86
EYE	36
EAR	12
NOSE	20
FACE	3
MOUTH	31
TEETH	5
THROAT	17
NECK	15
STOMACH	57
ABDOMEN	2
RECTUM	15
STOOL	9
BLADDER	8
FEMALE GENITALIA / SEX	35
CHEST	21
BACK	36
EXTREMITIES	98
SLEEP	52
DREAMS	31
FEVER	10
PERSPIRATION	7
SKIN	12
GENERALS	92

## 5.2 ABBREVIATION OF THE REMEDY NAME

An abbreviation of the Latin name of a substance can be defined as a root. If there is another substances present with the same root then additional letters are added to differentiate it from other remedies (Schroyens, 2004).

Arising from this research study, the abbreviation of the remedy *Acacia xanthophloea* 30CH will be: Acacia-x.

## 5.3 SYMPTOMS AND THEMES

### 5.3.1 Mind

On conclusion of this research proving, 80 rubrics appear in the Mind section of the repertory. There seems to be a variety of themes that arose on the mental (thoughts) and emotional levels of the provers in this proving. An abundance of prominent mental themes were presented by the provers, presenting with contradictions. These contradictory themes are distinctly portrayed in the following examples:

- Mind – Anger, Mind – Irritability vs.Mind – Tranquility
- Mind –Cheerful vs Mind– Depression
- Mind – Concentration vs Mind – Confusion
- Mind– Connection vs Mind – Disconnection

These symptoms described by the provers can be subdivided even further into two groups according to the polarities exhibited in Table 5.2.

**Table5.2: Grouping of the symptom polarities**

<b>GROUP 1</b>	<b>GROUP 2</b>
<ul style="list-style-type: none"> <li>• Anger</li> <li>• Antisocial / Aversion to company</li> <li>• Anxiety / Anticipation</li> <li>• Depression</li> <li>• Disconnected / Detached / Unfeeling</li> <li>• Fears</li> <li>• Finances</li> <li>• Forsaken feeling</li> <li>• Forgetful</li> <li>• Indecisive</li> <li>• Irritability</li> <li>• Lazy</li> <li>• Mood swings</li> <li>• Occupation</li> <li>• Restlessness</li> <li>• Time</li> <li>• Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Cheerful / Happy</li> <li>• Concentration</li> <li>• Family / Fun / Entertainment</li> <li>• Hope</li> <li>• Refreshed</li> <li>• Religion / Prayer / Peace</li> <li>• Tranquillity / Relaxation</li> </ul>

### **5.3.1.1 Anger**

The theme anger was depicted by many provers although the cause of this emotion was diverse. When the provers got angry the intensity of their anger was exceptionally great and they got angry very quickly.

The anger experienced by Prover 03 occurred as a result of disputes with her brother (03 F 06: XX: XX) and her best friend (03 F 47: XX: XX). Prover 03 mentioned that “I also got angry to,” and when her brother had taken her cell phone away the intensity of her anger increased and she stated that “And I am so angry very angry” (03 F 06: XX: XX). Prover 03 also displayed anger when she fought with her best friend, “I was so angry and he was busy shouting at me” (03 F 47: XX: XX).

The anger described by prover 07 was as a result of a fight with his partner (07 M 27: XX: XX). This is illustrative of issues within their relationship, “I had a fight with my partner, and right now I am so angry at her (07 M 27: XX: XX). When prover 07 computer screen was problematic then he displayed his anger, “I am so angry right now” (07 M 35: XX: XX).

Prover 09 experienced bouts of intense anger without any distinct reason (09 F 01: 1:30pm). “I’m super angry funny thing is I don’t even know why!” (09 F 01: 1:30pm).

Prover 11 stated “Woke up mad and angry today” (11 F 02: XX: XX) and revealed her anger, “Why am I furious, is that why won’t he understand, we’re all human beings we can’t all be better” (11 F 02: XX: XX). Later prover 11 wrote, “Later in the day, there was this guy who made nasty comments about me, but at least I put him in his place, now he knows to never mess with me” (11 F 07: XX: XX).

Prover 30 showed anger towards her children because the house was not clean, “Though I’m in a rush to go to school, can’t go and leave a dirty house, it’s so dirty I feel like strangling the kids” (30 F 08: XX: XX). This prover also had a disagreement with her half-sister and exhibited the magnitude of her anger, “I was so angry, I just burst out” (30 F 10: XX: XX) and “I was so angry and I spoke my mind” (30 F 10: XX: XX).

### **5.3.1.2 Antisocial / Aversion to company**

Five provers indicated the desire to be alone, away from people, noise, talking and making conversation. These provers did not want to socialise as well and just wanted their own space to be in their own world which ameliorated their symptoms. This remedy would be beneficial to individuals who feel that they are in their own world, desire to be alone, get annoyed easily at little things and don’t want to talk much.

The following statements were made by the provers: Prover 01 “Can’t stand being around people and noise, feel annoyed and irritated by talking and socializing. This is new (NS) since I am used to being around people and making conversation most of the time” (01 F 14: XX: XX), “Hate being around people” (01 F 15: XX: XX), “Have noticed a change in social interactions, I have become less talkative and outgoing. Feel bored and want to be alone most of the time (US)” (01 F 25: XX: XX). Prover 06 “My social interaction with people is gone down as well, just like I don’t want to talk to people about things” (06 F 16: XX: XX). Prover 09 “I wasn’t in a social mood at all so I shut my phone off so I could get some alone time!” (09 F 02: XX: XX), “Today I just wish I lived in my own planet! I just want to be alone, I’m not in a social mood and my siblings were complaining a lot!” (09 F 03: XX: XX), “My family got back and I went to my room for some “me” time; just me thinking and staring into space. I don’t even remember what I think about when I’m alone!” (09 F 08: XX: XX), “My friends pop in

to check on me and I just chased them away! I'm seriously not in the mood to socialise" (09 F 11: XX: XX). There was a polar change in the personality of some provers with those who used to socialise now preferring to be alone. Prover 11 "I feel so much pressure, little things are starting to annoy. I feel like I need my own space, where it is quiet and peaceful so I can plan ahead and strategise" (11 F 04: XX: XX). Prover 22 "But today I'm not really in the mood of talking to anyone. And I just need my space (22 F 24: XX: XX), "And I did not feel like being with people, I just wanted to be by myself" (22 F 35: XX: XX).

### **5.3.1.3 Anxiety / Anticipation**

The theme of anxiety concerning her research progress was evident in Prover 30, "Anxious today meeting my supervisor to discuss research progress – feel that I don't have enough information to ask enough questions before she goes on leave, so had to go to library early to do more work" (30 F 08: XX: XX). So the anxiety was of anticipation before an event and the feeling of having to prepare before the event was present. The thought of not preparing adequately for a situation and the need to over compensate by doing more is evident in the prover.

### **5.3.1.4 Cheerful and Happy**

There was an upliftment in the mood of these provers and a sense of happiness in general.

Two provers, Prover 06 and Prover 27 both denoted a positive personality on the days mentioned in this theme. Prover 06 elaborated on her increased energy levels and immense happiness while in the company of her son, "Yesterday I was playing with my son. I had a lot of energy since then and I am much happier, playing a lot with him and he didn't let me do anything" (06 F 04: XX: XX). Prover 27 had a positive attitude towards work and found he was able to concentrate effectively and he was happy when spending time with family. Prover 27 detailed about being content, "My energy level is higher than before and I can focus more on my work. I am happy and excited about this" (27 M 04: XX: XX), "Thinking all happy thoughts and everything seems to be going my way today (27 M 05: XX: XX), "Spent the day

with my family today. It was great spending time with the important people in my life. It has been such a long time since we spent quality moments together. I love special moments like this” (27 M 26: XX: XX), “I was happy at the end of the day to go home and rest and relax” (27 M 27: XX: XX), “We are always doing things for others or make others happy. Today was about making myself happy – being careful and enjoying the moment” (27 M 33: XX: XX), “I was happy and content with myself. Feeling of satisfaction with my achievements. The boss even complimented me.” (27 M 34: XX: XX).

The cheerfulness was amplified by increased energy and confidence. The ability to perform important activities like spending time with family and relaxing also increased the sense of happiness.

#### **5.3.1.5 Concentration**

Noticeable alterations in concentration levels were reported during the proving. Some provers were averse to studying while others presented a decrease in concentration and focus. During the proving the provers were feeling lethargic and did not want to do anything while some provers lost their focus because their minds were preoccupied, or they were in pain or they were hungry.

Prover 01 stated that it was, “Difficult in studying” (01 F:09: XX: XX), “Feeling lazy to study or attend lectures just want to eat and sleep” (01 F:11: XX: XX), “Have been studying less and really don't feel like being on campus or doing assignment. This is unusual since I am always determined to work hard and excel in studies” (01 F:17: XX: XX). Prover 03 documented that, “I was so tired I felt sleep while I was studying and woke up at 10:00 at night I couldn't get up I was so tired” (03F:01: XX: XX). Prover 07 remarked, “I am so tired of studying yet I feel like I need to study more” (07 M: 18: XX: XX). Prover 22 explains the reasons for her inability to concentrate, “In the morning while in school I could not even concentrate since I had not eaten in the morning” (22 F32: XX: XX) and Prover 25 found difficulty concentrating on work while in pain, “I sat at my place and stuck the pain but could not concentrate on my work. I worked to a minimum today” (25 M 20: XX: XX) and Prover 30 also found a lack of concentration in church because her mind was preoccupied with her research study, “It was hard concentrating in church, my mind

was on research, about the future, busy planning it, it took a lot of prayer, focus to switch off and concentrate on the present-worship, praise and prayed to God” (30 F 11: XX: XX).

### **5.3.1.6 Depression**

The theme of depression resulted because the provers were alone, with some seeking comfort or it was due to a separation from family. One prover displayed sadness because she felt sorry for her friend. Another prover’s depression arose from the anniversary of his father death day.

The depression experienced by Prover 06 was as a result of the pain her friend had gone through. In general, the depression experienced by provers was ameliorated by company. Prover 06 felt sad and remarked that if she had to see her friend then that would make her cry (06 F 22: XX: XX). The depression documented by Prover 09 stemmed from a desire to be alone, seeking time alone to think and the thought of leaving her family hurt and depressed her so much that she cried the whole day in bed. Prover 09 felt irritated with people especially her friends and found comfort with a chocolate. “I still feel depressed and in need of some alone time to think!” (09 F 04: XX: XX), “I have long trip back to Durban tomorrow but I'm not excited I feel so depressed; the thought of leaving my family hurt me! I spent the whole day crying and in bed!” (09 F 09: XX: XX), “I spent the whole day crying and wanting to be alone” (09 F: 19: XX: XX), “People just irritate me! Especially mates! Went to my room felt depressed grabbed a Kit Kat (chocolate) and fell off to sleep now” (09 F 20: XX: XX). Prover 11 displayed slight depression but no explanation was provided for this emotion, “Feeling a bit depressed today” (11 F 03: XX: XX). The depression experienced by Prover 21 arose from a feeling of being down, lost and alone with the resultant sadness, “Sad, lost and alone. Feeling down” (21 F 06: XX: XX). Prover 23 encountered slight depression and needed to be comforted by an individual holding her, “Feeling a bit down. Needed someone to just hold me” (23 F 06: XX: XX).

Prover 25 depicted immense depression as it was the anniversary of his father’s death day. He experienced flashes of the occurrences of that exact day ten years ago. His mind was unsettled and thoughts about his life ran through his mind during



this day. The prover could not focus on his work and left work early. The prover was ameliorated by the company of his cousin and being at the sea where he let a bouquet of flowers into the sea. Prover 25 described his heart as being sore and that his body did not feel like doing much on this day. "I was feeling depressed this day. My dad's death day – memories from that exact day ten years ago flashed back. My mind is unsettled. Thoughts of life run through my mind today. I went to work but could not perform to my full potential. I took half day leave and came home. My cousin took me to La Mercy beach where I let a bouquet of flowers into the sea. My heart was sore today. My mind was down. My body was in no mood to do much" (25 M 07: XX: XX).

### **5.3.1.7 Disconnected / Detached / Unfeeling**

The theme of disconnection, detachment and unfeeling was evident during the proving and was observed on the mental and emotional planes. The prover displayed disconnection and detachment in her relationship with members of her family and the issues they faced in life.

This unfeeling was described by Prover 10 as "I don't feel anything" (10 F 18: XX: XX). Prover 30 portrayed a disconnection with members of her family and their issues in life. She decided not to get involved in her sister's and brother-in-law's problems because she felt that it was their problems and not her's. Although she got irritated while her sister was screaming at her, she remained detached. Previously Prover 30 used to adopt a serious nature but presently these issues do not bother her. She was elated with her new attitude. "At first I was irritated, then I got detached, she went on for 1 hour full and I wasn't bothered. I like the new me. I used to take things seriously now I'm not bothered life is not all about me. Her anger is her issue not mines" (30F 05: XX: XX). Prover 30 had become so disconnected recently because she was occupied with research in her own world. She exhibited no empathy and did not consider attending a funeral until her mother arrived at her home. Prover 30 then made an attempt to focus on her visitors and the funeral leaving her research aside for later. Her detachment was even more pronounced when she did not help at the funeral which was unlike her. She would normally assist in any manner possible even with cash. Prover 30 did feel guilty with her new

approach. "I've been so disconnected lately, I have no empathy, I didn't even want to go to the funeral" (30F 10: XX: XX) and "I didn't even help at the funeral. That was so unlike me" (30 F 10: XX: XX).

### **5.3.1.8 Family / Fun / Entertainment**

Family is a dominant theme in this proving. A varied number of provers displayed the importance of family, the joy and happiness it brings to an individual when they spend quality time with their loved ones.

During Prover 11's hectic daily schedule she gets preoccupied and forgets to smile and have fun. Prover 11 failed to appreciate the people and the world around her. Prover 11 shows her excitement towards the family trip to visit her grandma in Verulam whom she has not seen in months. "I took a trip today with my family to visit our grandma in Verulam. It was so much fun; I've never been this excited in my life because I've not seen her for about months now. I needed this to happen, I mean I've been so busy with school work lately I've forgotten how it's like to smile, have fun and appreciate people and things around you" (11F 00: XX: XX).

### **5.3.1.9 Fears**

The theme of fear was presented by a few provers who detailed their fears as a result of being alone, fear of the unknown, the feeling that something bad was going to happen, the fear of failure of an examination and the fear that her son would leave her for his father. The fears displayed by the provers were fears relating to the future.

Prover 06 reveals her fears of the future. In the instance of her child's father coming back into his life and her son taking the decision to live with his father and leaving his mum. Prover 06 is adamant that she would not allow this to happen as she has been taking care of him since birth. Presently, the father does not want to be a part of his life, "But I fear that later in life that when he grows up and realise that his father isn't here and comes around later in life, my baby would leave me for his father in life but I wouldn't let that happen" (06 F 05: XX: XX).

Prover 06 and Prover 30 both denoted fears that something bad was going to occur. Prover 06 indicated having a gut feeling which resulted in her not eating supper. "I

was afraid of something like a gut feeling that was so bad” (06 F 07: XX: XX). As a result of her fears Prover 06 detailed poor sleep patterns. “I had that strange fear in myself that something is going to happen” (06 F 11: XX: XX) and “Still have a bit of fear, don’t know why but there’s still something that I am afraid of, will only know the day what my fear is off” (06 F 24: XX: XX). Prover 30 described her feelings of being afraid that something bad was going to take place. This was evident by her heart palpitations and pounding heart beat, “left a feeling that something bad is about to happen whether to you or love one – I prayed” (30 F 07: XX: XX). Prover 21 reported fears of being alone and the unknown. “Had fear – being alone” (21 F 21: XX: XX) and “Fear – of the unknown” (21 F 35: XX: XX). Prover 22 displayed fears regarding the outcome of an examination she had written. She is afraid that she might have failed the paper because there were certain aspects of the paper that was unfamiliar to her. She did not study those areas and they appeared in her paper. Prover 22 lost her ability to eat as a result of her fears, “I’m scared that I failed the paper since there were things that I did not know. And I cannot even eat” (22 F 26: XX: XX).

#### **5.3.1.10 Finances**

Both provers revealed deep thoughts concerning their children, family responsibilities and financial pressure.

Prover 06’s thinking was more focused on saving money monthly so that she could provide efficiently for her son without any shortfall. Her desire is to cater for all his academic studies adequately. In this way she would like to prove to him that she is doing her best that is possible for him, “I have started saving money every month” (06 F 05: XX: XX) and “my baby wouldn’t have to run short of anything in his life for school” (06 F 05: XX: XX).

Prover 21 demonstrated concerns about her children arising from financial constraints. Her finances were unstable and this stressed her because of her family responsibilities, “Stressed – of being financially unstable, seeing to the kids” (21 F 08: XX: XX).

#### **5.3.1.11 Forsaken feeling**

The feeling of being abandoned by loved one's is transparent and results in a forsaken feeling. The themes of an absent father and spouse were evident in Prover 06. This further emphasises a central theme in this proving which is family and the love associated with family.

Prover 06 describes her regret that her child's father does not want to be actively involved in his life, "My only regret is that his father doesn't want to be a part of his life" (06 F 09: XX: XX) and she expressed her sadness at the thought that her son has not experienced the emotion of calling someone dad, "he doesn't know what a father is like for him just to call dad" (06 F 18: XX: XX). Prover 09 experienced a forsaken feeling, a feeling of being alone and abandoned. All she had was a chocolate to comfort her, "I feel so alone and abandoned! I have nothing but Kit Kat (chocolate) to comfort me!" (09 F:11: XX: XX).

#### **5.3.1.12 Forgetful**

The prover demonstrated his frustration at his decreased concentration, focus and memory. The prover displayed poor memory and could not recall the work he had studied. Prover 07 revealed his frustration which was due to him forgetting his work that he studied. He was studying for a prolonged period but found it difficult to remember his work, "I'm a bit frustrated I've been studying for so long and I still forget other things" (07 M 24: XX: XX).

#### **5.3.1.13 Hope**

The prover expressed her joy and excitement at the possibility of a prospective partner. Prover 06 displayed an optimistic attitude indicating that she was hopeful that there was a partner out there for her. She no longer felt alone in the world, "I don't feel alone in this world, like there is hope for me, and someone is out there for me" (06 F 01: XX: XX).

#### **5.3.1.14 Indecisive**

Doubts were displayed regarding decision making. The prover lacked confidence about the decisions she makes and therefore she has two minds irrespective of whether she is making a big or small decision.

Prover 11 illustrates doubtfulness and an inability to make decisions, “Even small things make me think ‘what if?’” and “If you don’t, you might be doing or taking a wrong decision” (11 F 01: XX: XX).

#### **5.3.1.15 Irritability**

The theme of irritability is extremely marked in this proving. Numerous provers demonstrated irritability towards friends, people, talking, socializing, and waking up in the morning irritable, noise, sleeplessness, hunger and children. The irritability displayed was huge towards people and on waking in the morning.

Prover 01 was annoyed and displayed her irritation when talking or socializing, “Feel annoyed and irritated by talking and socializing” (01 F14: XX: XX). Prover 09 showed his irritation towards people and in particular his friends, “People just irritate me! Especially mates!” (09 F 20: XX: XX). Prover 14 was impatient and irritable, “Really irritable today. Impatient” (14 F 04: XX:XX). Prover 14 experienced irritability without a cause, “Irritable for no reason” (14 F 05: XX: XX) and also found herself having bouts of irritability in the morning, “A bit irritated this morning” (14 F 06: XX: XX). Prover 14 reported irritability in the evening due to the children making noise, “Finding the boys very irritating this evening. They need to pipe down” (14 F 21: XX: XX).

Prover 15 was irritable on waking, “Woke up extremely irritable” (15 F 01: XX: XX) and displayed a very pessimistic attitude, “Extremely irritable, de-motivated, trapped and angry” (15 F 13: XX: XX). Prover 15 experienced irritability as a result of sleeplessness, “irritated and crabby” (15 F 24: XX: XX). Prover 15 irritability was quiet distinct, “Irritated, frustrated, stressed!!! Hate life!!!” (15 F 29: XX: XX). Prover 15 experienced extreme frustration with people in general. She found it difficult to understand how people take pleasure in ruining another person’s day, “Finding

myself extremely frustrated with people in general” (15 F 33: XX: XX). Prover 21 revealed that she “was very upset, irritated, angry and frustrated” (21 F 12: XX: XX) and with her irritability she experienced restlessness, “Restless-irritable” (21 F 31: XX: XX). Prover 30 portrayed her irritability in the evening because she was hungry and there was no electricity, “irritable in the evening, no electricity and I am hungry” (30 F 08: XX: XX). Prover 30 displayed her irritability when her sleep was disturbed by her daughter who switched on the lights and started to fight with her younger brother, “switch on light, that irritating and fights with his younger brother” (30 F 08: XX: XX).

#### **5.3.1.16 Lazy**

Many provers documented the theme of being lazy. Laziness was dominant in the morning and was ameliorated by being busy.

The provers were either feeling lazy to the extent that they did not want to do anything or hear to what people had to say, “I felt very lazy, didn’t feel like doing anything or to hear anything people had to say” (06 F 22: XX: XX). Prover 8 demonstrated laziness with tiredness, “I was feeling a bit tired and lazy” (08 F 18: XX: XX). Prover 08 reported a lazy feeling to get out of bed in the morning but being occupied with work ameliorated her symptom, “This morning I was feeling so lazy to get out of bed and go to work but being busy at work I got out of that laziness” (08 F 19: XX: XX). Prover 14 also exhibited laziness in the morning, “Had a late morning lazing around” (14 F 17: XX: XX). Prover 15 revealed optimum laziness, “Complete laziness” (15 F 15: XX: XX) and “Morning was lazy” (15 F 18: XX: XX). Prover 25 experienced the lazy feeling and remained at home the entire day and watched movies, “I was feeling very lazy” (25 M 16: XX: XX).

#### **5.3.1.17 Moods swings**

This is a distinguished theme among many provers. Mood swings were noted in the morning, night, accompanied by an aversion to company and resulted because of disputes with a partner. Mood was aggravated by headache, sleep and people. In some cases the mood swings were accompanied by irritability and both these

themes were aggravated by people and occurred in the morning. It is also noteworthy that one prover experienced an improvement in their moods.

Prover 06 stated that, "Maybe the mood swings is taking effect already" (06 F 01: XX: XX) and after taking the third dose of the proving remedy she experienced a mood swing that caused her to be averse to people including her son, "I had a mood swing, like I didn't wanted to be around any one even my son" (06 F 02: XX: XX). Prover 06 mood swings advanced to an unbearable state in the morning and she did not feel like herself, "my mood swings started again and I could not handle it, it's like I wanted to just hang them upside down or just shut them" (06 F 03: XX: XX). Prior to coming to work Prover 06 experienced a mood swing and anger but the origin of her emotion is unknown, "I was a bit moody and angry don't know why!" (06 F 05: XX: XX). Prover 06 encountered moodiness in the morning, "Just moody from this morning" (06 F 10: XX: XX) and experienced worse mood swings at night to the extent that she could not stand anyone at home, "But towards the night I had very bad mood swings, couldn't stand any one at home" (06 F 21: XX: XX). Although Prover 06 was tired and had wanted to sleep she did not accomplish the type of sleep she had required so that resulted in her being irritated and moody. "I am so tired that I want to sleep and I did but not the sleep that I wanted, so irritated and moody" (06 F 34: XX: XX).

Prover 07 showed a swing in his moods when he had a quarrel with his partner, "I am not feeling good emotionally" (07 M 45: XX: XX). Prover 09 mind was preoccupied with a lot running through it that she did not feel like going to church, "I wasn't even in the mood for church!" (09 F02: XX: XX). Prover 09 was feeling happy after seeing her partner but the presence of a sharp headache was aggravating her moods, "sharp headache was messing with my mood again" (09 F 05: XX: XX) and she continued to have mood swings, "I still have my mood swings" (09 F 15: XX: XX).

Prover 14 noticed that her mood swings were ameliorated and she does not get worked up as rapidly as previously, "I don't get worked up so quickly it seems" (14 F 22: XX: XX) and experienced visible improvement in her moods with increased energy. "I'm damn chirpy today. Can't stop bouncing around" (14 F 25: XX: XX) and

“Again I feel like I’m hopping skipping and dancing around” ( 14 F 27: XX: XX). Prover 15 mood swings were the result of frustration with people in general and in particular those that were hypocrites, “I HATE PEOPLE- HYPOCRITES, their claim at being religious, generous, kind is all false” (15 F 33: XX: XX).

### **5.3.1.18 Occupation**

Some provers displayed an active focused mind and were industrious at work while one was sad because she had to go back to work. There were a few provers who revealed decreased concentration in their work and they could not work to the best of their ability.

Prover 06 revealed an alteration in her mood at work, “I didn’t feel for anything today at work” (06 F 06: XX: XX). Prover 14 coped effectively with her workload, “Managed quite well today with the workflow” (14 F 01: XX: XX). Prover 15 displayed sadness at going back to work: “So sad it’s back to work” (15 F 19: XX: XX). All she wanted to do was stay in bed.

Prover 25 fingers hurt because of the fast touch typing as he was industrious at work, “I was working hard today” (25 M 02: XX: XX) and (25 M 08: XX: XX). He worked with much effort but was hungry. Prover 25’s performance at work was decreased, “I went to work and worked slow today” (25 M 09: XX: XX). Prover 25 felt tired and this hindered his performance at work, “I was feeling tired and could not work to my full potential” (25 M 13: XX: XX) and due to the workload he was feeling tired and fell asleep in the car on his way home, “I had a lot of work to do today” (25 M 15: XX: XX). Prover 25 experienced increased concentration and focus with work. He worked to his maximum potential, “I went to work full of power. I worked to the maximum and came home” (25 M 33: XX: XX).

Prover 27 noticed that he was able to accomplish his tasks easily and he was not drained out as previously, “I have noticed that I am able to accomplish my tasks given to me more easily. I’m not drained out as before” (27 M 04: XX: XX).



### **5.3.1.19 Refreshed**

The feeling of being refreshed was increased in the morning as described by provers. Prover 25 was feeling refreshed and did not sleep in the car on the way to work like he normally did. On his day off Prover 25 rested a lot therefore he woke up feeling refreshed. The prover also refreshed himself by washing his face with cold water when he felt sleepy or tired.

Prover 25 stated that, "I felt fresh" (25 M 22: XX: XX) and woke up refreshed, "I awoke fresh today at 9am" (25 M 23: XX: XX).

### **5.3.1.20 Religion / Prayer / Peace**

The theme of prayer, god, worship, preaching, religion and peace are noteworthy in this proving. A positive attitude was displayed by the provers towards prayer and their relationship with God. Prover 16 felt spiritually uplifted and connected to a higher power which she was excited about and remarked that she was going to preach about God in appreciation for all he has done for her and her family. Prover 30 was concerned that her spirituality had declined so she had decided to fast and pray so it can be improved.

Prover 16 describes her excitement about going to church, praising God and preaching about him for all that he has done for her family and herself. "I am going to church with excitement. I am going to praise God today not just to praise only but to preach about him for the things he has done for me and my family. I love Sundays." (16 F 38: XX: XX). Prover 30 is concerned about her spirituality declining and has decided to concentrate on prayer and fasting or else she feels she would not have peace in her life, "my relationship with God is suffering. I need to go back to serious prayer, fasting and reading the bible-otherwise my peace is gone" (30 F 06: XX: XX). Prover 30 spirituality improved and she was confident that everything would end up perfectly the way God intended it to be. She mentioned that her eyes in the physical and spiritual worlds were opened. "I'm so much at peace and my spiritual and physical eyes are opened," and "I can see God working everything perfectly in my life and assuring me I need not worry" (30 F 07: XX: XX).

### **5.3.1.21 Restlessness**

The theme of restlessness is remarkable in this proving. The restlessness experienced by most of the provers except Prover 10 occurred at night. Prover 10 encountered restlessness associated with weakness due to the heat and felt lethargic. A few provers exhibited disturbed sleep associated with restlessness. One prover displayed restlessness because his examinations were near and another prover's restlessness was without cause. Even though the prover went to bed early he still experienced restlessness. Another prover's sleep was continuously interrupted and was accompanied by restlessness.

Prover 07 revealed his restlessness because examinations were approaching soon, "I'm a bit restless my exams are close" (07 M 18: XX: XX) and he also experienced disturbed sleep with restlessness. "I did not sleep very well, I'm not sure why but I was so restless" (07 M 36: XX: XX). Prover 09 displayed restlessness throughout the night even though he went to bed early, "I was restless throughout the whole night" (09 F: 02: XX: XX). Prover 10 felt restless and did not want to do anything. Her desire was to be alone. "I was feeling so restless and I did not want to do anything. I wanted to be alone" (10 F 04: XX: XX). Prover 10 was feeling weak and restless due to the heat and did not want to engage in anything. "I was feeling weak and restless because it was hot and when I feel restless I just don't want to do anything (10 F 12:XX: XX). Prover 21 revealed restlessness due to her sleep being interrupted. "Restless – didn't sleep well. I had interrupted sleep waking up every 2-3 hours" (21 F 14: XX: XX).

### **5.3.1.22 Stress**

The theme of stress is a significant part of this proving as numerous provers exhibited symptoms of stress. The stress was with regard to time, examinations, work and performance. It was often described as tension, worry and anxiety by the provers. Provers experienced decreased hunger, headaches, irritability, sleeplessness and tiredness.

Prover 07 reveals her tension related to her final examination. "I'm stressed tomorrow I'm writing my final exam" (07 M 28: XX: XX) and she was anxious after her final examination which caused her to sleep late. "I'm a bit stressed about

yesterday's exam, I even slept late" (07 M 30: XX: XX). Prover 11 stated that, "I've been worrying a lot lately, it's not me" (11F 01: XX: XX). Prover 21 stress was relieved by a hot shower, "Stressed and had a hot shower" (21 F 16: XX: XX) and she was sad, fearful and lonely, "Stressed, sad, lonely and have fear again" (21 F 26: XX: XX). Prover 21 was tense, stressed about being alone and experienced sadness with the stress because life has become a bit too overwhelming. "Tense" (21 F 27: XX: XX) "Stressed of being alone" (21 F 32: XX: XX) "Stressed and sad because life in general is just a bit too much right now" (21 F 35: XX: XX).

Prover 22 showed signs of stress because there was only one week before commencement of examinations. Prover 22 exhibited decreased appetite with this stress. "And I have stress since we only have one more week before we start exams. And I'm not eating as much since of the stress" (22 F 05: XX: XX). Prover 22 produced a headache as a result of the stress and she could not sleep. "Today I can't even eat since tomorrow I'm starting my exam. I feel very stress, my headache is worse and it is because of the stress that I have" (22 F 17: XX: XX). Prover 22 indicated stress and tiredness because she was late for her examination but she was able to complete the paper. She only ate an apple due to the stress which shows that her appetite was decreased with the stress. "Today I'm stressed and tired, since I was late for my exams" and "And I only ate an apple because of the stress" (22 F 18: XX: XX). Prover 22 was afraid that she might fail her examination. She only ate in the morning and had an intense headache. "And I'm so stress that I will fail the paper" (22 F 25: XX: XX). Prover 25 was stressed because he had a month deadline and the results were being assessed. "I felt stressed today" (25 M 06: XX: XX). Prover 25 had to put in extra hard work and therefore he was stressed. "I was stressed today" (25 M 11: XX: XX). Prover 30 showed her irritability and stress in the evening when there was no electricity and the prover was hungry. She had not eaten since morning. "I am feeling very stressed and irritable in the evening" (30 F 08: XX: XX).

### **5.3.1.23 Time**

Time was a prominent theme in this proving and the provers were unsure about themselves. It was either that they were too slow or time was passing too quickly that they could not complete their work.

Prover 06 stated that, “It’s like time isn’t going fast, like time itself has stopped. Why is it taking so long to go faster than any other time?” (06 F 01: XX: XX). The doubts about whether time is passing too quickly or that the prover felt that they were too slow is striking in this proving. Prover 06 felt time was going slowly, “I feel that time is too slow today” (06 F 01: XX: XX). Prover 14 was struggling to keep up with work and she was contemplating as to whether she was too slow or if time was moving too fast. “Can’t seem to keep up with today. Either I’m too slow or the day is too fast” (14 F 06: XX: XX). Prover 25 was feeling sluggish and his motion was slow. “Today I awoke feeling sluggish. I was doing things slowly” (25 M 27: XX: XX). Prover 27 exhibited a slower motion at work, “continued to work but at a slower pace” (27 M 27: XX: XX).

### **5.3.1.24 Tranquility / Relaxation**

Several provers experienced a sense of relaxation and calmness with contentment. The provers seemed in a happier social mood. Some provers also felt a mental calmness after their examination.

Many provers documented a calm, relaxed and happy atmosphere. As Prover 07 went to bed she experienced “feeling relaxed and happy” (07 M 15: XX: XX) and “I feel relaxed and calm” (07 M 25: XX: XX). Prover 09 woke up in a relaxed mood but was uncertain as to why she felt this way. “Woke up in a ‘Bob Marley’ kind of relaxed mood, I honestly don’t know why I feel like this” (09 F 07: XX: XX). Prover 09 was calmer after jogging along the beach with her partner: “I was much calmer; I guess the ocean calms” (09 F 22: XX: XX). Prover 09 stated that different people and different sceneries created a calm and soothing feeling as if all is good, “the different scenery and different people brings that calm soothing feeling of ‘everything is good’” (11F:01: XX: XX).

Prover 11 further emphasised the relaxed feeling and she was in a good mood after having a very long sleep. “You know that feeling that’s like ‘relax’; I’m feeling it” (11F 05: XX: XX). Prover 22 was feeling a bit relaxed after a tiring week and there was no examination. “Today I feel a bit relaxed” (22 F 17: XX: XX). Prover 30 enjoyed a relaxing day with her kids. She did not harbour any guilt about pushing all other issues aside and focusing on her children only. Prover 30 did not stress but on the contrary felt very blessed. “I spend the day relaxing with my family (my kids)” (30F 02: XX: XX). Prover 30 slept for most of the day so that she could relax, “Slept half of the day, just to relax myself” (30F 02: XX: XX). Prover 30 normally cannot stand a dirty house and she would scream at her kids. She cannot concentrate if the house is dirty but since on the proving she simply tells her children to neaten up and she relaxes with them. “I gently tell the kids to tidy up and just relax with them” (30 F 05: XX: XX).

### **5.3.2 Vertigo**

The symptoms of vertigo and spatial imbalance were reported as lightheadedness, dizziness, weakness, tiredness as it occurred in a few provers.

Prover 01 stated that, “Feel tired, weak and dizzy most of the day” (01 F 17: XX: XX) and “I am feeling dizzy and feeling weak throughout the day. (NS)” (01 F 25: XX: XX). Prover 16 experienced dizziness, tiredness and pain which caused him to remain in bed the whole day. He demonstrated confusion with regards to his body functioning. Prover 16 noted, “I feel tired, pain, dizzy; I stayed in my bed the whole day. I don’t know what going on in my body” (16 F 08: XX: XX). Prover 08 documented, “Around 11:10 I felt very lightheaded and weak for that moment. I felt that way for like 10 minutes” (08 F 03: XX: XX), “This morning I was feeling so lightheaded and I felt like throwing up” (08 F 08: XX: XX) and “This morning I felt like throwing up and was feeling a bit weak. I felt so hot and dizzy at the same time” (08 F 17: XX: XX).

### 5.3.3 Head

A large number of provers documented symptoms that affected the head. The provers exhibited varied pain sensations associated with the reported symptoms. The described areas of pain on the head ranged from the frontal, left side, occipital, side, right side, temples and vertex.

Provers depicted their head pain from a dull sensation(01 F:04: XX: XX, 01 F 05: XX: XX, 01 F 06: XX: XX, 01 F 17: XX: XX),(19 F 13: XX: XX),(30 F 01: XX: XX),(14 F 04: XX: XX), "Headache, dull ache like a cap" (15 F 03: XX: XX) to a pounding sensation (22F 42: XX: XX ) to a lancinating sensation (25 M 24: XX: XX) to a throbbing sensation (25 M 28: XX: XX),(01 F 08: XX: XX, 01 F 13: XX: XX, 01 F 14: XX: XX, 01 F25: XX: XX, 01 F26: XX: XX), (04 F 18: XX: XX),(25 M 08: XX: XX,25 M 13: XX: XX),(27 M 10: XX: XX) to light-headedness (21 F 25: XX: XX) to pulsating (27 M 28: XX: XX), to a hammering sensation(21 F 05: XX: XX), to a stabbing sensation(30 F 02: XX: XX), lightning sensation (30 F 04: XX: XX, 30 F 23: XX: XX, 30 F 06: XX: XX, 30 F15: XX: XX),a spring headache(06 F 06: XX: XX) and a heaviness(25 M 02: XX: XX).

Prover 16 noted that her eyes were painful when she had a headache (16 F10: XX: XX). The headaches of Prover 22 were aggravated by closing her eyes and placing her head down. This made the headache more painful. Eating became impossible for her(22 F 02: XX: XX, 22 F 06: XX: XX, 22 F 39: XX: XX,22 F 33: XX: XX). Prover 22 experienced the worst headache that she has ever had and which began in the morning and was the same when she went to bed. She described the headache as"pounding so hard that even my eyes started become red. And I could not even eat because of the headache" (22 F42: XX: XX). Prover 07 reported having a headache because she was so hungry (07 M 21: XX: XX).

Pain in the frontal area was experienced by Prover 25(25 M 24: XX: XX, 25 M 35: XX: XX). The pain on the left side of the head was recorded by provers (03 F 15: XX: XX) and (08 F 01: XX: XX) and pain in the occipital area was documented by provers (14 F 10: XX: XX, 14 F 23: XX: XX),(16 F09: XX: XX, 16 F 12: XX: XX),(23 F 02: XX: XX),(25 M 28: XX: XX). Right side pain was detailed by provers (08 F 06: XX: XX, 08

F 28: XX: XX, 08 F 31: XX: XX) and(14 F 04: XX: XX). Prover 08 noted a head pain on the side (08 F 33: XX: XX).No specific side was mentioned. The pain in the temple area was experienced by provers(21 F 05: XX: XX),(30 F 02: XX: XX, 30 F 04: XX: XX, 30 F 23: XX: XX, 30 F 06: XX: XX, 30 F 15: XX: XX). Pain on the vertex area was encountered by Prover 06 only (06 F 06: XX: XX). Head pain occurring in the morning was denoted by provers (08 F 34: XX: XX),(09 F 14: XX: XX),(14 F 16: XX: XX). Pain occurring at midday was illustrated by provers (10 F 14: XX: XX) and (23 F 27: XX: XX).

Prover 21 experienced light headedness due to her saltless fasting (21 F 25: XX: XX). Prover 06 presented a rare and peculiar symptom which was that her headaches were due to the rain, “It started to rain and I had a headache due to the rain” (06 F 32: XX: XX). The headache of Prover 09 was relieved by green tea (09 F 08: XX: XX) and the pain of Prover 25 was relieved by a cup of tea (25 M 09: XX: XX). Sleep ameliorated the headache in the following provers (09 F 05: XX: XX) and (14 F 30: XX: XX).

The aggravating factors include hunger, closing of the eyes, placing head down, loss of appetite, sun, exercise after, eating lunch, weather changes, night, noise, talking to someone or motion, fasting, light, walking, rain, thinking and smells.

The ameliorating factors include eating after, sleeping after, drinking water, exercise, closing the eyes, quietness, tea, green tea, hot bath, sleeping, bean bag, massage and lying in bed.

### **5.3.4 Eye**

The symptoms of the eye were evident in numerous provers and formed a significant part of the proving.

Prover 01 displayed itchy eyes in the morning with redness and symptoms ameliorated by the afternoon (01 F 13: XX: XX). The itchiness in both eyes in the morning presented by Prover 01 was ameliorated in the evening (01 F 25: XX: XX). Prover 01 revealed itchy watery eyes in the morning (01 F 26: XX: XX). Prover 04 indicated red irritable eyes (04 F 02: XX: XX) and the right eye was red, swollen, extremely irritable with excessive sebaceous secretions (04 F 03: XX: XX,04 F 04:

XX: XX). Prover 06 stated that, “My eyes I can feel like there is red inside like fire and full of sleep and heavy as well” (06 F 02: XX: XX) and “My eyes are heavy on the inside like there is something in there” (06 F 06: XX: XX). Prover 06 continued to report heavy eyes which were in need of sleep (06 F 07: XX: XX) and her left eye was very painful (06 F 14: XX: XX). Prover noted that she could not see clearly on a piece of paper, her eyes were burning like fire and they were heavy (06 F 34: XX: XX).

Prover 09 stated that, “My eyes get worse every day but I noticed something strange; my sinus has not affected me since I got back; usually they are very bad!” (09 F 08: XX: XX). Prover 09 recorded that her eyes hurt together with the left side of her head and stated that she would be better after sleeping (09 F 11: XX: XX). Prover 09 stated: “Woke up at around 6:30am this morning my eyes were killing me” (09 F 12: XX:XX). The eyes of Prover 09 hurt and were itchy but was not accompanied by her usual headache (09 F 16: XX: XX). At midday the eyes of Prover 10 had a mild pain with a burning sensation that created the desire to sleep. The aggravating factor could be the sun (10 F 06: XX: XX). Prover 13 experienced dry eyes which were not relieved by washing them with water. The ameliorating factor was placing ice cubes over the closed eyes (13 M 10: 07: 00). Prover 13 stated that “Dry eyes, ice cubes didn't work. I got back to bed, after 10 minutes it was gone” (13 M 13: 07: 33). Prover 13 documented itchy eyes (13 M 13: 00: 00) and “07:18am: achy red eyes. Feels like I could scratch them” (13 M 18: 07: 18). The ache in the eyes became worse and Prover 13 used two drops of water based cleaner on each eye (13 M 22: 16: 42).

Prover 14 experienced at midday a low grade constant pain in her right eye (14 F 05: XX: XX) and itchy eyes at midday (14 F 07: XX: XX). Prover 19 reported dry eyes (19 F 10: XX: XX). Prover 25 noted sore eyes (25 M 01: XX: XX) and eye strain with a poking sensation due to working on the computer at work the entire day (25 M 11: XX: XX). Prover 27 experienced itchiness of the right eye with redness which became worse with rubbing it and felt better when he closed his eyes or washed his face with cold water(27 M 09: XX: XX). Prover 27 displayed itchiness of the right eye with slight redness which was worse with rubbing of the eye and relieved by the afternoon (27 M 15: XX: XX.). Prover 30 felt her eyes sore with a sensation of



drowsiness and stated that, “this soreness in the upper eyelids deep in the sockets it's new I'm not used to it” (30 F 09: XX: XX).

The ameliorating factors included; afternoon, evening, sleep, ice cubes, eye cleaner, closing the eyes, washing the face with cold water.

The aggravating factors included; morning, midday, sun, scratching, rubbing, and soapy water.

### **5.3.5 Ear**

Pain in the ears was common in provers. Post nasal drip, itchiness, tooth pain and blocked ears accompanied the pain.

A sharp pain was evident in the left ear of Prover 01(01 F 08: XX: XX) and a sharp pain in both ears after walking for a while (01 F17: XX: XX). Prover 03 noted pain in her ears (03 F 19: XX: XX). Prover 08 experienced a pulling pain of the tooth on the right side accompanied by right ear pain. Prover 08 stated that, “My ears felt like there is something inside but nothing was there. I couldn't hear nicely” (08 F 04: XX: XX).

Prover 15 described “A very dull ear ache around the back, middle, and inner ear. It's very dull – don't know what could be causing it, perhaps the nasal drip” (15 F 05: XX: XX). Prover 30 documented that the Eustachian tube and the right side palate of the right ear was itchy accompanied by left nostril congestion (30 F 03: XX: XX). Prover 30 displayed itchiness in the Eustachian tube of the left ear (30 F 08: XX: XX). Prover 30 explained that her ears “were blocked with swishing noise” which she was unaware of until she burped (30 F12: XX: XX).

### **5.3.6 Nose**

There were a large number of symptoms documented in the nose section. Many provers experienced discharges, dryness, pimples, nasal drip, nasal blockage and sinusitis.

A discharge of the nose was evident in provers (04 F 05: XX: XX, 04 F 06: XX: XX, 04 F 07: XX: XX) and (07 M 48: XX: XX). Prover 22 reported that her sinuses flared up in the morning with a nasal discharge occurring later (22 F 00: XX: XX). Prover 22 noted that while blowing her nose in the morning blood was evident. This continued in the afternoon where blood was reported while blowing her nose and was accompanied by a headache (22 F 08: XX: XX). Prover 22 noted a nasal discharge (22 F 20: XX: XX). Prover 25 had a slight nasal discharge with mucus which cleared after blowing his nose (25 M 03: XX: XX, 25 M 19: XX: XX). Prover 06 recorded a very dry nose (06 F 02: XX: XX).

Prover 14 described a sore pustular pimple at the corner of her left nostril which did not ripen (14 F 16: XX: XX, 14 F 19: XX: XX) and the left nostril with the pimple was irritating her (14 F 17: XX: XX, 14 F 19: XX: XX). Prover 14 denoted that her left nostril at the bottom corner was inflamed and sore (14 F 19: XX: XX). Prover 14 stated that, "Woke up with an inflamed pimple on the left bottom corner of my nostril. Like an abscess of sorts. Oozing pus and very sore. Tried to press out what I could but now it's crusty" (14 F 20: XX: XX).

A nasal drip was evident in Prover 15(15 F 04: XX: XX) which resulted in the flaring up of her sinuses. Nasal congestion and a sore raw throat was reported (15 F 05: XX: XX, 15 F 08: XX: XX). Nasal blockage was exceptional in provers (03 F 19: XX: XX), (07 M 03: XX: XX, 07 M 04: XX: XX, 07 M 05: XX: XX, 07 M 15: XX: XX, 07 M 47: XX: XX), (16 F 09: XX: XX),(19 F 13: XX: XX). Prover 16 displayed sneezing especially at night (16 F 09: XX: XX). Prover 22 experienced sinusitis with symptoms of itchiness of the eyes, nose and throat which are aggravated in the morning on waking and at night when going to bed (22 F 15: XX: XX). In the middle of the night Prover 22 reported that her sinusitis experienced was worse than the usual occurrence (22 F 27: XX: XX). Prover 22 noted flaring up of sinusitis in the morning associated with a blocked nose that cleared by midday but a small amount of blood was evident (22 F 28: XX: XX). Sinusitis was experienced in the morning by provers (22 F 36: XX: XX, 22 F 38: XX: XX),(23 F 09: XX: XX,23 F 25: XX: XX).

### 5.3.7 Face

The feeling of numbness of the face was experienced by Prover 01 and Prover 09 felt ashamed and uncomfortable to go out in public because of the pimple eruptions on her face so she decided to stay at home in bed.

Prover 01 felt that her “face has just become numb” (01 F13: XX: XX). Prover 09 stated that she had “big, pus filled pimples on my face; I decided to stay in bed the whole day instead of going out” (09 F 14: XX: XX).

### 5.3.8 Mouth

Many provers experienced symptoms of the mouth. Prominent symptoms that occurred in the proving include dryness, thick sensation of the mouth, red sore gums, sensitive teeth and swollen lips.

The symptom of dryness of the mouth occurred in provers (01 F:20: XX: XX),(19 F 05: XX: XX),(21 F 14: XX: XX),(23 F 10: XX: XX),(27 M 12: XX: XX). Prover 06 felt her mouth was thick (06 F 34: XX: XX, 06 F 35: XX: XX). Prover 27 experienced sore gums with redness which was uncomfortable (27 M 19: XX: XX) and the white areas on the gum was bigger, more painful and sore to touch which burned when gargling with salt water(27 M 21: XX: XX, 27 M 22: XX: XX, 27 M 23: XX: XX). Prover 27 noticed that his gums were red and blood was evident while brushing (27 M20: XX: XX, 27 M 24: XX: XX).Prover 19 experienced sensitivity of her teeth when drinking liquids (19 F 10: XX: XX). Prover 30 felt pain in her frontal teeth (30 F 12: XX: XX) which was caused by the sight of rough granules of sugar. “Today as I’m doing the washing my teeth in the upper jaw (canines and incisors) are achingly painful at the sight on powder soap because of it’s rough texture. This also cause irritation which I feel at my temples and I am tense and clenching my jaw involuntary” (30 F 17: XX: XX). Prover 01 experienced, “Swelling on both lips with what appeared to be a rash. It was very itchy and felt very warm. Felt like I had sand on my lips (OS) occurred before in October 2008” (01 F 17: XX: XX).The swelling subsided but the rash and warmth were still present which was aggravated by placing something hot and very cold on it (01 F:18: XX: XX).

### 5.3.9 Tongue

The tongue symptomatology consists of a thick sensation of the tongue, dryness and the appearance of cracks in the middle and centre of the tongue. There was also the development of sores on the tongue.

Prover 06 felt her tongue was thick (06 F 02: XX: XX). Prover 14 reported a sore on her tongue (14 F 07: XX: XX). Prover 19 reported a dry tongue (19 F 05: XX: XX) and Prover 30 felt her tongue dry and “cracked right in the middle and centre” (30 F 11: XX: XX).

### 5.3.10 Throat

The symptomatology experienced in the throat section was significant. The complaints of the throat include dryness, itching, sore throat, pain, rawness and scratchy throat. Prover 01 stated that she had a sore dry throat only when she had a cold. Dryness of the throat was ameliorated by drinking cold water, ice cold water and the quantity of water intake was greatly increased. A rare and peculiar amelioration of a dry throat was strikingly significant in Prover 13. He found relief by ingesting some uncooked egg. The pain experienced in the throat was a gentle pain due to the cold weather. The dryness of the mouth was aggravated in the morning and at night mainly but was present throughout the day. The symptom of a raw sore throat was accompanied by either nasal congestion, flu like symptoms, fever or hot flushes. One prover displayed a scratchy throat as a result of a post nasal drip.

Prover 01 displayed a dry itchy throat (01 F 10: XX: XX) and a dry sore throat when the prover had a cold (01 F 17: XX: XX). Prover 06 felt her throat was dry and itchy (06 F 01: XX: XX). A dry throat was experienced by provers (07 M 03: XX: XX, 07 M 04: XX: XX, 07M: 06: XX: XX, 07 M 49: XX: XX), (08 F 02: XX: XX) (25 M 12: XX: XX, 25 M 28: XX: XX). Prover 07 wished for cold water (07 M 06: XX: XX) and ice cold water (07 M 49: XX: XX) to relieve his dry throat. Prover 08 drank a lot of water to relieve her dry throat (08 F 02: XX: XX). Prover 13 reported: “12:00: dry throat, uncooked egg made a difference” (13 M 08: 12: 00). Prover 25 experienced a slight gentle pain in his throat which could be attributed to the cold weather (25 M 03: XX: XX). A very sore throat was noted by Prover 03 (03 F 17: XX: XX). Prover 15 states,

“My nose feels stuffy and throat really raw and sore” (15 F 05: XX: XX, 15 F 06: XX: XX, 15 F 07: XX: XX). Prover 21 demonstrated a sore throat with fever, hot flushes and fluish symptoms (21 F 29: XX: XX). Prover 15 described a scratchy throat from a nasal drip (15 F 02: XX: XX).

### 5.3.11 Stomach

Stomach related symptomatology produced by the provers was vast. Prover 06 revealed a changeable appetite (06 F 08: XX: XX). A decreased appetite was experienced by provers (01 F 09: XX: XX, 01 F 17: XX: XX), (06 F 03: XX: XX, 06 F 18: XX: XX), (07 M 03: XX: XX), (09 F 14: XX: XX), (14 F 22: XX: XX, 14 F 23: XX: XX), (21 F 11: XX: XX, 21 F 21: XX: XX, 21 F 31: XX: XX), (22 F 01: XX: XX, 22 F 11: XX: XX), (25 M 01: XX: XX, 25 M 08: XX: XX, 25 M 35: XX: XX), (27 M 16: XX: XX, 27 M 19: XX: XX, 27 M 31: XX: XX), (30 F 06: XX: XX). The symptom of increased appetite was visible in provers (01 F 19: XX: XX), (03 F 01: XX: XX), (04 F 18: XX: XX, 04 F 20: XX: XX), “I am very hungry, like a lion that’s how hungry I am right now” (06 F 02: XX: XX, 06 F 14: XX: XX, 06 F 24: XX: XX, 06 F 34: XX: XX), (08 F 21: XX: XX), (09 F 04: XX: XX, 09 F 19: XX: XX), (14 F 21: XX: XX), (15 F 05: XX: XX), (17 F 06: XX: XX), (19 F 05: XX: XX), (21 F 01: XX: XX, 21 F 02: XX: XX), (22 F 38: XX: XX), (27 M 08: XX: XX), (30 F 03: XX: XX).

Bloating was exhibited by provers (04 F 20: XX: XX) and (30 F 10: XX: XX). Prover 25 displayed bloating after drinking water (25 M 06: XX: XX) and after having a glass of milk (25 M 08: XX: XX). Bloating was also displayed in Prover 25 after eating mutton curry (25 M 30: XX: XX). Constipation was experienced by provers (09 F 02: XX: XX) and (19 F 05: XX: XX).

Prover 07 felt pains in his stomach followed by diarrhoea (07 M 12: XX: XX). Prover 19 noted eructation’s which were due to eating cabbage (19 F 08: XX: XX). Prover 07 experienced heartburn before sleeping (07 M 05: XX: XX) and after eating fried chips (07 M 11: XX: XX).

Prover 06 described her stomach “in a rumble state, like it’s upside down inside out” (06 F 01: XX: XX) and recorded cramps in her stomach (06 F 02: XX: XX, 06 F 35: XX: XX). Prover 06 reported an upset stomach after breakfast in the morning. She

noted nausea, cramping and an inability to complete her lunch (06 F 07: XX: XX) and “stomach cramps so bad that inside of my stomach is like twisting inside because I am so hungry now” (06 F 09: XX: XX). Prover 07 documented that my “stomach is hurting now” (07M 02: XX: XX, 07 M 03: XX: XX). Prover 07 stated that his stomach hurt when he was hungry (07 M 05: XX: XX) and she would get cramps after visiting the toilet (07 M 07: XX: XX). Prover 07 reported disturbed sleep due to stomach complaints and noted eating bread only in the morning until she went to sleep(07 M 13: XX: XX).

Prover 09 described intense stomach cramps that “felt a “shearing” force in my stomach” and “I almost thought I was just a few steps away from death. #tears!!!” (09 F 00: XX: XX).Prover 27 experienced stomach cramps with discomfort and diarrhoea followed. The stomach complaints were worse after eating supper (27 M 07: XX: XX) and breakfast (27 M 08: XX: XX). Prover 19 experienced a pulling stomach pain at night. This mild pain was aggravated by eating late and ameliorated by ice water (10 F 31: XX: XX).

Prover 03 described an intermittent poking pain in the centre of her stomach (03 F 01: XX: XX).Prover 08 experienced a stomach pain with a poking sensation accompanied by lower back pain (08 F 29: XX: XX). Prover 10 documented a sharp stomach pain with the sensation as if “pins and needles” (10 F 09: XX: XX) and a stomach pain described as “someone hitting me on my tummy” (10 F 19: XX: XX). Prover 03 noted a sore stomach as a result of eating sausage which she had not eaten in a long time (03 F 36: XX: XX). Prover 07 encountered a stomach ache that ameliorated after eating (07 M 14: XX: XX). Prover 14 stated that her stomach “is feeling sore at the top under the diaphragm-feels like ulcers” (14 F 12: XX: XX, 14 F 13: XX: XX). Prover 03 reported a stabbing pain in the stomach (03 F 01: XX: XX). Prover 06 described “this strange feeling inside of my stomach, like all of my organs are twisted inside, and no food that want to stay in my stomach” (06 F 24: XX: XX). Prover 01 vomited “after eating fried beef with vegetable” (01 F 04: XX: XX).

Nausea was noted by Prover 01 after eating (01 F 05: XX: XX) and after eating white bread with peanut butter and chicken with mayonnaise (01 F: 07: XX: XX). Prover 01 recorded nausea with no appetite (01 F 13: XX: XX). Prover 07 felt like vomiting and stated that her “stomach is feeling funny” and which relieves after an hour or two (07

M 00: XX: XX, 07 M 03: XX: XX). The vomiting sensation continued in Prover 07 accompanied by heartburn and diarrhoea (07M 01: XX: XX) and now in addition the stomach hurt (07 M 02: XX: XX). Prover 07 felt like vomiting after drinking tea (07 M 49: XX: XX). Prover 22 felt the sensation to vomit in the morning (22 F 06: XX: XX). Prover 25 felt like vomiting after eating egg chutney for lunch. His symptoms were ameliorated by drinking a lot of water (25 M 26: XX: XX).

There were numerous increased thirst symptoms that were evident amongst the provers (01 F15: XX: XX, 01 F17: XX: XX), (04 F 18: XX: XX), (08 F 02: XX: XX, 08 F 21: XX: XX, 08 F 33: XX: XX), (10 F 03: XX: XX), (13 M 02: XX: XX), (15 F 01:20:04), (19 F 05: XX: XX), (21 F 14: XX: XX), (22 F 21: XX: XX, 22 F 30: XX: XX), (25 M 01: XX: XX, 25 M 18: XX: XX), (27 M 12: XX: XX, 27 M 13: XX: XX), (30 F 06: XX: XX). Prover 01 exhibited extreme thirst with nausea and the sensation of vomiting, hunger and weakness throughout the day (01 F15: XX: XX). Prover 08 was drinking a lot of water because it was hot (08 F 33: XX: XX). Provers 19(19 F 05: XX: XX) and 22(22 F 30: XX: XX) felt very thirsty at night. Prover 21 was extremely thirsty the entire day and drank 3-4 litres of cold water from the fridge. She consumed it a glass at a time but drank the water very fast (21 F 14: XX: XX). Prover 30 was not in a good mood because although she was thirsty she had not been drinking a lot of water (30 F 06: XX: XX).

### **5.3.12 Abdomen**

Some of the provers experienced bloating with a heavy and distended sensation of the abdominal area. The abdominal pain experienced by the provers had a cramping nature and a sensation of someone hitting the abdomen. Pains encountered by the provers were aggravated by eating. Constipation and diarrhoea were experienced by many provers.

Prover 11 detailed abdominal cramps upon waking (11F 06: XX: XX) and abdominal cramps that were not as severe (11 F 07: XX: XX). Prover 30 described her stomach as feeling “heavy and distended” (30 F10: XX: XX).

### **5.3.13 Stool**

The symptoms affecting stool were varied in numerous provers. The provers experienced constipation with hard stools and difficulty during the time they go to the toilet. Some provers produced soft or offensive stools. Black and light brown stools were produced. Many provers experienced watery stools with stomach pains.

Prover 06 described her stool as, “my bowel is gone hard and very hard for me to go out during the time I go to the toilet” (06 F 24: XX: XX). Prover 25 documented that his “stools was hardish. A bit of constipation” (25 M01: XX: XX). Soft stools were recorded by provers (09 F 19: XX: XX) and (30 F 03: XX: XX). Prover 30 described her stools in the morning as “dark explosive, soft, urgent yet I can feel I'm not having diarrhoea, but I feel there is a lot in my stomach that needs to get out” (30 F 03: XX: XX). Black stools were produced by Prover 07(07 M 38: XX: XX) and Prover 25 produced stools that were light brown in colour (25 M 10: XX: XX). Prover 01 noted the need to urinate constantly (01 F14: XX: XX) and experienced “boweling constantly with very watery stool and stomach pains. Loud noise makes it worse” (01 F 15: XX: XX). Watery stools were reported by provers (07 M 12: XX: XX), (22 F 27: XX: XX, 22 F 29: XX: XX), (25 M 01:03:30,25 M 03:02:00) and Prover 25 experienced “Runny and watery stools. My tummy emptied itself”(25 M 08: XX: XX, 25 M 24: XX: XX). Prover 09 produced watery pale stools after two weeks of difficulty passing stools (09 F 12: XX: XX).

### **5.3.14 Bladder**

There was a sensation of fullness of the bladder with increased urination due to drinking large quantities of water. There was an increase in the frequency of urination. Burning urination and bladder infection were experienced by some provers. Dark yellow urine with stronger odour was noted by the provers. Pain and discomfort was experienced at the end of urination. A frothy appearance was visible at the beginning of urination.

Prover 10 experienced burning urination at the commencement of urination (10 F 28: XX: XX, 10 F 29:XX: XX). Prover 21 reported a slight bladder infection with a burning sensation, urine darker in colour, stronger smelling, discomfort and pain at the end of



urination (21 F 28: XX: XX). The symptom of copious urination was plentiful amongst the provers (06 F 05: XX: XX, 06 F 16: XX: XX, 06 F 19: XX: XX, 25 M 06: XX: XX), (25 M 22: XX: XX, 25 M 26: XX: XX), (27 M 12: XX: XX). Prover 25 and Prover 27 observed dark yellow urine colour (25 M 26: XX: XX, 25 M 03: XX: XX), (27 M 12: XX: XX). Prover 27 noted that his urine was stronger in smell and frothy in appearance at the initial stage (27 M 12: XX: XX).

### **5.3.15 Female genitalia / sex**

The female genitalia/sex section of the repertory formed a significant part of this proving with numerous provers presenting an array of symptoms.

Prover 09 observed bleeding during sexual intercourse (09 F 17: XX: XX). Several provers observed a heavier menstrual blood flow during the proving. “Menstruation period heavier than usual, blood is very dark red almost brown and thicker than usual. Heavy flow throughout the day, changed pads five times today, usually use two or three in a day” (01 F 15: XX: XX). Prover 01 noted that the menstrual flow got worse as the day progressed (01 F 15: XX: XX). Prover 03 was relieved to reach the completion of her menstrual cycle (03 F 04: XX: XX) and recorded intense menstrual pain which resulted in disturbed sleep at night (03 F 47: XX: XX). Prover 06 observed scanty blood flow and the blood is light in colour (06 F 09: XX: XX). Prover 08 reported very heavy menstrual blood flow with stomach pain (08 F 24: XX: XX). Prover 09 stated that, “my menses are still very watery and heavy; I still have period pains and I'm dragging my right leg” (09 F 14: XX: XX). Prover 14 documented, “the flow of my menses seems more liquid and very fine clots unlike before” (14 F 05: XX: XX).

Prover 14 observed that, “Menses are not clotted much like before. Finer membrane things and seems more red than on the brown side” (14 F 06: XX: XX). Prover 06 penned that her menstruation is strong in odour accompanied by stomach pains and noticed that the blood is light in colour with less blood flow (06 F 07: XX: XX). Prover 09 stated that, “My period is paler today; less bloody; but I'm releasing a lot of discharge with small trace of blood. I am having hot flushes” (09 F 15: XX: XX). Prover 30 noted bright red colour of the blood during her menstruation with no clots or pain (30 F 11: XX: XX). Prover 08 craved for sweet and sour things to eat. She

had chocolate and sour figs which satisfied her (08 F 23: XX: XX). During her menstrual cycle Prover 10 craved for chocolate (10 F 26: XX: XX) and cake (10 F 34: XX: XX). An early appearance of the menstrual cycle was evident in provers (03 F 16: XX: XX) and (14 F 04: XX: XX).

Prover 01 observed itching on the genital area which becomes sore after scratching. The development of small lumps on the genital area which oozes pus and blood when squeezed and a thick discharge was noted (01 F:10: XX: XX, 01 F:13: XX: XX, 01 F:26: XX: XX). Prover 01 recorded a sharp pain in the inguinal region with itching on the vagina and pimple like lumps occurring (01 F 11: XX: XX, 01 F 12: XX: XX). Prover 09 noticed a rash on her vaginal lip which had a very hot itchy sensation (09 F 18: XX: XX). Menstrual cycle was delayed in provers (04 F 21: XX: XX, 04 F 24: XX: XX), (06 F 02: XX: XX). A decreased libido was recorded by Prover 30(30 F 13: XX: XX) and an increased libido was evident in Prover 09(09 F 14: XX: XX, 09 F 21: XX: XX).

Prover 01 experienced menstrual pain that was more intense than her usual and was accompanied by itchy nipples and swollen breast tissue (01 F 14: XX: XX). Prover 03 encountered severe menstrual pain and normally she displays an increased appetite during menstruation but while on the proving she noted a decreased appetite during the duration of her menstruation (03 F 06: XX: XX, 03 F 46: XX: XX, 03 F 47: XX: XX). Prover 09 described her menstrual pain as, "There is a shearing force along my pubic symphysis, all I can do is scream, I used a hot water bottle but that didn't help 'period pain!'" (09 F 13: XX: XX) and (09 F 14: XX: XX). Prover 22 recorded that she was having moderate menstrual pain (22 F 31: XX: XX). Prover 14 noted that her menstruation lasted a day or two longer than normal and that she did not experience the pulling pain in her thighs as she normally does(14 F 08: XX: XX).

Prover 30 stated that she was "emotional because I started menstruating in the afternoon. I haven't menstruated since April 2013" (30 F 11: XX: XX). Spotting was reported by Prover 06(06 F 04: XX: XX, 06 F 06: XX: XX) and Prover 08 who stated that "This morning I had noticed that I was spotting but I just had my period a week ago. I found it strange because that never happens" (08 F 05: XX: XX, 08 F 06: XX: XX). Prover 01 noted that her menstruation was shorter and lasted for only two days with a heavier blood flow and intense menstrual pain. The duration of her

menstruation is five to seven days usually (01 F 17: XX: XX). Prover 03 felt tired, “I couldn’t feel myself” (03 F 46: XX: XX) and Prover 04 felt tired and lethargic due to it being close to her menstrual cycle (04 F 19: XX: XX).

### **5.3.16 Chest**

A few provers experienced respiratory symptoms which include chest pain that can be characterised as a sharp pain or a pulling pain. In some provers the pain became worse with every breath the prover took. In different provers the pain occurred in either the left or right side of the chest. The intensity of the pain ranged from mild to severe from prover to prover.

Prover 06 experienced a sharp pain on the left side of her chest (06 F 19: XX: XX). Prover 07 noted that his chest was hurting (07 M 03: XX: XX) and Prover 08 reported a mild chest pain on awakening (08 F 13: XX: XX). Prover 08 experienced an “intense pulling pain in my right side chest in the centre of my breast but the pain was on my right side mainly. I was feeling so miserable the entire day. That pain was like getting more intense. Every breath I took I had that pulling pain” (08 F 14: XX: XX, 08 F 15: XX: XX). Prover 21 described a feeling of heaviness like something bad is going to happen (21 F 15: XX: XX). Prover 30 reported having “heart palpitation-missed heartbeat, then a pounding beat-then all normal” (30 F 07: XX: XX, 30 F 08: 01: 00).

### **5.3.17 Back**

Many provers experienced upper and lower back pain. The provers described the pain as sore. The pain was recorded as sharp, piercing or poking pains with sensations described as pulling, beaten, pins and needles and the pains were noted to occur in the morning on awakening and in the afternoon. The pain was worse for motion, sleeping on the right side, cold and the left side.

Back pain was experienced by provers (06 F 16: XX: XX), (14 F 08: XX: XX, 14 F 14: XX: XX, 14 F 20: XX: XX). Prover 10 reported having severe lower back pain in the afternoon that she described as “someone hitting your back” (10 F 15: XX: XX) and “like pins going in my back” (10 F 23: XX: XX). Prover 01 detailed upper back pain

on awakening on the shoulder blade on the left side (01 F 25: XX: XX). Prover 08 noted intense lower back pain in the morning on awakening (08 F 27: XX: XX) and “My lower back was killing me” (08 F 32: XX: XX). Back pain was noted to be worse for motion (06 F 27: XX: XX). Prover 10 recorded having mild lower back pain at noon that was worse when sleeping on the right side and when sitting (10 F 01: XX: XX). At noon Prover 10 experienced severe upper back pain “like needles poking in my back” (10 F 13: XX: XX). An intense piercing lower back pain was documented by Prover 08(08 F 23: XX: XX) and Prover 22 mentioned:“when I was cold my back felt like there was a pain in it like someone was poking me with something sharp” (22 F 28: XX: XX). Back pain was described as a pulling sensation by provers (06 F 09: XX: XX, 06 F 14: XX: XX), (08 F 03: XX: XX,08 F 10: XX: XX, 08 F 34: XX: XX). Prover 23 experienced a lower back pain that lasted for two hours which made her feel uneasy and was ameliorated by relaxation(23 F 23: XX: XX). Prover 22 reported having a back pain in the morning because of the cold (22 F 21: XX: XX, 22 F 28: XX: XX). Prover 06 described, “a sharp pain on my left side of my back that every time I move my hand it pulls more” (06 F 06: XX: XX) and a severe back pain that has returned(06 F 07: XX: XX). Prover 06 documented having “this sharp back pain on my right side but this time, it’s pulling from my shoulders and the muscles are hard and too tight. Every time I turn it pulls more and hurts more” (06 F 08: XX: XX). A sore back was reported by provers (06 F 35: XX: XX), (14 F 15: XX: XX, 14 F 18: XX: XX).

### **5.3.18 Extremities**

The extremities section of the repertory formed a significant part of this proving with numerous provers producing a variety of symptoms in both the upper and lower limbs.

Prover 06 described a sharp pain on the right arm that was ameliorated by massaging (06 F 16: XX: XX) and her arms were painful due to raising them high (06 F 23: XX: XX). Prover 08 on awakening in the morning“felt this intense pain. This pulling pain in my arms going to my lower hand. I had this pain throughout the day. Like around 7:30pm that pain I was feeling in my hand started going down a bit but it was a bit swollen, the lower centre part of my hand” (08 F 09: XX: XX, 08 F 16: XX:

XX). Prover 10 mentioned that she could not move her arms because her muscles were painful (10 F 08: XX: XX).

Prover 19 described a throbbing pain in her right arm travelling to the neck and right side of the head that was worse when lying and at night. The accompanying ears, neck and head pain was unusual together (19 F 06: XX: XX). Prover 19 documented right arm shooting pain in the muscles of the arm and inner elbow. The pain was intense when attempting to raise the arms and aggravated when lying and at night (19 F 11: XX: XX). Prover 25 recorded that his right arm was sore (25 M 09: XX: XX, 25 M21: XX: XX). In the morning on awakening Prover 06 described a pulling pain on the elbow of her left hand that was aggravated by motion(06 F 12: XX: XX).

Prover 06 documented a burning sensation of her legs, “like my legs were on fire, don’t know why” (06 F 18: XX: XX) and as a result of walking a lot (06 F 31: XX: XX). Prover 07 explained that, “Every time I come back from the toilet I get these extra ordinary foot cramps, I cannot even move at least for two minute” (07 M 16: XX: XX) and described his feet as“freezing” (07 M 48: XX: XX). Prover 09 reported that she was sweating a lot on her feet which had an offensive odour (09 F 19: XX: XX). Prover 10 experienced severe pain on the feet in the afternoon when she was standing and“the pain was like something poked me under my feet” (10 F 17: XX: XX).

Prover 19 documented throbbing pain under the heel of the left foot which was worse when she got out of bed and walked but subsided during the day.“Severe pain that causes me to limp for a while. I think swapping shoes from higher heels to flat shoes may be the aetiology” (19 F 25: XX: XX, 19 F 26: XX: XX, 19 F 27: XX: XX,19 F 28:XX: XX). Prover 27 recorded sore feet that ameliorated by soaking them, raising and resting the feet (27 M 27: XX: XX). Prover 30 mentioned that her feet were aching and while sleeping she kept her feet out of the blanket because they were hot. This symptom had ameliorated over a year ago when she had started jogging (30 F 14: XX: XX). Prover 19 experienced dull pain under both heels when standing (19 F 31: XX: XX, 19 F 32: XX: XX).

Prover 01 recorded a sharp pain on the knee joints which was worse when seated and better after standing and sleeping(01 F25: XX: XX). Prover 06 in the evening reported intense joint pain on her knees and she could not straighten her legs. She

could not walk for long due to the pain (06 F 26: XX: XX). Sharp pain experienced on both knee joints especially at night (01 F 13: XX: XX). Severe knee pain at night that, “felt like someone was hitting it. The pain was worse when I walk” (10 F 08: XX: XX). Prover 06 experienced pain on the right knee which was aggravated by bending and ameliorated when it breaks (06 F 20: XX: XX).

Ankle pain due to walking (06 F 05: XX: XX) and with swelling of the legs that was aggravated by standing which resulted in a pulling sensation (06 F 08: XX: XX, 06 F 16: XX: XX). Severe pulling pain of the legs which was worse when she sat or raised her legs, “it feels like fire, also feels like that something is pulling my feet down again” (06 F 09: XX: XX). Left leg pulling pain from the posterior part of the ankle (06 F 19: XX: XX) and pulling leg pain due to the cold air (06 F 23: XX: XX). Prover 06 noted that her legs were sore and she could not walk (06 F 33: XX: XX) and she could not stand for long (06 F 34: XX: XX). Prover 09 wrote, “I feel so horrible; I cannot feel my right leg” (09 F 14: XX: XX) and that his right leg was locked again (09 F 15: XX: XX). Left leg pain in the morning with the sensation of “pins and needles.” She could not move her legs and it became better when she put her leg on the floor (10 F 11: XX: XX).

Prover 23 had a sharp pain on the posterior aspect of the left leg (23 F 01: XX: XX). Prover 25 rested his legs because they felt heavy (25 M 11: XX: XX) and experienced severe leg pain due to walking (25 M 15: XX: XX). A tugging pain (pulling pain) of his left leg was documented (25M 20: XX: XX). Numbness was observed by provers (06 F 03: XX: XX) and (09 F 14: XX: XX). Prover 06 noted that her right leg on the thigh part had numbness and it pulled with every motion (06 F 03: XX: XX). Prover 09 penned that he felt horrible and “I cannot feel my right leg” (09 F 14: XX: XX). Weakness of the legs was observed by Prover 06, “I felt that my legs didn’t want to walk, felt like I was walking on air and my legs were asleep” (06 F: 19: XX: XX).

### **5.3.19 Neck pain**

A few provers experienced neck pain which occurred in the morning on awakening and ameliorated in the evening. The pains were described as sharp and a sore neck with pain moving down the hand. Neck stiffness was also noted in some provers.

Neck and shoulder pain in the morning was encountered by Prover 01 which improved by the evening (01 F 11: XX: XX). Prover 10 described a sharp pain on the right side of her neck on awakening in the morning (10 F 01: XX: XX). Neck stiffness due to picking her head up too fast off the pillow (15 F 08: XX: XX) and a sore neck with pain running down the arm (15 F 09: XX: XX). Slight neck pain on the left side and could not turn to the left side. This was due to tension and sleeping incorrectly (21 F 01: XX: XX, 21 F 20: XX: XX). A heated bean bag ameliorated the neck pain (21 F 02: XX: XX, 21 F 03: XX: XX).

### **5.3.20 Sleep**

This section had extensive symptoms with several provers experiencing either a deep peaceful sleep, sleepiness, sleeplessness, disturbed or restless sleep or sleep associated with tiredness, waking up late and sleeping longer.

Deep and peaceful sleep was profound in provers (06 F 01: XX: XX, 06 F 02: XX: XX, 06 F 08: XX: XX, 06 F 24: XX: XX), (07 M 07: XX: XX, 07 M 16: XX: XX), (14 F 02: XX: XX), (15 F 21: XX: XX, 15 F 22: XX: XX), (25 M 01: XX: XX, 25 M 30: XX: XX), (27 M 06: XX: XX, 27 M 08: XX: XX, 27 M 09: XX: XX, 27 M 11: XX: XX, 27 M 14: XX: XX, 27 M 19: XX: XX, 27 M 28: XX: XX, 27 M 30: XX: XX).

Sleeplessness was prevalent in provers (01 F 04: XX: XX), (06 F 03: XX: XX, 06 F 04: XX: XX, 06 F 04: XX: XX, 06 F 18: XX: XX, 06 F 20: XX: XX, 06 F 34: XX: XX, 07 M 37: XX: XX), (09 F 16: XX: XX, 09 F 18: XX: XX, 09 F 19: XX: XX), (15 F 24: XX: XX). Prover 06 described her sleep as “waking up regularly and tossing in the night” (06 F 04: XX: XX) and “turning from side to side” (06 F 20: XX: XX). Prover 09 noted that although he was experiencing sleepless nights without any dreams his headaches had ameliorated (09 F 19: XX: XX).

Sleepiness was a common symptom (01 F 11: XX: XX, 01 F 17: XX: XX, 01 F 26: XX: XX), (03 F 19: XX: XX), (06 F 05: XX: XX, 06 F 09: XX: XX, 06 F 11: XX: XX, 06 F 13: XX: XX, 06 F 16: XX: XX, 06 F 19: XX: XX, 06 F 25: XX: XX, 06 F 31: XX: XX, 06 F 33: XX: XX, 06 F 35: XX: XX), (08 F 01: XX: XX, 08 F 35: XX: XX), (15 F 03: XX: XX), (22 F 05: XX: XX), (25 M 05: XX: XX, 25 M 06: XX: XX, 25 M 09: XX: XX, 25 M 11: XX: XX, 25 M 27: XX: XX, 25 M 35: XX: XX), (27 M 07: XX: XX, 27 M 10: XX: XX).

XX, 27 M 18: XX: XX, 27 M 32: XX: XX). Prover 01 slept longer than usual with a decreased appetite (01 F 17: XX: XX). Prover 03 described her sleepiness as “I felt like sleeping nonstop” (03 F 19: XX: XX). Prover 06 stated that her “eyes are so heavy full with sleep” (06 F 09: XX: XX) and “I am feeling so sleepy that my half eye is already wanting to close and my body is already lazy and half asleep” (06 F 35: XX: XX). Prover 08 mentioned that her “eyes were like so heavy. I couldn’t keep them open” (08 F 01: XX: XX).

Restless sleep was displayed by provers (07 M 36: XX: XX), (08 F 03: XX: XX, 08 F 11: XX: XX, 08 F 16: XX: XX), (15 F 08: XX: XX, 15 F 20: XX: XX), (21 F 14: XX: XX). Disturbed sleep was presented by provers (07 M 27: XX: XX, 07 M 28: XX: XX), (09 F 03: XX: XX, 09 F 06: XX: XX, 09 F 08: XX: XX, 09 F 10: XX: XX, 09 F 11: XX: XX), (14 F 23: XX: XX), (15 F 05: XX: XX, 15 F 06: XX: XX, 15 F 07: XX: XX, 15 F 09: XX: XX, 15 F 10: XX: XX). Prover 14 described her sleep as “the worst night’s sleep ever. Sleep kept on breaking” (14 F 23: XX: XX). Waking up late in the morning was presented by Prover 14 (14 F 04: XX: XX, 14 F 10: XX: XX). Sleeping for a longer duration occurred in provers (01 F 17: XX: XX), (07 M 07: XX: XX), (15 F 25: XX: XX), (25 M 24: XX: XX). Tiredness associated with sleep was displayed in Prover 25 (25 M 31: XX: XX, 25 M 32: XX: XX).

### 5.3.21 Dreams

An abundance of themes developed in dreams that were documented by various provers. The themes emerged from the dreams of this proving include the following:

- Children, mum went with son to tuition to ensure that the boy from her ex-in law’s family stops making friends with her son (14 F 26: XX: XX);
- Confusion in a rural area and there was lightning (30 F 06: XX: XX);
- Dead relatives, cooking vegetables for late maternal granny (14 F 28: XX: XX) and late mum (25 M 02: XX: XX);
- Giants and tsunami (30 F XX: XX: XX);
- Father, put hair in his daughter’s food. When she took it out he put it back again (14 F 08: XX: XX);



- Friends, people who played a significant role in her childhood and adolescent years(04 F 03: XX: XX) and a friend that was dying and needed her help(25 M 29: XX: XX);
- Family and happiness, ex-boyfriend's son wanted to borrow money to buy his baby a sheet for the camp cot and ex-in law's(14 F 26: XX: XX, 14 F 29: XX: XX);
- Happy, together as a family(06 F 03: XX: XX) and grandparents and the happy occasions spent together(27 M 06: XX: XX);
- Funeral, that we did a month ago(25 M 03: XX: XX);
- Fights and fighting(25 M 03: XX: XX), (27 M 17: XX: XX, 27 M 18: XX: XX), (30F:03: XX: XX);
- Partner(06 F 08: XX: XX), (09 F: 01: XX: XX),(14 F 34: XX: XX), (25 M 08: XX: XX);
- Pursued(30 F 03: XX: XX);
- TV Shows (25 M 18: XX: XX);
- Rash on her body, arms and face that needed to be shown to a doctor(14 F 19: XX: XX);
- Real(06 F 17: XX: XX);
- Religious, went for pilgrimage and the good was protecting and fighting against the evil(14 F 35: XX: XX);
- Unremembered or vague (06 F 06: XX: XX), (07 M 45: XX: XX, 07 M46: XX: XX), (09 F 10: XX: XX), (23 F 24: XX: XX).

### **5.3.22 Fever**

The provers observed a noticeable increase in body temperature.

Prover 01 observed an increase in temperature (01 F 10: XX: XX) while Prover 07 felt hot but wanted to sit in the sun (07 M 06: XX: XX). A notable fever was presented by provers (22 F 00: XX: XX, 22 F 01: XX: XX, 22 F 23: XX: XX), (27 M 21: XX: XX, 27 M 22: XX: XX, 27 M 23: XX: XX).

### 5.3.23 Perspiration

A few provers experienced symptoms in the proving. Profuse perspiration on the feet with an offensive odour was observed and another prover noted a sour smelling feet. One prover that normally does not perspire began sweating during the proving but at night. Perspiration was also associated with hot flushes, heat and a sticky sensation.

Prover 09 noted that she sweated a lot especially on her feet which had an offensive odour (09 F 19: XX: XX) and Prover 30 reported a sour smell on her feet (30 F 07: XX: XX). Prover 15 was “feeling hot and sweaty” (15 F 03: XX: XX) and “extremely hot, sticky, sweaty” (15 F 04: XX: XX). Prover 17 who normally does not sweat observed “a lot of perspiration last night while sleeping” (17 M 02: XX: XX) and “perspiration again during sleep” (17 M 03: XX: XX, 17 M 04: XX: XX). Prover 21 perspired a lot accompanied with hot flushes (21 F 27: XX: XX).

### 5.3.24 Skin

Skin symptomatology was massive and occurred commonly amongst the provers. There was a tendency towards skin abscesses, fever sores, dry skin, brightening of the skin, inflammation, pimples, peeling of the skin, itchiness and the formation of a rash on the arms, fingers and neck.

Prover 14 noted the presence of abscesses on her skin which were uncomfortable (14 F 14: XX: XX, 14 F 21: XX: XX, 14 F 24: XX: XX, 14 F 32: XX: XX). Prover 06 noticed that her “skin has brightened up” (06 F 04: XX: XX) and that her “skin has gone light” (06 F 19: XX: XX). Two provers experienced dry skin (07 M 37: XX: XX, 07 M 46: XX: XX), (23 F 15: XX: XX, 23 F 16: XX: XX). Prover 23 mentioned that she had to moisturise all the time and washed her face often. She explained that her skin became very flaky (23 F 15: XX: XX, 23 F 16: XX: XX).

Prover 14 observed the appearance of a fever sore on the bottom lip on the right corner (14 F 03: XX: XX, 14 F 04: XX: XX, 14 F 05: XX: XX, 14 F 06: XX: XX, 14 F 07: XX: XX, 14 F 08: XX: XX). Prover 14 documented “my fever sore is smiling at everybody and not popping and going away” (14 F 05: XX: XX) and my “fever sore is irritating me” (14 F 06: XX: XX). Prover 14 noted that the “fever sore is taking too long to dry up-going away too slowly” (14 F 08: XX: XX). Inflammation of the skin was

reported by provers (07 M 14: XX: XX) and (14 F 19: XX: XX). Prover 07 experienced painful skin after walking in the sun (07 M 14: XX: XX) and Prover 14 noted an inflammation at the bottom corner of the left nostril that she found irritating (14 F 19: XX: XX).

Prover 07 revealed that his lower body was itching when he went to bed which resulted in him sleeping late again (07 M 38: XX: XX). Prover 01 observed that her skin was peeling off on the palm of her left hand which was accompanied by itchiness (01 F 06: XX: XX). Prover 09 noticed that her skin was peeling which made her panic for the entire day (09 F 06: XX: XX, 09 F 07: XX: XX). The development of pimples occurred in provers (06 F 07: XX: XX, 06 F 08: XX: XX) and (15 F 16: XX: XX). Prover 06 noted pimples on the side of her face, upper lip and chin which were itchy (06 F 07: XX: XX). Prover 06 recorded that “there is fine pimples on my face which I can feel when I touch my skin” (06 F 08: XX: XX). Prover 15 noticed the development of five pimples (15 F 16: XX: XX).

The eruption of a rash on the base of the right middle finger and back of the neck was consistent with a sun rash, fine and itchy (04 F 02: XX: XX). The rash now emerged on the arms as well (04 F 03: XX: XX). The rash on the neck was persistent but the rash on the arms and fingers were healing (04 F 05: XX: XX) and the rash on the neck as getting dry and was not so itchy (04 F 07: XX: XX, 04 F 08: XX: XX). Prover 07 produced a skin rash (07 M 46: XX: XX).

### **5.3.25 Generals**

The generals section elicited a broad spectrum of symptoms that were categorised into themes. This allows for a better understanding of the symptoms.

Bathing ameliorated Prover 07’s symptoms making him feel better and he went straight to bed (07 M 07: XX: XX). There was a distinct theme of increased energy amongst several provers (06 F 01: XX: XX), (08 F 02: XX: XX, 08 F 20: XX: XX, 08 F 28: XX: XX), (17 M 06: XX: XX), (22 F 38: XX: XX), (25 M 33: XX: XX), (27 M 04: XX: XX, 27 M 05: XX: XX, 27 M 14: XX: XX). A discernable decrease in energy levels was experienced by many provers (01 F 08: XX: XX, 01 F 09: XX: XX, 01 F 25: XX: XX), (03 F 01: XX: XX, 03 F 04: XX: XX, 03 F 17: XX: XX, 03 F 19: XX: XX), (07 M 14: XX: XX,

07 M 21: XX: XX), (08 F 25: XX: XX, 08 F 32: XX: XX, 08 F 35: XX: XX), (09 F 08: XX: XX), (09 F 11: XX: XX, 09 F 12: XX: XX, 09 F 14: XX: XX, 09 F 20: XX: XX), (10 F 12: XX: XX, 10 F 16: XX: XX, 10 F 22: XX: XX, 10 F 30: XX: XX), (13 M 03: 10: 00), (14 F 05: XX: XX, 14 F 40: XX: XX), (15 F 07: XX: XX), (22 F 00: XX: XX, 22 F 05: XX: XX, 22 F 06: XX: XX, 22 F 11: XX: XX, 22 F 12: XX: XX), (27 M 27: XX: XX).

Prover 01 vomited after eating fried beef with vegetable (01 F 04: XX: XX). Prover 09 displayed his hatred towards tomatoes and his love for chillies (09 F 10: XX: XX). "I couldn't even finish my Greek salad, for some reason tomatoes taste awful!" (09 F 05: XX: XX). Prover 10 craved to eat cake. She desired for sweet things during or close to her menstrual cycle (10 F 34: XX: XX). There was a marked desire for chocolate cake in provers (08 F 08: XX: XX) and (10 F 01: XX: XX). A craving for chocolate mousse was evident in provers (06 F 01: XX: XX) and (08 F 10: XX: XX). A profound craving for chocolates was visible in provers (06 F 01: XX: XX), (08 F 23: XX: XX), (10 F 07: XX: XX), (10 F 26: XX: XX).

Prover 06 revealed a craving for chicken and roti (06 F 35: XX: XX) and Prover 10 felt like eating Nando's (10 F 02: XX: XX). Prover 09 noted "hot wings for supper" (09 F 12: XX: XX). Although Prover 09 did not like chillies she now had a weird craving for chillies (09 F 04: XX: XX) and "I ate 3 pieces of chicken dipped in aged chillies sauce" (09 F 11: XX: XX). "I'm still craving for hot and spicy food" (09 F 16: XX: XX). Prover 10 revealed a desire for coke (10 F 02: XX: XX) and a craving for fishcakes (10 F 03: XX: XX). Prover 08 craved to eat herbs and roti (08 F 12: XX: XX) and felt like having ice-cream (08 F 13: XX: XX, 08 F 14: XX: XX, 08 F 19: XX: XX, 08 F 24: XX: XX, 08 F 28: XX: XX). Prover 23 ate junk food (23 F 06: XX: XX). Prover 08 felt like having banana flavoured milkshake (08 F 14: XX: XX, 08 F 15: XX: XX). "I feel like eating a lot of meat with aged chilli sauce (7pm)" (09 F 11: XX: XX). Prover 10 felt like eating mutton curry (10 F 10: XX: XX). Prover 08 felt like having sour things so she had some figs (08 F 23: XX: XX).

Generalised muscle soreness was exhibited by a large number of provers (07 M 07: XX: XX, 07M36: XX: XX), (08 F 12: XX: XX), (14 F 24: XX: XX), (27 M 10: XX: XX, 27 M 19: XX: XX). Symptoms associated with pain occurring on the left side of the body was experienced by provers (06 F 01: XX: XX), (08 F 35: XX: XX), (10 F 05: XX: XX, 10 F 25: XX: XX), (14 F 11: XX: XX, 14 F 12: XX: XX). Joint pain of the body was

evident in provers (19 F 05: XX: XX) and (21 F 28: XX: XX). Body pain was noted with a sensation “as if someone hit me” (08 F 08: XX: XX) and Prover 14 felt “like I’ve been hit by a bus” (14 F 07: XX: XX).

Influenza was evident in the proving and occurred in provers (03 F 19: XX: XX) and (21 F 29: XX: XX). Provers that displayed a sensitivity to the cold were (01 F 26: XX: XX), (07 M 05: XX: XX), (22 F 27: XX: XX), (14 F 19: XX: XX). Drinking warm water in the morning moderated the headache of Prover 16 (16 F 12: XX: XX). Weight loss was evident in provers (06 F 19: XX: XX) and (27 M 08: XX: XX). Generalised weariness associated with tiredness and being drained out was profoundly evident in provers (03 F 19: XX: XX), (04 F 12: XX: XX, 04 F 18: XX: XX, 04 F 19: XX: XX, 04 F 20: XX: XX), (06 F 30: XX: XX), (07 M 48: XX: XX), (08 F 06: XX: XX, 08 F 09: XX: XX, 08 F 18: XX: XX, 08 F 25: XX: XX, 08 F 26: XX: XX, 08 F 32: XX: XX, 08 F 33: XX: XX, 08 F 35: XX: XX), (10 F 01: XX: XX), (14 F 03: XX: XX, 14 F 09: XX: XX, 14 F 10: XX: XX), (15 F 12: XX: XX), (25 M 02: XX: XX, 25 M 04: XX: XX, 25 M 09: XX: XX, 25 M 35: XX: XX, 25 M 35: XX: XX), (27 M 13: XX: XX, 27 M 16: XX: XX, 27 M 25: XX: XX).

Prover 15 woke up in the morning feeling tired, grumpy and irritable (15 F 11: XX: XX, 15 F 28: XX: XX, 15 F 29: XX: XX). Prover 25 felt tired and could not work to his full potential (25 M 13: XX: XX) and “my day was weary as I could not perform to my maximum level at work” (25 M 32: XX: XX). Prover 21 relaxed at home due to her tiredness (21 F 17: XX: XX). Restlessness associated with tiredness was notable in provers (08 F 16: XX: XX, 08 F 23: XX: XX), (15 F 02: XX: XX). Weakness related with restlessness was reported by provers (10 F 12: XX: XX) and (14 F 05: XX: XX). Tiredness associated with sleep was documented by provers (06 F 11: XX: XX, 06 F 13: XX: XX, 06 F 14: XX: XX, 06 F 25: XX: XX, 06 F 31: XX: XX, 06 F 33: XX: XX), (08 F 01: XX: XX), (14 F 24: XX: XX), (25 M 05: XX: XX, 25 M 11: XX: XX, 25 M 26: XX: XX, 25 M 31: XX: XX, 25 M 32: XX: XX), (27 M 19: XX: XX, 27 M 31: XX: XX). Prover 10 described her body as tight, heavy and tired (10 F 16: XX: XX) and she did not feel like doing anything (10 F 22: XX: XX, 10 F 30: XX: XX). “Just feeling like a blob. Dragged myself around the entire day” (14 F 40: XX: XX).

## 5.4 COMPARISON OF ACACIA XANTHOPHLOEA 30CH TO AFRICAN TRADITIONAL MEDICINAL USAGE OF ACACIA XANTHOPHLOEA

*Acacia xanthophloea* has been used extensively in the African tradition by the Zulu people as one of the “*ubulawu*” plants that produce visionary and prophetic dreams. This allows one to connect and communicate information from both the ancestral and spiritual world. The Zulu culture believes that if you focus on a specific question prior to sleeping then you can attain the answer in your dream. The bark is mixed with a variety of dream herbs. A visible result of the dream herbs may take a few days to occur (Azarius Online Smartshop, 2012).

During the proving of *Acacia xanthophloea* a few provers had dreams of their dead relatives (14 F 28: XX: XX) and (25 M 02: XX: XX). Prover 14 “dreamt I was cooking vegetables for my maternal granny who is late now for about 14 years. Felt good dreaming about this as I was doing something good for her” (14 F 28: XX: XX). Prover 25 dreamt of his late mum in the morning (25 M 02: XX: XX). Prover 27 dreamed of his grandparents and the entire day he continued thinking of the happy occasions they spent together and realised that he missed them a lot. “In the dream my grandparents was looking after me and they were happy, smiling and laughing in the dream. I felt like I connected to them last night” (27 M 06: XX: XX). The provers were uplifted and felt a connection with a higher power.

Prover 30 revealed that her dreams are prophetic and that they do actually occur in reality. Here is an illustration of a dream, in which the prover is confused but confirms in her journaling that she has visionary dreams:

Had a weird dream last night, I've never had it before, dreamt I was in some rural area I don't know looks like my ruler but different. It was lightning and I wasn't afraid (normally very afraid). Then chicken ran away from the flat we were in and then we realised that it means lightning was going to strike that room, second before it did, and it did. I wasn't hurt or anyone else (think so) then I woke up- never had any dream like that before, so I prayed because I couldn't understand the meaning (it was 3am) - like is it about me or other people or is it about to occur soon (I usually dream things that actually happen) but as I prayed I was confused, not afraid (30 F 06: XX: XX).

Another depiction of a prophetic dream experienced by Prover 30 aimed to warn the people of a forthcoming tsunami. The dream included giants with their short wives and concluded with a feeling of wisdom. This wisdom can be likened to the wisdom possessed by the African traditional healers that use medicinal plants to heal individuals.

Although Prover 30 cannot swim she dreamed of saving people (30 F XX: XX: XX):

Dreamt of a Tsunami, I can't really swim but always dream of saving people but in the dream the weird thing happened while swimming. I went through the mountain and entered another world. There were giants and I was warning them that a tsunami is coming, but the giant started to run and left their short wives behind. In the dream I stop the giant and told them they are huge giants and they can survive the tsunami but they are leaving their wives behind, why don't they carry them. The giants listened and started picking up their wives and I felt very wise. There was a feeling of wisdom (30 F XX: XX: XX).

Prover 30 dreamt of a robbery where the TV and other belongings were stolen at her children's school at gunpoint, "at the same time thieves stole my TV and belongings and things." A few days later she had a robbery at her house and the TV together with other belongings were stolen(30 F 03: XX: XX). All the prover's stolen items were recovered by the police. This dream provided confirmation to the prover that her dreams were visionary. In the same dream Prover 30 dreamt that, "I was helping 2 patients with cancer of the brain and Alzheimer's. I took them to the homoeopathic clinic but a doctor there and Dr. Jabu just sent them away and didn't help them" (30 F 03: XX: XX). Catechin is an active compound found in *Acacia* that has antioxidant and anticarcinogenic properties. It is worthy of note that the prover had a dream regarding the treatment of cancer patients. Many people can benefit from using the *Acacia* plant because it is able to stabilise brain chemistry (African Mind Healing Herb, 2012).Prover 14 had a dream that she went for pilgrimage and "there was like good protecting and fighting for me against the evil" (14 F 35: XX: XX). This is indicative of good triumphing over evil and the power of prayer that forms a significant aspect of traditional African practices

The bark is added into a mixture of herbs can also be consumed as a tea. An extract of the gum or a tea can be prepared to provide relief of gastro-intestinal symptoms. A concoction of the bark is used to treat indigestion (African Mind Healing Herb, 2012). The headaches of provers (09 F 08: XX: XX) and (25 M 09: XX: XX) were ameliorated by tea. Prover 09 stated that she had a severe headache and could not sleep as the children were around so she opted for a cup of green tea (09 F 08: XX: XX). Prover 25 documented that he did not have his tea in the morning which resulted in a headache but was relieved as soon as he had a cup of tea (25 M 09: XX: XX).

In the Zulu tradition the leaves from the Acacia plant were ground into a paste and applied on the forehead to mitigate the intensity of a headache (Acacia Information and Facts, 2014). Prover 16 and Prover 22 developed a headache that was accompanied by eye symptoms (16 F 10: XX: XX) and (22 F 02: XX: XX, 22 F 06: XX: XX, 22 F 39: XX: XX, 22 F 33: XX: XX, 22 F 42: XX: XX). The headache was worse for closing the eyes, placing the head down and eating was impossible. Prover 15 described her headache as, "headache, dull ache like a cap" (15 F 03: XX: XX). A severe pulsating headache in the afternoon was notable by Prover 27. It was better for closing the eyes and massaging the head and worse in the light, noise, walking and moving the body in a certain direction (27 M 28: XX: XX, 27 M 29: XX: XX). Prover 06 stated that "It started to rain and I had a headache due to the rain (06 F 32: XX: XX).

In African traditional medicine, the bark is used extensively to treat fever (African Mind Healing Herb, 2012). In the proving, Provers 01, 07, 22 and 27 produced symptoms of fever. Prover 01 recorded an "increase in temperature" (01 F 10: XX: XX) while Prover 07 reported that "I feel so hot yet I want to go and sit in the sun" (07 M 06: XX: XX). Prover 22 penned that she had a fever (22 F 00: XX: XX, 22 F 01: XX: XX) and she displayed sensitivity towards the cold and could feel a fever coming on (22 F 23: XX: XX). Prover 27 noted that he was slightly feverish and had to put a jersey on (27 M 21: XX: XX) and described that "today I feel more feverish, the face and neck and body as well is hot. Hotter than yesterday. Think I'm getting a fever" (27 M 22: XX: XX, 27 M 23: XX: XX).



In African traditional medicine *Acacia xanthophloea* is used as a general eye tonic and for the relief of eye symptoms (African Mind Healing Herb, 2012). The proving of *Acacia xanthophloea* produced profound symptoms which are illustrated in the eye section of the repertory. The Prover 01 described her eyes as, "Eyes very itchy and watery in the morning" (01 F 26: XX: XX). Prover 06 recorded that her eyes "feel like there is red inside like fire and full of sleep and heavy" (06 F 02: XX: XX) and described her "eyes are heavy on the inside like there is something in there" (06 F 06: XX: XX, 06 F 07: XX: XX, 06 F 34: XX: XX). Prover 09 noted that her eyes were painful and itchy but was not accompanied with her usual headache (09 F 16: XX: XX). Dry eyes were ameliorated by ice cubes (13 M 10: 07: 00, 13 M 13: 07: 33) and he experienced itchy, red sore eyes with the desire to scratch them (13 M 13: 00: 00, 13 M 18: 07: 18, 13 M 22: 16: 42). Prover 14 described a constant right eye pain (14 F 05: XX: XX) and itchiness at midday (14 F 07: XX: XX). Prover 27 experienced itchiness of the right eye with redness which was aggravated by rubbing the eye and relieved by closing the eye and washing the face with cold water (27 M 09: XX: XX, 27 M 15: XX: XX). Prover 30 presented sore eyes and recorded that "this soreness in the upper eyelids deep in the sockets" (30 F 09: XX: XX).

*Acacia xanthophloea* ameliorates bloating and trapped gas by regulating the speed of bowel movements in the digestive system (Acacia Information and Facts, 2014). In the proving bloating was experienced by Provers 04, 25 and 30 (04 F 20: XX: XX, 30 F 10: XX: XX). Prover 30 felt her stomach heavy and distended (30 F 10: XX: XX). Prover 25 felt bloated after drinking water (25 M 06: XX: XX), after a glass of milk (25 M 06: XX: XX) and after eating mutton curry (25 M 30: XX: XX). Eructation's were experienced by Prover 19 (19 F 08: XX: XX).

A mixture of the bark is used to treat indigestion (African Mind Healing Herb, 2012) and an extract of the gum or a tea can be made to provide gastro intestinal relief (Acacia Information and Facts, 2014). Pains associated with cramps were evident in numerous provers. Prover 09 described her intense stomach cramps as, "I felt a 'shearing' force in my stomach, I almost thought I was just a few steps away from death. #tears!!!" (09 F 00: XX: XX). Prover 10 described a pulling stomach pain at night ameliorated by ice water (10 F 31: XX: XX). Prover 03 and Prover 08 noted a poking stomach pain (03 F: 01: XX: XX) and (08 F 29: XX: XX). Prover 10 experienced a sharp stomach pain with the sensation as if pins and needles that is

relieved by ice water(10 F 09: XX: XX) and a stomach pain that was like someone hitting her on the stomach(10 F 19: XX: XX). A stabbing pain in the centre of the stomach was recorded by Prover 03(03 F 01: XX: XX). Prover 06 reported a twisting sensation of the stomach (06 F 24: XX: XX).

The flowers of *Acacia xanthophloea* can be used to treat nausea and vomiting (Acacia Information and Facts, 2014). Nausea was presented by Prover 01(01 F 05: XX: XX, 01 F 07: XX: XX, 01 F 13: XX: XX). Vomiting was displayed by Prover 01, 07, 22 and 25(01 F04: XX: XX), (07 M00: XX: XX,07 M01: XX: XX,07 M02: XX: XX, 07 M03: XX: XX,07 M49: XX: XX), (22 F 06: XX: XX), (25 M 26: XX: XX). *Acacia xanthophloea* helps relieve constipation by adding bulk to the stools and assists in easy elimination. *Acacia xanthophloea* promotes the development of bifidobacteria and lactic acid bacteria which facilitates a healthier digestive system (Acacia Information and Facts, 2014). Constipation was experienced by provers (09 F 02: XX: XX) and (19 F 05: XX: XX). Hard stools were produced by provers (06 F 24: XX: XX) and (25 M 01: XX: XX). Acacia gum is effective in treating dysentery, diarrhoea and other gastro-intestinal conditions (Acacia Information and Facts, 2014). Diarrhoea was experienced by Prover 07 who felt stomach pains and had to go to the toilet more than usual the whole day(07 M12: XX: XX). Watery stools were produced by (01 F 14: XX: XX) and “boweling constantly with very watery stool and stomach pains. Loud noise makes it worse” (01 F:15: XX: XX). Diarrhoea with watery stools was evident in provers (09 F 12: XX: XX, 22 F 27: XX: XX, 22 F 29: XX: XX), (25 M 01:03:30, 25 M 03:02:00,25 M 08: XX: XX, 25 M 24: XX: XX). Prover 30 experienced soft, dark explosive stools that were urgent in the morning. “I feel there is a lot in my stomach that needs to get out” (30 F 03: XX: XX). Prover 07 produced black stools (07 M 38: XX: XX) and Prover 25 produced light brown stools (25 M 10: XX: XX).

Numerous provers exhibited a decrease in appetite in the proving. A marked increased in appetite was noted, “Eating more than usual today” (04 F 18: XX: XX) and “I am also feeling like eating a lot” (04 F 20: XX:XX). Prover 06 described her hunger as “I am very hungry, like a lion that’s how hungry I am right now” (06 F 02: XX: XX). Prover 09 stated, “I almost freaked out! I had a huge appetite” (09 F 04: XX: XX) and “I have a huge appetite. I just can't stop eating!” (09 F 19: XX: XX).

In the African culture *Acacia xanthophloea* is used as a traditional medicine in the treatment of diabetes (African Mind Healing Herb, 2012). The symptoms of diabetes that emerged in the proving included polydipsia, polyphagia and polyuria. The proving revealed a marked increase in thirst in several provers (01 F15: XX: XX, 01 F17: XX: XX), (04 F 18: XX: XX), (08 F 02: XX: XX, 08 F 21: XX: XX, 08 F 33: XX: XX), (10 F 03: XX: XX), (13 M02: XX: XX), (15 F 01:20:04), (19 F 05: XX: XX), (21 F 14: XX: XX), (22 F 21: XX: XX, 22 F 30: XX: XX), (25 M 01: XX: XX, 25 M 18: XX: XX), (27 M 12: XX: XX, 27 M 13: XX: XX), (30 F 06: XX: XX). The symptom of excessive thirst is clinically important in the clinical diagnosis of diabetes.

*Acacia* gum can be used to destroy the bacteria in the mouth that causes periodontal disease. The gum derived from the *Acacia* plant is diffused in water and swished about in the mouth to treat diseases of the gum. The gum of *Acacia* is a distinctive emollient or it soothes the mucus membranes therefore the gum can be applied to treat wounds and scrapes (Acacia Information and Facts, 2014). Prover 27 displayed sore red gums which was uncomfortable (27 M 19: XX: XX, 27 M 21: XX: XX, 27 M 22: XX: XX, 27 M 23: XX: XX) and that were bleeding while brushing (27 M 20: XX: XX, 27 M 24: XX: XX).

The gum of *Acacia* is beneficial in the treatment of cold symptoms and provides relief of sore throat associated with the cold. The person may gargle to obtain relief from a sore throat or a tea can be made from the herb (Acacia Information and Facts, 2014) "Sore dry throat, only happens when I have a cold" (01 F17: XX: XX). Prover 25 recorded a slight gentle throat pain that was due to the weather (25 M 03: XX: XX). His throat was very sore (03 F 17: XX: XX) and raw and sore (15 F 05: XX: XX, 15 F 06: XX: XX, 15 F 07: XX: XX). Prover 21 reported being fluish with a sore throat (21 F 29: XX: XX).

The bark of the tree is used to reduce inflammation (Acacia Information and Facts, 2014). All the features of generalised inflammation i.e. redness, heat sensation, swelling and pain were depicted by the provers. Prover 27 displayed sore red gums which was uncomfortable (27 M 19: XX: XX, 27 M 21: XX: XX, 27 M 22: XX: XX, 27 M 23: XX: XX). Swollen lips accompanied by a rash that was itchy and warm. "Felt like I had sand on my lips" (01 F 17: XX: XX, 01 F 18: XX: XX). In particular the inflammation seemed to be allergic or atopic in nature for example the allergic rhinitis

and allergic conjunctivitis and the dermatitis. Prover 04 experienced “right eye very irritable, red and swollen. Excessive sebaceous secretions” (04 F 03: XX: XX, 04 F 04: XX: XX). Prover 23 experienced sinuses in the morning with a burning sensation in the nose (23 F 09: XX: XX, 23 F 25: XX: XX). Prover 09 noticed pus filled pimples on her face and decided to stay in bed (09 F 14: XX: XX). Prover 14 developed a pustular pimple at the corner of her left nostril (14 F 16: XX: XX). Prover 04 developed a rash on the base of the right middle finger, arms and neck (04 F 02: XX: XX, 04 F 03: XX: XX).

The absorption of calcium, magnesium, and iron are enhanced by fatty acids and therefore resulting in increased energy levels in the body (Acacia Information and Facts, 2014). Provers 06, 08, 17, 22, 25, 27 exhibited a marked increase in energy levels. Provers 01, 03, 07, 08, 09, 10, 13, 14, 15, 22, 27 indicated decreased energy levels. *Acacia xanthophloea* helps to lose weight. The adrenergic amine content stimulates lipid breakdown in the body by beta receptors. Hunger is decreased (Acacia Information and Facts, 2014). Prover 06 described that, “I have lost weight from my wrist line and a bit on my stomach area, because my pants are gone loose” (06 F 19: XX: XX) and “I feel like I lost weight. My clothes are looser” (27 M 08: XX: XX).

Table 5.3 is a summary of the correlation of symptoms of the African traditional medicine uses of *Acacia xanthophloea* to the symptoms produced in the the proving of *Acacia xanthophloea* 30CH.

**Table 5.3: Summary of the correlation of symptoms of the African traditional medicine uses of *Acacia xanthophloea* to the symptoms produced in the proving of *Acacia xanthophloea* 30CH**

<b>AFRICAN TRADITIONAL MEDICINAL USES</b>	<b>SYMPTOMS PRODUCED IN THE PROVING OF ACACIA XANTHOPHLOEA 30CH</b>
FEVER	FEVER
EYE AILMENTS	EYE AILMENTS
VISIONARY AND PROPHETIC DREAMS	VISIONARY AND PROPHETIC DREAMS
INDIGESTION	INDIGESTION
MOUTH SORES	MOUTH SORES
BLOATING	BLOATING
ERUCTATIONS	ERUCTATIONS
CONSTIPATION	CONSTIPATION
DIARRHOEA	DIARRHOEA
WOUND TREATMENT	WOUND TREATMENT
SORE THROAT	SORE THROAT
NAUSEA	NAUSEA
VOMITING	VOMITING
ANXIETY	ANXIETY
DEPRESSION	DEPRESSION
STRESS	STRESS
COLDS	COLDS
CONJUNCTIVITIS	CONJUNCTIVITIS
<i>PERIDONTAL TREATMENT</i>	PERIDONTAL TREATMENT
PHARYNGITIS	PHARYNGITIS
DIABETES	DIABETES
ANTI-INFLAMMATORY	ANTI-INFLAMMATORY
SKIN RASHES	SKIN RASHES
RESPIRATORY DISORDERS	RESPIRATORY DISORDERS
URINARY DISORDERS	URINARY DISORDERS
DIGESTIVE DISORDERS	DIGESTIVE DISORDERS
WEIGHT LOSS	WEIGHT LOSS
HEADACHES	HEADACHES
ACNE	ACNE
INCREASED ENERGY LEVELS	INCREASED ENERGY LEVELS
DETOXIFICATION	DETOXIFICATION

## **5.5 MIASMATIC INDICATION OF ACACIA XANTHOPHLOEA 30CH**

The researcher proposes that *Acacia xanthophloea* 30CH has a predominance of symptoms correlating to the features of the Psoric miasm. However there are also some symptoms that may be corresponding to the Sycotic miasm.

### 5.5.1 The Psoric Miasm

According to Sankaran (1997:219) The Psoric miasm has two central concepts; perceiving stress from the outside and anxiety with self-doubt in terms of capacity to deal with stress. As a result there is worry and fears of poverty and failure. Choudhury (1997:9-30) states that the Psoric miasm has the following indications; hypersensitivity, restlessness, timidity, inflammation of mucous membranes, skin affections with pruritis, neuralgic pains, nervousness and anxiety, burning sensations, weakness with emaciation. The complaints of Psora are essentially functional and sensational in character (Sankaran, 2005:9).

The proving symptoms of *Acacia xanthophloea* 30CH appeared to display the above mentioned Psoric features and particularly the following symptoms:

- Anxiety and lack of self confidence, with self doubt about the future.
- Fear of poverty.
- Fear of failure.
- Hypersensitivity to light, noise and company.
- Hypersensitive and allergic type symptoms of inflammation accompanied by itching especially of the nasal passages and the conjunctiva.
- Restlessness.
- Skin eruptions such as dermatitis, fungal type eruptions and pimples.
- Itching or pruritis accompanied the eruptions.
- The burning sensation predominated the areas of inflammation like the eye and other mucous membranes.
- The generalised symptoms of inflammation of redness, swelling, heat and pain was present with the inflammation of the mucous membranes.
- The lack in energy, drained feeling and generalised lazy feeling.
- Decrease in body mass.
- Various pains and symptoms, that were functional in nature, described as sensations such as poking, burning, hitting, pulling, bloated feeling and heartburn.

### 5.5.2 The Sycotic Miasm

The main expression of the Sycotic miasm is excessive discharges and the affection of the genitourinary system (Choudhury 1997:66) as is seen in the female symptoms of *Acacia xanthophloea* 30CH, of protracted menorrhagia with clotting.

## 5.6 CLINICAL INDICATIONS FOR ACACIA XANTHOPHLOEA 30CH

In the proving of *Acacia xanthophloea* 30CH a broad range of symptoms were revealed. These were the indications for clinical conditions that may be treated by prescribing the proving remedy, *Acacia xanthophloea* 30CH. It is therefore vital that further research studies are conducted to determine the efficacy and effectiveness of *Acacia xanthophloea* 30CH in the treatment of these clinical conditions. The clinical application of these conditions includes the following:

- Acne / Pimples
- Allergic dermatitis
- Skin abscesses
- Fungal skin eruptions
- Arthritis and arthralgia
- Fibromyalgia
- Neck pain
- Backache
- Concentration abnormalities
- Anxiety
- Depression
- Diabetes mellitus
- Diarrhoea
- Constipation
- Abdominal cramps
- Heart burn
- Nausea and vomiting
- Aphthous ulcers
- Irritable bowel syndrome

- Eye complaints such as allergic conjunctivitis
- Fever
- Headache
- Influenza
- Malaise / Tiredness
- Sinusitis
- Sleep disorders / insomnia
- Stress related disorders
- Cystitis
- Vertigo

## **5.7 SUMMARY**

The correlation between the African traditional medicinal usages of *Acacia xanthophloea* to the symptoms produced by the provers during the duration of the proving was distinctly evident. However, it is acknowledged that the correlation between the proving substance and the African traditional medicinal usages of *Acacia xanthophloea* are subjective. The interpretation can be performed in a different method or procedure from one person to another.



# **CHAPTER 6: THE RESULTS**

## **RECOMMENDATIONS AND CONCLUSION**

### **6.1 RECOMMENDATIONS**

#### **6.1.1 The provers**

##### **6.1.1.1 The prover group**

Homoeopathic provings are the foundations of homoeopathic philosophy and Materia Medica. Proving symptomatology is essentially prover dependant in terms of their individual recordings of their experience whilst on the remedy. This research investigation comprised of a prover population which were students from the Durban University of Technology, students from various other institutions and members of the general public. The prover compliment was quite variable and thus provided a rich source of diverse perspectives of the remedy.

Although comprehensive instructions and training regarding detailed symptom recording was provided to the provers in the Letter of Information document (Appendix D) and Preliminary Letter (Appendix A) and at the pre-proving meeting, it was noted by the researcher that some provers documented symptoms in a vague or incomplete manner. This could possibly be due to their limited fundamental understanding of homoeopathic provings, and journaling (daily recording of symptoms) being a fairly new method of self-expression. However, the majority of provers did record accurate and rather succinct symptomatology. It was observed by the researcher, that research studies of homoeopathic provings that make use of homoeopathic students and practitioners in their prover population produced a rigorous and clear-cut portrayal of proving symptomatology, and this was also evident in this study. This can be accredited to the provers' relative familiarity of homoeopathy and the proving procedure; and that which was expected of them during the research proving study in comparison to provers of the general public.

The researcher, therefore, suggests that in the future primarily individuals that are au fait or experienced in the understanding and application of homoeopathic proving should be considered as participants in the research study. This will ensure more accuracy in descriptions of symptomatology and an increase in the characteristic value of homoeopathic provings.

#### **6.1.1.2 Prover ethnicity and gender**

The age, gender and ethnic background of provers play a crucial role in formulating an intensive, logical and all-encompassing proving. These essential components contribute to the creation of a comprehensive materia medica. This is so as information regarding the cultural heritage, established practices, nutritional patterning and the way of life of an individual are considered with each recorded symptom. In this research proving there was a predominance of African provers followed closely by Asian provers. There was no representation of the Caucasian ethnic group in the proving population. As a result the experience of the proving from that racial group was absent. It is advisable to include all available racial groups in a proving population. However, this does not affect the accuracy of the emerged symptomatology but rather the diverse experience of the symptomatology.

There was a gender predominance of females over males with a ratio of 3:1.

To improve the value and diversity of symptoms, it is advocated that for future provings a more diverse prover sample be obtained.

In order to acquire additional discernment regarding the physical, mental and emotional levels of a recently proven remedy, Vithoukas (2002) recommends that an extensive range of potencies be applied. Sherr (2003) deems that executing proving studies at various levels of potency will accrue experience and knowledge that would support and benefit prescribing of the appropriate potency for a patient. It is therefore suggested that additional exploration into 6CH, 9CH, 200CH and 1M potencies of *Acacia xanthophloea* be performed in future as symptomatology composed from variable potencies may be dissimilar from the symptomatology formed by the 30CH potency. The researcher proposes that future investigations into *Acacia xanthophloea* be regulated under the following protocol:

- A study of the comparison of other remedies from the Fabaceae family that have been previously proven to determine the differences between the various species of the same family;
- The re-proving of remedies from the Fabaceae family that are presently used in practice but have not been effectively proven;
- Clinical trials in the management of the designated clinical conditions with *Acacia xanthophloea* 30CH.

In addition, it is recommended that a contemporary investigation of the Fabaceae family be performed once adequate proving studies have been carried out within this family. The relevant miasmatic categorisation can be derived if the remaining members of the Fabaceae family are thoroughly proven.

### **6.1.2 Publication**

The proving of *Acacia xanthophloea* 30CH is composed of an extensive array of symptoms on the physical, mental and emotional levels amongst the provers. In respect of this symptomatology, data concerning this homoeopathic remedy should be made accessible to practicing homoeopathic physicians nationally and internationally. It is thus suggested by the researcher that this research proving study and materia medica of *Acacia xanthophloea* 30CH should be written up and published in the form of articles in a variety of homoeopathic journals.

### **6.2 CONCLUSION**

The hypothesis that the proving of *Acacia xanthophloea* 30CH would present symptoms in the provers participating in this study was accepted and acknowledged as it was clearly demonstrated. The second hypothesis was that any proving symptomatology encountered by the provers during the duration of the research study would reveal similarity to the African traditional medicinal uses of *Acacia xanthophloea* was clearly demonstrated to be true.

The proving remedy produced a diverse range of symptoms on the mental plane. This remedy can be beneficial in the treatment of anger, anxiety, depression, disconnected or detached feeling, unfeeling state, forgetfulness, indecisiveness,

irritability, mood swings, restlessness and stress. Head symptoms were intricate and ranged from head pain accompanied by eye symptoms to head pain with the sensations of “dull, heaviness, light-headedness, pulsating and throbbing.” Provers recorded the sensation of being “lightheaded” accompanied by vomiting and dizziness associated with weakness and tiredness.

The eye section of the repertory was a significant aspect of the proving. Provers documented that the eyes were itchy, red, watery, irritable, swollen, and had a burning sensation associated with sleepiness, heaviness and eye pain. Ear pain, itching and blockage of the ears was noted by several provers. Nasal discharge, dryness, nasal drip, nasal blockage, pimples, congestion of the nasal passages and sinusitis was reported and therefore it will be beneficial in the clinical treatment of sinusitis and nasal congestion. Provers noted numbness and pimples on the face. The mouth felt dry, thick and the gums were red with soreness. Sensitive teeth were noticed. Lips were swollen, itchy and had the appearance of a rash. The tongue was thick and dry with sores and cracking of the tongue. The throat was dry, itchy and painful with associated soreness with a raw feeling and a scratchy sensation.

The stomach displayed a changeable, decreased and increased appetite. Bloating, eructation, constipation, diarrhoea, cramps, soreness and pain were experienced by the provers. The sensations of “poking, piercing, stabbing, twisting, pins and needles, beaten” were described by the provers. Vomiting and nausea was reported by a few provers. The provers displayed increased thirst. The abdomen was associated with heaviness and bloating. Stools were hard or soft, offensive, watery and black in colour. Burning and copious urination was exhibited by many provers. Bleeding during sexual intercourse was noticed. Menstruation blood flow was heavier, not clotted as much, brownish to reddish in colour with a craving for sour and sweet things. Menstruation was early, late, longer or shorter in duration. Eruptions, lumps, itching and discharge were observed around the genitalia. An increase or decrease in libido was noted in certain provers. Intense pain was felt during menstruation and tiredness or lethargy was also recorded during this time. Spotting was observed and there was a return of menstruation in one prover.

Chest pains were experienced in some provers. Dry skin was evident in the proving with some provers stating that their skin had brightened in complexion. Back pain

was a profound symptom as pain manifested at the thoracic, lumbar, shoulder and neck area. The sensations described were “pulling, poking and sharp.” Provers displayed a sore back with sensitivity to cold. Lower and upper limb symptoms were prominent with provers describing symptoms that had a “burning sensation”, pain, weakness and numbness. Neck pain with stiffness was reported. Excessive perspiration was observed on the feet and at night. Deep peaceful sleep was encountered in many provers; sleeplessness and sleepiness was experienced by several provers. Provers recorded restless and disturbed sleep, some provers noted waking up late, sleeping longer and tiredness associated with sleep. Remarkable increases in energy levels were experienced and an increased desire for chocolates and tea.

The symptoms created during the proving revealed a correlation between the plant of the proving remedy and the African traditional medicinal uses, thus substantiating the second hypothesis. Distinct connection between the plant and the symptoms produced by the provers on the physical, mental and emotional levels were formed.

The proving of *Acacia xanthophloea* 30CH was an enduring, perceptive journey for the provers, the researcher and supervisors. Numerous new views regarding *Acacia xanthophloea* were brought into the limelight during the investigation of the therapeutic medicinal powers of this homoeopathic remedy.

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# APPENDIXES

## Appendix A: Preliminary Information Letter and Consent



### PRELIMINARY LETTER OF INFORMATION

**Title of the Research Study:** A homoeopathic drug proving of *Acacia xanthophloea* 30CH with subsequent comparison to its use in African medical tradition

**Principal Investigator/s/researcher:** Anitha Gobind (B.Tech:Homoeopathy)

**Co-Investigator/s:**G Zondi (B.Tech: Homoeopathy)

**Supervisor/s:** Dr. M Maharaj (M. Tech: Homoeopathy)

**Co-Supervisor:** Dr. C Hall (M. Tech: Homoeopathy)

#### **Brief Introduction and Purpose of the study:**

Welcome to my homoeopathic proving. Thank you for agreeing to take part in this proving. We are grateful for your willingness to contribute to the advancement and growth of homoeopathic sciences and I'm sure that you will derive benefit from the experience.

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms they may experience. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription according to the Law of Similars, when a patient displays a similar symptom picture. Proving is vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of the homoeopathic drugs and allow on to gain a practical and experimental understanding of homoeopathic medicines.

#### **Outline of the procedures:**

1. Once you have read and understood this information letter fully and had the opportunity to ask questions you will be asked to sign a preliminary consent form which allows the researcher to take you through the preliminary stage of this research.

2. After signing the preliminary consent form the researcher will determine if you meet the required criteria for this study, this will take place in the form of a set of questions about your lifestyle and medical history.
3. If you meet the required criteria in order to participate the next process can begin.
4. The researcher will then conduct a homoeopathic case history; this is a detailed interview where the researcher asks detailed questions about your health.
5. The researcher will then conduct a general physical examination and measure things like blood pressure, pulse, height, weight, etc.
6. The researcher will also request a urine sample from all potential female provers of child bearing age – this is so that a routine pregnancy test can be conducted on this urine sample. The urine sample test will be done at the end of the physical examination and the researcher will give you feedback immediately thereafter.
7. After all of the above are conducted (which should take about 1 hour to perform) the researcher will provide feedback on their finding and then if all the necessary criteria are met you will be invited to attend a prover training workshop where all provers will be trained on how to conduct a proving.

At any stage in the preliminary process you are free to change your mind and withdraw without having to provide any reason for doing so. All of the above will be conducted at the homoeopathic Day Clinic at Durban University of Technology.

**Risk or Discomforts to the Participant:** There is no risk to participation or risk of discomfort in this preliminary stage of the proving; no medicine is tested at this stage. Prospective provers are only being screened for suitability for the main part of the proving.

**Benefits:**

Although there is no direct benefit to participating in this preliminary stage of the proving; you will receive a comprehensive assessment of your health status which may be of indirect benefit to you, there will be no charge for this assessment and there will be no remuneration for your participation – you are requested to volunteer your time accordingly.

**Reason/s why the Participant May Be Withdrawn from the Study:**

Participation in this study is purely voluntary and provers can withdraw themselves at any time should they wish to do so. Participants will however be excluded if they do not meet the inclusion criteria, in addition should participants fall ill or require orthodox or other medication during the study they may be excluded by the researchers.

**Remuneration:**

Participants will not be remunerated for participation in this proving.

**Costs of the Study:**

There will be no costs to the participants for partaking in this research aside from the personal transport costs to and from the clinic.

**Confidentiality:**

All of the above will be conducted in private; and all information is kept strictly confidential, on the researchers will have access to the information and at no stage will your name be mentioned in the research process. Only the researcher will be present during your physical examination.

**Research-related Injury:**

Participation in this preliminary stage of the proving is highly unlikely to result in any injury, since the preliminary stage of the proving is merely a screening process, however all provers are covered by an insurance policy in the event that they incur any injury or harm.

**Persons to Contact in the Event of Any Problems or Queries:**

If you have any queries or concerns during the duration of this proving you may please contact the following individuals:

- Researcher: Anitha Gobind (084 665 6112)
- Supervisor: Dr. M. Maharaj (082 921 6149)
- Co-Supervisor: Dr. C. Hall (083 388 2688)
- The institutional Research Ethics Administrator (031 373 2900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or [dvctip@dut.ac.za](mailto:dvctip@dut.ac.za).

This appendix has been taken from: Ross, A.H.A. 2011. An appraisal of homoeopathic proving methodology as a bridge between the indigenous and rationalist-scientific understandings of medicinal plants: the case of *Strychnoshenningsii*.D. Tech. Homoeopathy. Thesis, Durban University of Technology, Durban.



**PRELIMINARY CONSENT**

Statement of Agreement to Participate in the research Study:

- I hereby confirm that I have been informed by the researcher, \_\_\_\_\_ (name of researcher), about the nature, conduct, benefits and risks of this study – Research Ethics Clearance Number: \_\_\_\_\_,
- I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

\_\_\_\_\_

\_\_\_\_\_

**Full Name of Participant      Date      Time      Signature / Right**

**Thumbprint**

I, \_\_\_\_\_ (name of researcher) herewith confirm that the above participants have been fully informed about the nature, conduct and risks of the above study.



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**Full Name of Researcher**

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**Date**

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**Signature**

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**Full Name of Witness (If applicable)**

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**Date**

---

**Signature**

---

**Full Name of Legal Guardian (If applicable)**

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**Date**

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**Signature**

This appendix has been taken from: Ross, A.H.A. 2011. An appraisal of homoeopathic proving methodology as a bridge between the indigenous and rationalist-scientific understandings of medicinal plants: the case of *Strychnoshenningsii*.D. Tech. Homoeopathy. Thesis, Durban University of Technology, Durban.

**Appendix B: Screening for suitability and inclusion in the proving**

PROVER CODE:



**Screening for Suitability and Inclusion in the Proving  
ALL INFORMATION ON THIS PAGE WILL BE TREATED  
AS STRICTLY CONFIDENTIAL**

Surname: .....

First Names: .....

M

F

Age: ..... Sex: Telephone: .....

Today's Date: / /

**To be completed only after participant has signed the Informed Consent:**

//

**Informed Consent signed on:**

**(Date)**

**Date of Birth:** .....

**Occupation:** .....

**Initials:** .....

**Ethnicity:** .....

**Children:** .....

**Martial  
Status**

**S  
M  
D  
W**

**Proving Drug Randomisation Number**

PROVER CODE:



- Do you consider yourself to be in a general state of good health?

YES

NO

- If you are between the ages of 18 and 21 years do you have consent from a parent/ guardian to participate in this proving?

YES

NO

- Are you willing to follow the proper procedures for the duration of the proving (including journal-keeping, consultations with your supervisor and blood tests)?

YES

NO

- If you have participated in a previous proving or any conventional clinical trial: Has there been at least a period of 6 weeks since the end of the last trial?

YES

NO

\*This appendix has been adapted from Wright, C. (1999) A homoeopathic Drug Proving of Bitis arietans arietans.

## Appendix C: Initial case history and physical examination

PROVER CODE:



### Initial Case History & Physical Examination \*

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL

#### 1. Past Medical History:

(Please list previous health problems and their approximate dates :)

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Do you have a history of any of the following? **[Please tick relevant blocks]**

Cancer	<input type="checkbox"/>	Asthma	<input type="checkbox"/>
HIV	<input type="checkbox"/>	Pneumonia/ Chronic bronchitis	<input type="checkbox"/>
Parasitic infections	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>
Glandular fever	<input type="checkbox"/>	Boils/ Suppurative tendency	<input type="checkbox"/>
Bleeding disorders	<input type="checkbox"/>	Smoking	<input type="checkbox"/>
Eczema/ Skin conditions	<input type="checkbox"/>	Oedema/ Swelling	<input type="checkbox"/>
Warts	<input type="checkbox"/>	Haemorrhoids	<input type="checkbox"/>

#### 2. Surgical History:

(Please list any past surgical procedures [e.g. tonsils, warts, moles, appendix etc.] and their approximate dates :)

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### 3. Family History:

Is there a history of any of the following within your family?

(including siblings, parents and grandparents)

- |                         |                          |   |
|-------------------------|--------------------------|---|
| Cardiovascular disease  | <input type="checkbox"/> | incl.hypertension, heart disease, etc.          |
| Cerebrovascular disease | <input type="checkbox"/> | incl. stroke, transient ischaemic attacks, etc. |
| Diabetes mellitus       | <input type="checkbox"/> |   |
| Tuberculosis            | <input type="checkbox"/> |   |

### Sleep:

Quantity:

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Quality:

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Position:

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### Dreams:

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### Time modalities:

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**Weather modalities:**

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**Perspiration:**

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**Appetite:**

Cravings

Aversions

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**Thirst:**

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**Bowel habits:**

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**Respiratory System:**

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**Cardiovascular System:**

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**Gastro-intestinal System:**

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**Urinary System:**

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**Genitalia and Sexuality:**

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**Musculoskeletal System:**

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**Extremities:**

Upper:

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Lower:

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This appendix has been taken from: Ross, A.H.A. 2011An appraisal of homoeopathic proving methodology as a bridge between the indigenous and rationalist-scientific understandings of medicinal plants: the case of *Strychnoshenningsii*.D. Tech. Homoeopathy. Thesis, Durban University of Technology, Durban.



PROVER CODE:



## THE PHYSICAL EXAMINATION

### a) Physical Description

**Frame / Build:**

**Hair colour:**

**Complexion:**

**Eye colour:**

**Skin Texture:**

### a) Vital Signs

**Height:** m

**Weight:** kg

**Pulse rate:** Beats/min

**Respiratory rate:** Breaths/min

**Temperature:** °C

**Blood Pressure:** mmHg

**c) Findings on Physical Examination [Tick positive blocks]**

Jaundice	<input type="checkbox"/>	Oedema	<input type="checkbox"/>
Anaemia	<input type="checkbox"/>	Lymphadenopathy	<input type="checkbox"/>
Cyanosis	<input type="checkbox"/>	Hydration	<input type="checkbox"/>
Clubbing	<input type="checkbox"/>		

**Specific System Examinations**

**Consultation**

**Date:**

//

**Signature of  
Investigator /  
Supervisor:**

## Appendix D: Main information letter and consent form



### INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC)

#### LETTER OF INFORMATION

**Title of the Research Study:** A homoeopathic drug proving of *Acacia xanthophloea* 30CH with subsequent comparison to its use in African medical tradition

**Principal Investigator/s/researcher:** Anitha Gobind (B.Tech:Homoeopathy)

**Co-Investigator/s:**G Zondi (B.Tech:Homoeopathy)

**Supervisor/s:** Dr. M Maharaj (M. Tech: Homoeopathy)

**Co-Supervisor:** Dr. C Hall (M. Tech: Homoeopathy)

#### **Brief Introduction and Purpose of the Study:**

Welcome to my homoeopathic proving. Thank you for agreeing to take part in this proving. We are grateful for your willingness to contribute to the advancement and growth of homoeopathic Science, and are sure that you will derive benefit from the experience. A homeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms they may experience. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture. Proving are vitally important to homeopathy as they represent the only truly accurate manner in which to ascertain the action of the homeopathic drugs and allow one to gain a practical and experimental understanding of homeopathic medicines.

#### **Outline of the Procedures:**

##### **Before the proving:**

Ensure that you have:

- attended the pre-proving **training session**
- read and understood these **Instructions**
- signed the **Informed Consent Form**
- had a **case history** taken and a **physical examination** performed

- an assigned **prover number**, and corresponding **journal** and

The Principal Investigator or any of the Co-Investigators/supervisors will contact you with the date that you are required to commence the pre-proving observation period, and the date that you are required to start taking the remedy. You will also agree on a daily contact time for the researcher to contact you.

Should there be any problems, or anything you do not fully understand, please do not hesitate to call your proving supervisor.

### **Beginning the proving:**

After having been contacted by your supervisor and asked to commence the proving, record your symptoms daily in the diary for one week prior to taking the remedy. This will help you to get into the habit of observing and recording your symptoms, as well as bringing you into familiarity with your normal state. This is an important step as it establishes a baseline for you as an individual prover.

### **Taking the remedy:**

The proving drug is a highly diluted homeopathic medicine originating either from plants, minerals, animals, other chemicals or orthodox medicines.

All the remedies used during this process have been prepared by an independent company. The active substance/placebo has been assigned according to randomisation whereby 6 participants will receive placebo and the other 24 will receive the active substance.

Begin taking the remedy on the day that you and your supervisor have agreed upon. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food nor drink should be taken for a half-hour before and after taking the remedy. The remedy should not be taken for more than 3 doses a day for three days (*9 doses maximum*). In the event that you experience symptoms, or those around you observe any proving symptoms, **do not take any further doses of the remedy. This is very important.**

By proving symptoms we mean:

- **any new symptom**, i.e. ones that you have never experienced before
- **any unusual change or intensification of an existing symptom**
- **any strong return of an old symptom**, i.e. a symptom that you have not experienced for more than one year.

If in doubt phone your supervisor. Be on the safe side and do not take further doses. **Homoeopathic experience has repeatedly shown that the proving symptoms begin very subtly – often before the prover recognises that the remedy has begun to act.**

**Lifestyle during the Prover:**

Avoid all **antidoting factor** such as **coffee, camphor** and **mints**. If you normally use these substances, please stop taking them for two weeks before, and for the duration of the proving. Protect the medicine you are proving like any other potentised remedy: store them in a cool, dark place away from strong smelling substances, chemicals, electrical equipment and cellphones.

A successful proving depends on your recognising and respecting the need for moderation in the following areas: work, alcohol exercise and diet. Try to remain within your usual framework and maintain your usual habits.

Avoid taking **medication** of any sort, including antibiotics and any steroid or cortisone preparations, vitamin or mineral supplements, herbal or homoeopathic remedies.

**In the event of medical or dental emergency of course common sense should prevail.** Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor as soon as possible.

**Confidentiality:**

It is important for the quality and the credibility of the proving that you discuss your symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers.

Your privacy is something that we will protect. Only your supervisor will know your identity and all information will be treated in the strictest confidence.

**Contact with your Supervisor:**

Your supervisor will telephone you to inform you to begin your one-week observation period, and then daily from the day that you begin to take the remedy. This will later decrease to 2 or 3 times a week and then to once a week, as soon as you and the supervisor agree that there is no longer a need for such close contact. This will serve to check on your progress, ensure that you are recording the best quality symptoms possible and to judge when you need to cease taking the remedy.

If you encounter any problems during the proving, please do not hesitate to call your supervisor.

### **Recording of Symptoms:**

When you commence the proving note down carefully any symptoms that arise, whether they are old or new, and the time of the day or night at which they occurred.

**This should be done as vigilantly and frequently as possible so that the details will be fresh in your memory.** Make a note even if nothing happens.

**Please start each day on a new page with the date noted at the top of each page. Also note which day of the proving it is. The day that you took the first dose is day zero.**

Write neatly on alternate lines, in order to facilitate the extraction process, which is the next stage of the proving. Try to keep the journal with you all times. Please be as precise as possible. Note in an accurate, detailed but brief manner your symptoms in your own language.

Information about location, sensation, modality, time and intensity is particularly important.

- **Location:** Try to be accurate in your anatomical descriptions. Simple, clear diagrams may help here. Be attentive to which side of the body is affected.
- **Sensation:** Describe this as carefully and as thoroughly as possible e.g. burning, shooting, stitching, throbbing, and dull etc.
- **Modality:** A modality describes how a symptom is affected by different situations/stimuli. Better (>) or worse (<) from weather, food, smells, dark, lying, standing, light, people etc.
- **Time:** note the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is this unusual for you.
- **Intensity:** Briefly describe the sensation and the effect on you.
- **Aetiology:** Did anything seem to cause or set off the symptom and does it do this repeatedly?
- **Concomitants:** Do any symptoms appear together or always seem to accompany each other, or do some symptoms seem to alternate with each other?

This is easily remembered as:

<b>C</b>	–	concomitants
<b>L</b>	–	location
<b>A</b>	–	aetiology
<b>M</b>	–	modality
<b>I</b>	–	intensity
<b>T</b>	–	time
<b>S</b>	–	sensation

On a daily basis, you should run through the following checklist to ensure that you have observed and recorded all your symptoms:

- Mind / mood
- Head
- Eyes / vision
- Ears / hearing
- Nose
- Back
- Chest and respiration
- Digestive system
- Extremities
- Urinary organs
- Genitalia
- Sex / menstruation
- Skin
- Temperature
- Sleep
- Dreams
- Generalities

Please give full description of dreams, and in particular note the general feels or impression the dream left you with.

Mental and emotional symptoms are important, and sometimes difficult to describe – please take special care in noting these.

Reports from friends and relatives can be particularly enlightening. Please include these where possible. At the end of the proving, please make a general summary of proving:

note how the proving affected you in general; how has this experience affected your health? Would you do another proving?

As far as possible try to classify each of your symptoms by making a notion according to the following key in brackets next to each entry:

**(RS) – Recent symptom** i.e. a symptom that you are suffering from now or, or have been suffering from in the last year.

**(NS) – New symptom**

**(OS) – Old symptom.** State when the symptom occurred previously.

**(AS) Alteration** in the **present** or **old** symptom (e.g. used to be on the left side, now on the right side)

**(US)** – An **unusual symptom** for you.

If you have any doubts, discuss them with your supervisor.

Please remember that detailed observation and concise, legible recording is crucial to the proving. One reads in **The Organon of the Medical Art**, paragraph 126:

The person who is proving the medicine must be pre-eminently trust-worthy and conscientious... and be able to express and describe his sensations in accurate terms.”(Hahnemann, 1997:200)

**Risks or Discomforts to Participant:** You may develop mild, functional symptoms in response to taking the proving substance; due to the very high dilution of the proving medicine though these symptoms are not permanent and disappear when the proving medicine is stopped. Whilst taking part in the proving you will be closely monitored by the researcher and the research supervisor; in the unlikely event that proving symptoms persist upon withdrawal of the proving medicine an antidote will be provided.

**Benefits, costs and remuneration:**Although there is no direct benefit to participating in this proving, you will receive an in depth assessment of your health status which may be of indirect benefit to you, there will be no charge for this assessment. No remuneration will be offered to participants who are requested to partake voluntarily.

**Reason/s why the participant May Be Withdrawn from the proving:**Participation in this proving is purely voluntary and provers can withdraw at any given time. Participant will be excluded if they do not meet the inclusion criteria. If participants fall ill and require allopathic treatment they will also be withdrawn from the study.

**Confidentiality:**It is important for the quality and the credibility of the proving that you discuss your symptoms **only** with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers.

Your privacy is something that we will protect. Only your supervisor will know your identity and all information will be treated in the strictest confidence.

Persons to Contact in the Event of Any Problems or Queries:

Please contact the researchers:

- Researcher: AnithaGobind (084 665 6112)
- Supervisor: Dr. M. Maharaj (082 921 6149)



- Co-Supervisor: Dr. C. Hall (083 388 2688)
- The institutional Research Ethics Administrator (031 373 2900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or [dvctip@dut.ac.za](mailto:dvctip@dut.ac.za).

**General:** Participation is purely voluntary and you can withdraw from the study at any given time. A total number of 26 participants will be involved in this proving. If you have any questions or require any information please feel free to contact the researcher or supervisor on the above contact details.

This appendix has been taken from: Ross, A.H.A. 2011. An appraisal of homoeopathic proving methodology as a bridge between the indigenous and rationalist-scientific understandings of medicinal plants: the case of *Strychnoshenningsii*.D. Tech. Homoeopathy. Thesis, Durban University of Technology, Durban.



## **INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC)**

### **CONSENT FORM**

#### **Statement of Agreement to Participate in the Research Study:**

- I hereby confirm that I have been informed by the researcher, \_\_\_\_\_ (name of researcher), about the nature, conduct, benefits and risks of this study – Research Ethics Clearance Number: \_\_\_\_\_,
- I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.
- I have no objection (personal, religious or other) to the ingestion of the proving drug which may be originally derived from plants, minerals, animals, other chemicals or orthodox medicines.
- I hereby consent to a pregnancy test during the physical examination (all prospective female provers of child bearing age)

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#### **Full Name of Participant Date Time Signature / Right Thumbprint**

I, \_\_\_\_\_ (name of researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

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#### **Full Name of Researcher Date Signature**

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**Full Name of Witness (If applicable) Date Signature**

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**Full Name of Legal Guardian (If applicable) Date Signature**

**References:**

Department of Health: 2004. Ethics in Health Research: Principles, Structures and Processes

<http://www.doh.gov.za/docs/factsheets/guidelines/ethnics/>

Department of Health. 2006. South African Good Clinical Practice Guidelines. 2<sup>nd</sup> Ed. Available at:

[http://www.nhrec.org.za/?page\\_id=14](http://www.nhrec.org.za/?page_id=14)

## Appendix E: Inclusion and exclusion criteria



The inclusion and exclusion criteria below will determine whether any symptomatology should be included or excluded in the proving.

### **Inclusion Criteria:**

- An unfamiliar new symptom to the prover (1CCH,1999:36)
- Intensification of a usual or present symptoms to a significant degree (1CCH, 1999:36).
- The modification or alteration of current symptoms using clear description of the present and modified components (1CCH, 1999:36).
- The appearance of old symptoms that have not been present for at least one year. The time that the old symptoms occurred needs to be noted (1CCH, 1999:36).
- The disappearance of current symptoms during the proving (1CCH, 1999:36).
- If there is a repetition of the time of day at which a symptom occurs in one or more provers then only should it be included(1CCH,1999:36).
- If doubtful about a symptom then include it in brackets. The symptom could be valid if another prover experiences the same symptom. But it must be included (1CCH, 1999:36).
- After taking the medication a symptom occurred twice during the homoeopathic drug proving.
- A symptom that was experienced when the proving commenced and which disappeared or has ameliorated significantly after the proving remedy has been administered. This can be classified as a symptom that is cured (Riley,1997:227)
- All symptoms presenting in more than one prover (Riley, 1997:227).
- All the new symptoms can be regarded as proving symptoms if all the provers are under the influence of the remedy in general (Sherr, 2003:76).

### **Exclusion Criteria:**

Symptoms will be excluded if they have occurred recently ie. one year or less (Sherr, 2003:76).

The provers usual or present symptoms should be excluded (Sherr, 2003:76).

If the validity of the symptom is seriously doubtful then it should be excluded.

All information will be collected, edited and collated. The collating procedure involves the combination of all the information that was received from every prover and assembling and structuring it together 'as if one person' (Sherr, 2003:76). The information that is collated will be written in a materia medica and repertory format which will be included in the synthesis repertory. *Acacia Xanthophloea* can be used by homeopaths locally and internationally in clinical practice.

**Appendix F: Follow up case history and physical examination**



**PROVER**

**CODE:**

**Random**

**NO:**

Follow Up Case History & Physical Examination\*

*ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL*

**Background Personal History:**

**Allergies:**

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**Vaccinations:**

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**Medication** (including supplements):

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**Estimation of daily consumption:**

Alcohol:

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Cigarettes:

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**Generalities:**

**Energy:**

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**Sleep:**

Quantity:

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Quality:

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Position:

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**Dreams:**

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**Menstruation:**

Nature of bleed:

Duration:

Days

Meno-

Metro-

Post-menstrual

Pain:

**Head-to-toe and Systems Overview:**

**Head:**

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**Eyes and Vision:**

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**Ears and Hearing:**

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**Nose and Sinuses:**

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**Mouth, Tongue and Teeth:**

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**Throat:**

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**Respiratory System:**

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**Hair and Nails:**

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**Other:**

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**Psychic Overview:**

*Disposition:*

Fears:

Relationships:

Social interaction:

Ambition / Regret:

Hobbies/Interests:

**Consultation Date:**

**Signature**

**Investigator/ Supervisor:**

## FINAL CONSULTATION



**PROVER**

**CODE:**

**Random**

**NO:**

- There are no ongoing proving symptoms. Prover back to normal state
- There are ongoing symptoms, details / explanation:

**Final Consultation Date:**

**Signature of**

**Investigator/ Supervisor:**

## Appendix G: Methods of proving substance preparation



This appendix has been taken from: Ross, A.H.A. 2011. An appraisal of homoeopathic proving methodology as a bridge between the indigenous and rationalist-scientific understandings of medicinal plants: the case of *Strychnoshenningsii*.D. Tech. Homoeopathy. Thesis, Durban University of Technology, Durban.

### Methods of Preparation

[German Homoeopathic Pharmacopoeia (*Benyunes, 2005: 36-39*)]

#### i) Method 6: Triturations

Preparations made according to method 6 are triturations of solid basic drug materials with lactose as the vehicle unless otherwise prescribed. Triturations up to and including the 4<sup>th</sup> dilution are triturated by hand [*or machine*] in a ratio of [*1 to 10 decimal dilution or*] 1 to 100 (centesimal dilution). Unless otherwise stated, the basic drug materials are reduced to the particle size given in the Monograph (Mesh aperture). Quantities of more than 1000g are triturated by mechanical means.

The duration and intensity of trituration should be such that the resulting particle size of the basic drug materials in the 1<sup>st</sup> [*decimal or*] centesimal dilution is below 10µg at 80 percent level; no drug particle should be more than 50µg.

Triturations up to and including the 4<sup>th</sup> [*decimal or*] centesimal are produced at the same duration and intensity of trituration.

#### Trituration by hand:

Divide the vehicle [*lactose 19.800g*] <sup>b</sup> into 3 parts and triturate the first part [*6.600g*] for a short period in a porcelain mortar. Add the basic drug material [*0.200g*] and triturate for 6 minutes, scrape down for 4 minutes with a porcelain spatula, triturate for a further 6 minutes, scrape down again for 4 minutes, add the second part [*6.600g*] of the vehicle and continue ad above. Finally add the

third part **[6.600g]** and proceed as before. The minimum time required for the whole process will thus be 1 hour. The same method is followed for subsequent dilutions.

*[For triturations above the 4x or 4c dilute 1 part of the dilution with 9 parts of lactose or 99 parts of lactose as follows: in a mortar, combine one third of the required amount of lactose until homogeneous. Add the second third of the lactose, mix until homogenous, and repeat for the last third.]*

**[Trituration by made: - not applicable]**

ii) **Method 8a: Liquid preparations made from triturations**

Preparations made by Method 8a are liquid preparations produced from triturations made by Method 6.

*[To produce a 6x liquid dilution, 1 part of the 4x trituration is dissolved in 9 parts of water and succussed. 1 part of this dilution is combined with 9 parts of ethanol 30 percent to produce the 6x liquid dilution by succession. In the same way, the 7x liquid dilution is made from the 5x trituration, and the 8x liquid dilution from the 6x trituration. From the 9x upwards, liquid decimal dilutions are made from the previous decimal dilution with ethanol 43 percent in a ratio of 1 to 10.]*

To produce a 6c liquid dilution, 1 part of the 4c trituration is dissolved in 99 parts of water and succussed. 1 part of this dilution is combined with 99 parts of ethanol 30 percent to produce the 6c liquid dilution by succession. [In the same way, the 7c liquid dilution is made from the 5c trituration, and the 8c liquid dilution from the 6c trituration.] From the 9c upwards, liquid centesimal dilutions are made from the previous centesimal dilution with ethanol 43 percent in a ratio of 1 to 100.

*[The 6x, 7x, 6c, 7c liquid dilutions produced from the above method must not be used to produce further liquid dilutions.]*

**Modified Method 8a:**

**To produce a 4CH liquid dilution, 1 part [0.200g] of the 3c trituration is dissolved in 49 parts [9.800g] of water and dissolved. To this is added 50 parts [10.000g] of ethanol 60% percent. This mixture is succussed to produce the 4c liquid dilution. 1 part of this dilution [30µl] is combined with 99 parts of ethanol 96 percent [2.970ml] to produce the 5CH liquid dilution by succession. From the 6CH upwards, liquid centesimal dilutions are made from the previous centesimal dilution with ethanol 96 percent in a ratio of 1 to 99.**

- a) *[italics]* indicates portions of the methods which are not applicable to the preparation of **Acacia xanthophloea 30CH**
- b) ***[bold italics]*** indicates specific detail applicable to the preparation of **Acacia xanthophloea 30CH**



**HOMOEOPATHIC PROVING**

**Are you fluent in English?**

**Are you in a good state of health?**

**Are you between 18 – 60 years old?**

**Do you maintain a normal lifestyle  
and routine?**

*Are you willing to adhere to instructions given in the proving?*

**For further information contact: Anitha Gobind – 084 665 6112**

## Appendix I: Permission letter Clinic Director



Permission Letter:

TO: Dr D Naude, Clinical Director  
Homoeopathic Day Clinic  
Durban University of Technology

DATE: April 2014

### USAGE OF FACILITIES AT THE HOMOEOPATHIC DAY CLINIC

I, Anitha Gobind, seek permission from you, Dr Naude, to use the clinic facilities for the duration of my research in 2014. My study will last for up to six weeks, with one consultation, and one physical examination. I will need to use a room for consultation, the dispensary to dispense the medication, and the reception area to recruit my participants.

My research topic is "A Homoeopathic Drug Proving of *Acacia Xanthophloea 30CH* with subsequent comparison to its use in African Medical tradition". I will use 15 participants which will be selected according to the inclusion and exclusion criteria.

#### INCLUSION CRITERIA:

1. The prover can be between the age of 18-60 years old.
2. The prover must be in a reasonable state of health with no gross pathology.
3. The prover should maintain a normal lifestyle and routine.
4. The prover must be willing to adhere to instructions given in the proving.
5. Consumption of tea/coffee, alcohol and smoking needs to be restricted as per the researcher's instructions.

#### EXCLUSION CRITERIA:

1. People who are taking medication.
2. Pregnant or breast feeding mothers.
3. Person's on hormone replacement therapy or oral contraceptive pills for the last 6 months.
4. Person's who have undergone surgery in the past 3 months.
5. Person's on any recreational drugs

I eagerly await your response.

A. Gobind

## Appendix J: Permission letter Head of Department



TO:Dr.C Hall,  
Head of Department of Homoeopathy  
Durban University of Technology  
DATE:April 2014

### Permission Letter to Conduct Study

I, Anitha Gobind, seek permission from you, Dr Hall, to conduct my research study in 2014. My research topic is “A homoeopathic drug proving of Acacia xanthophloea 30CH with subsequent comparison to its use in African medical tradition”. I will use 15 participants which will be selected according to the inclusion and exclusion criteria.

#### INCLUSION CRITERIA:

- 1.The prover can be between the age of 18-60 years old.
- 2.The prover must be in a reasonable state of health with no gross pathology.
- 3.The prover should maintain a normal lifestyle and routine.
- 4.The prover must be willing to adhere to instructions given in the proving.
- 5.Consumption of tea/coffee, alcohol and smoking needs to be restricted as per the researcher’s instructions.

#### EXCLUSION CRITERIA:

- 1.People who are taking medication.
- 2.Pregnant or breast feeding mothers.
- 3.Person’s on hormone replacement therapy or oral contraceptive pills for the last 6 months.
- 4.Person’s who have undergone surgery in the past 3 months.
- 5.Person’s on any recreational drugs

I eagerly await your response.

A. Gobind



## Appendix K: Permission letter IREC



Permission Letter:

TO: RESEARCH DIRECTOR  
INSTITUTIONAL RESEARCH ETHICS COMMITTEE  
FACULTY OF HEALTH SCIENCES  
DURBAN UNIVERSITY OF TECHNOLOGY  
DATE: JANUARY 2015

Permission Letter to Conduct Study on Durban University of Technology Students

I, Anitha Gobind, Student No. 19401934, seek permission from you, the research director, to conduct my study in 2015 on students from Durban University of Technology. My research supervisor is Dr M Maharaj and co supervisor is Dr C. Hall

My research topic is "A homoeopathic drug proving of *Acacia xanthophloea* 30CH with subsequent comparison to its use in African medical tradition"

Your kind consideration regarding this matter will be greatly appreciated.

I eagerly await your response.

Yours sincerely,  
Anitha Gobind

## Appendix L: Supervision of prover log



RANDOM CODE

Prover Number

Supervisors Name

Supervisors Initials

### SUPERVISION OF PROVER LOG

#### ENROLLMENT

Date:

Signing of Main Informed Consent

19/6/2014

#### Run-In Phase

Date:

Comments (if any) / AE (s) (if any)

First day

20/6/2014

Last day

#### Administration Phase / Post – Administration Phase / Run-Out Phase

Date :

Observations of special interest / Comments (if any) / AE (s) (if any)

Prover to continue proving drug / Prover to stop proving drug

Day 1

Day 2

Day 3

Day 4

Day 5

Day 7

Day 8

Day 10

Day 14

Day 21

Day 28

Day 35

Day 42

RANDOM CODE

Prover Number

Supervisors Name

Supervisors Initials

Additional comments:

Follow-Up Consultation/s

Date:

Ongoing symptoms(s)

(please specify)

Measures

Prover back to normal state?

Yes  No

DRUG RETURNED  Date of return: \_\_\_\_\_

## Appendix M: Confirmation regarding substance origin, Silverglen Nursery



Hair And Beauty House <hairandbeautyhouse@gmail.com>

Feb 13

Email to Brian Abraham

Hi Brian, thank you so much for the assistance in obtaining Acacia Xanthophloea for my research. Your help is much appreciated. Please can I have a letter documenting that you have given me the fever tree. We need proof to say that my research is using the correct plant. I am sorry to have troubled you but can you please email the letter to my work email address as soon as possible. Have a fantastic Friday and weekend. Also please advise price of trees. Thank you.

Regards

Anitha Gobind

Feb 16

Email from Brian Abraham to Anitha Gobind

Hi , this e mail is to confirm the 2 Acacia xanthophloea( fever trees ) were grown from seeds and issued from Silver glennursery for research.

Regards

Brian Abraham

## Appendix N: Editing certificate

### DR RICHARD STEELE

BA, HDE, MTech(Hom)

#### HOMEOPATH and EDUCATOR

Registration No. A07309 HM

Practice No. 0807524

#### Freelance academic editor

110 Cato Road

Glenwood, Durban 4001

031-201-6508/082-928-6208

Fax 031-201-4989

Postal: P.O. Box 30043, Mayville 4058

Email: rsteele@telkomsa.net

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### EDITING CERTIFICATE

Re: **Anitha Gobind**

Master's dissertation: **A homoeopathic drug proving of *Acacia xanthophloea* 30CH with subsequent comparison to its use in African medical tradition**

I confirm that I have edited this dissertation and the references for clarity, language and layout. I am a freelance editor specialising in proofreading and editing academic documents. My original tertiary degree which I obtained at UCT was a B.A. with English as a major and I went on to complete an H.D.E. (P.G.) Sec. with English as my teaching subject. I obtained a distinction for my M.Tech. dissertation in the Department of Homeopathy at Technikon Natal in 1999 (now the Durban University of Technology). During my 13 years as a part-time lecturer in the Department of Homoeopathy I supervised numerous Master's degree dissertations.

Dr Richard Steele

**01 January 2016**

*electronic*