

Riley

**Materia Medica
of New and
Old Homeopathic
Medicines**



Springer

David S. Riley

**Materia Medica of New and Old Homeopathic
Medicines**

David S. Riley

Materia Medica of New and Old Homeopathic Medicines

 Springer

David S. Riley MD
6 Amigos Lane
Santa Fe, NM 87508
USA

ISBN-13 978-3-642-25291-4 Springer-Verlag Berlin Heidelberg New York

Bibliographic information Deutsche Bibliothek

The Deutsche Bibliothek lists this publication in Deutsche Nationalbibliographie;
detailed bibliographic data is available in the internet at <<http://dnb.ddb.de>>.

This work is subject to copyright. All rights are reserved, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other way, and storage in data banks. Duplication of this publication or parts thereof is permitted only under the provisions of the German Copyright Law of September 9, 1965, in its current version, and permission for use must always be obtained from Springer-Verlag. Violations are liable to prosecution under the German Copyright Law.

SpringerMedizin

Springer-Verlag GmbH
ein Unternehmen von Springer Science+Business
springer.de

© Springer-Verlag Berlin Heidelberg 2012

The use of general descriptive names, registered names, trademarks, etc. in this publications does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

Product liability: The publishers cannot guarantee the accuracy of any information about dosage and application contained in this book. In every individual case the user must check such information by consulting the relevant literature.

Planning: Diana Kraplow

Project management: Dr. Astrid Horlacher

Copy-Editing: Mary Schäfer, Buchen-Hettingen

Cover design: deblik Berlin

Typesetting: Fotosatz-Service Köhler GmbH – Reinhold Schöberl, Würzburg

Table of Contents

Homeopathic Drug Proving – An Introduction to General Methodological Considerations	1
Acidum cis aconiticum	5
Acidum citricum	7
Acidum ketoglutaricum	9
Acidum oroticum	13
Acidum succinicum	17
Adenosine monohydrogen phosphate 3'5' (AMP)	19
Adenosine triphosphate (ATP)	23
Agnus castus	25
Anthrachinon	29
Arteria suis	33
Ascophyllum nodosum	35
Bacterium coli	37
Barium oxalsuccinicum	41
Bryonia alba	43
Bryonia dioica	47
Calendula officinalis	51
Cardiospermum halicacabum	55
Cartilago suis	59
Caulophyllum thalictroides	63
Citrullus colocynthis	65
Coenzyme A	69

Cuprum formicium	71
Embryo suis	73
Fucus vesiculosus	77
Fumaria officinalis	81
Funiculus umbilicalis	83
Galphimia glauca	87
Geranium robertianum	89
Glandula suprarenalis	93
Glyoxal	97
Hepar suis	99
Human Growth Hormone	103
Hydrochinon	105
Insulin-like Growth Factor-1	107
Kalium tetraiodobismutate	109
L-Cysteine	111
Luffa operculata	115
Mahonia aquifolium	119
Medulla ossis suis	123
Methylglyoxal	125
Mucosa nasalis	127
Myosotis arvensis	129
Naphthochinon	131
Natrium oxalaceticum	133
Natrium pyruvicum	137
Nicotinamide	139

Nicotinamide adenine dinucleotide (NAD)	143
Okoubaka aubrevillei	145
Oleander	147
Oleum Pini	149
Oxalis acetosella	151
Pancreas suis	155
Placenta suis	159
Potentilla erecta	163
Pyridoxinum hydrochloricum	167
Riboflavinum	171
Sinusitisinum	175
Staphylococcus nosode	179
Streptococcus nosode	181
Symphytum officinalis	185
Terebinthina laricina	189
Thiamini hydrochloricum	191
Thioctic acid	195
Trichinoyl	197
Urtica urens	199
Veronica officinalis	203
Zincum aceticum	207
Zinc gluconate	211
References	214
Appendix	215

Homeopathic Drug Proving – An Introduction to General Methodological Considerations

Homeopathic drug provings are one of the pillars of homeopathic knowledge and prescribing and guide homeopathic physicians in their selection of remedies. The primary goal of these provings is to provide accessible information that will help homeopathic physicians improve their practice. As practitioners use these remedies they can then further verify and clarify the symptom picture of the remedy, which will lead to refinement in the repertory. A secondary goal of publishing these provings is to explore proving design and methodology.

Homeopathic drug provings dating back to the time of Hahnemann have used homeopathically prepared substances administered to healthy subjects who are then observed for the symptoms they experience. Dr. Samuel Hahnemann was a physician, pharmacist, and translator of scientific literature. In 1790 he translated the »Treatise on Materia Medica« by William Cullen from English into German, with a description of the medicinal action of cinchona bark, which, according to Cullen, was due to its astringent properties. Hahnemann conducted a now famous self-experiment with cinchona bark on himself in which he observed the typical malarial symptoms of intermittent fever. It was this experience that led him to an exposition of the Law of Similars (Similarity Principle) and marked the beginning of systematically conducted homeopathic drug provings. While this first and most famous proving did not use a homeopathically prepared substance, Hahnemann explicitly recognized using homeopathically prepared medications in a homeopathic drug proving.

The Similarity (Similia) Principle postulates that substances capable of causing symptoms in healthy subjects can be used as medicines to treat similar patterns of symptoms experienced by people when they are ill. Recognizing the symptoms of an individual subject and matching them with the symptom pattern from a homeopathic proving is considered to be a key element in the successful practice of homeopathy.

Proving symptoms are defined as those changes of the mental, emotional or physical state of the subject that are likely to be caused by the administration of the remedy and are out of the ordinary patterns of reaction for the subject as noted during the pre-proving observational period. Proving symptoms are generally temporary symptoms, lasting for several hours or days. In homeopathic drug provings, symptoms are recorded and may become components of the homeopathic symptom picture for that homeopathic medicinal product, which guide clinical application when they are verified in clinical practice and are included in homeopathic repertories.

Hahnemann undertook over 100 homeopathic drug provings in order to understand »... the peculiar actions of medicines on the health of man ...« [§108 Organon, section 4, Hahnemann 1958]. He stressed the need for homeopathic drug provings on healthy volunteers using homeopathic preparations as the best method for achieving an accurate homeopathic symptom picture. In his »Organon of the Art of Healing« Hahnemann provided scientific directions on how to conduct a homeopathic drug proving [§§105–146, Hahnemann 1958].

Clinical research has changed since the time of Hahnemann. Homeopathic medicinal products are classified as drugs in the United States and Europe, and these clinical studies follow the

Good Clinical Practice Guidelines (GCP) including Institutional Review Board (IRB) approval. They are similar to, but not identical to, phase-I trials as defined by the FDA. Homeopathic drug provings lack the toxicological risks that in phase-I trials are determined by conventional pharmacokinetics.

In a homeopathic drug proving a homeopathically prepared substance is administered to healthy volunteers in order to produce the symptoms specific to that substance. The goal is to provoke temporary symptoms or an »artificial illness« associated with the homeopathic medication. These symptoms are then arranged to form a symptom pattern or remedy picture, which is specific to that particular homeopathic substance and provides the basis for a better understanding of the possible effects of that homeopathic remedy in patients.

The collection of homeopathic drug provings reported in this book were conducted between 1993 and 2001 and generally lasted between 6 and 9 weeks per subject. The medications used in these homeopathic drug provings were most commonly prepared as globules in a 12C potency and were administered three times daily until the subjects developed symptoms. No medication was taken after a subject began to experience symptoms.

Various scientific research methods were utilized with the primary goal of reducing bias. For example, all of the medications used in these provings were either verum or placebo according to a computer-generated randomized code known only to the manufacturer of the study medication until the blind was broken at the end of the homeopathic drug proving. Placebo controls were used in order to ensure that neither the subjects nor the investigator knew whether a subject was receiving verum or placebo while the trial was ongoing. The remedy was commonly, but not always, administered on two separate occasions. In some of these provings the first administration of the remedy was a placebo run-in period and in others the subjects were randomized into parallel groups to receive either verum or placebo.

All subjects who participated in these homeopathic drug provings were recruited via advertisements, selected using inclusion and exclusion criteria, educated about homeopathic drug provings, and signed an informed consent approved by an Institutional Review Board. While there was some variation in the wording, a sample of the inclusion and exclusion criteria is given below:

Inclusion Criteria

- Age = 18 years and <75 years
- General state of good health
- Continuation of the usual habits and patterns of daily living
- Written informed consent and willingness to comply with the requirements of the study

Exclusion Criteria

- Any major life changes, e.g. moving, getting married or divorced etc.
- Current or expected medical treatment or surgery during this homeopathic drug proving
- Surgery within the past 4 weeks prior to enrollment into the homeopathic drug proving
- Use of homeopathic medicines >30C or contraceptive pills in the month prior to enrollment into the homeopathic drug proving
- Alcohol or drug abuse
- Pregnancy or nursing (or anticipating pregnancy during this homeopathic drug proving)
- Incompetence, or inability to understand the nature, meaning and consequences of the homeopathic drug proving or inadequate completion of the journal
- Participation in another clinical trial at the same time or within the past 4 weeks. The central investigational tool of these homeopathic drug provings was the journal kept by each subject

throughout the proving, from the pre-proving observation period through the end of the clinical trial. The subjects described either the baseline rhythm of their life during the pre-proving observation phase or the symptoms associated with the administration of the homeopathic remedy. At least once a week the subjects met with the investigators to review their journals. Selected symptoms were entered into a password protected FileMaker Pro customized database. Symptom selection criteria were incorporated in 1996 and prior provings were reanalyzed (Riley 1996):

- A symptom occurred in conjunction with specific modalities (better, worse).
- A symptom occurred in conjunction with another symptom (concomitants).
- A symptom occurred with a specific periodicity or within a specific time frame.
- A symptom occurred at a specific location.
- A symptom was strange, rare or peculiar (SRP) and vividly described.
- A symptom occurred with a marked or specific intensity.
- A symptom was new or had not been experienced in the past 12 months.
- A symptom experienced at the beginning of the homeopathic drug proving was significantly ameliorated or disappeared after the administration of the remedy and the assignment of subjects into groups was revealed. At that point the verum symptoms were identified and a final report of the subjects' symptoms was created.

Acidum cis aconiticum

Important Proving Symptoms and Themes Noted by the Investigators

Pain on waking in the morning that occurs in the head, ear, and chest. The pain in the head is constant and continuous, lasting for hours. There are dreams of being violently shot and killed. There is dryness and cracking of the skin on or in the nose, nostrils, lips, and hands. There is an aversion to sweets.

Mind

Difficult concentration. Confusion on waking. Dullness and boredom. Dreams: of death of relatives, discolored teeth, swimming in water. Dreams of dying or being murdered or being shot. Unremembered dreams. Restlessness. Sensitive. Procrastinating. Agreeable mood.

Generalities

Food desire for cheese, meat, cold milk, soup, and spices. Aversion to sweets. Sensation of heat at night. Weariness in afternoon. Internal restlessness. Tense muscles. Pain on waking.

Head

Pain at base of head. Constant and continued pain. Pain in evening, on waking, and with vomiting. Pain better with external pressure. Pain in forehead, behind eyes and above, or extending to head. Temple pain that extends to eye or to neck. Sharp pain. Pulsating pain. Throbbing pain in the left occiput.

Eye

Lacrimation as if crying. Sensitivity to light.

Vision

Blurry vision like trying to see while under water.

Ear

Aching ear pain, especially the left ear. Pain on waking or in the evening. Right-sided ear pain with a pressure-like pain.

Nose

Coryza. Cracks in the corners of nostril. Discharge that is watery and thin, or clear, from the posterior nares. Eruptions inside nose. Itching inside nose or improvement of that allergy symptom. Sinus pain. Obstruction improves. Pressing pain at root of nose. Sneezing.

Face

Chapped lips. Cracked lips, especially at the right corner. Discoloration under eyes or makes the face red. Dryness of lips or around nose. Eruptions of acne or pimples on the forehead or nostril.

Mouth

Aching gum pain. Inflamed palate.

Teeth

Sore pain from wisdom teeth.

2

Throat

Dryness not better from drinking. Pain in the cervical glands.

Stomach

Appetite is increased and ravenous, or decreased appetite. Distension. Nausea during the headache. Thirsty at night. Indigestion.

Abdomen

Distension. Painful flatulence. Sharp pain on the sides. Shooting pain.

Rectum

Straining at stool. Flatus that is offensive. Flatulence that improves. Flatus that occurs during stool. Frequent urging during urination.

Stool

Scanty. Soft. Stringy.

Genitalia, Male

Erections incomplete or difficult to maintain.

Genitalia, Female

Pain improves when menses begins. Sensation as if menses would come on.

Chest

Cutting pain around the heart. Pain on waking.

Extremities

Dryness of hands. Aching of the shoulder. Bilateral dry, circular patches below each elbow.

Sleep

Sleepiness in the afternoon. Sleeplessness from headache.

Skin

Dryness of skin or in patches.

Acidum citricum

Important Proving Symptoms and Themes Noted by the Investigators

Dullness and forgetfulness. Flushes of heat or the sensation of heat in the face and body. Perspiration all over the body, at night, when cold, or that stains the linen. Head pain in the temples. Nausea. Painful uterine cramping or improvement of that during the menses. Improvement of dorsal and lumbar aching.

Mind

Dullness and forgetfulness. Fear of poverty. Weakness of memory for recent thoughts. Weeping during the menses. Dreams of running.

Generalities

Flushes of heat, in the afternoon, or the general sensation of heat with perspiration. Sluggishness of the body as if sick.

Head

Sensation of fullness. Lancinating pain is ameliorated by lying down but worse with motion or with stooping. Pain is localized in the temples. Pain also felt on the sides of the head, pressure ameliorates the pain. Pressing pain in the forehead as from sinuses. Throbbing, pulsating pain in the temples, and worse on waking.

Eye

Discharge of gluey mucus on waking in the morning. Sensitivity to motion or touch.

Ear

Itching in the right ear that is not ameliorated by boring in the ear. Ringing noises in the evening.

Nose

Sneezing.

Face

Heat or flushes of heat in the face, neck, and head. Clenched jaw and tightness of jaw. Herpetic or fever blister eruptions about the mouth and lips.

Mouth

Dryness. Painful, herpetic vesicles around the lips.

Stomach

Nausea ameliorated in the open air, or with vomiting. Heartburn improves. Appetite increased.

Abdomen

Pain. Cramping pain in the umbilical region ameliorated from passing flatus or after stool. Cutting pain at midnight causing her to double over. Distension.

Rectum

No urging for bowel movement.

Stool

Stickiness of feces.

3

Bladder

Burning pain without urination. Ineffectual urge to urinate.

Urine

Brown. Offensive odor.

Genitalia, Female

Menses that is copious, too early, or late. Painful uterine cramping during menses, or improvement of that symptom.

Cough

Dry, painful, hacking cough.

Chest

Sharp cramping pain aggravated by deep breathing. Stitching pain in the left side worse on lying down. Rapid heart-beat as if running.

Back

Aching pain in the cervical and dorsal regions improves. Cutting pain in the lumbar region.

Extremities

Incoordination and awkwardness as if off balance and drops things.

Sleep

Sleepiness in the afternoon. Sleeplessness from hardness of the bed.

Fever

Feeling of heat off and on throughout the day.

Perspiration

Awakes in a cold sweat at night. Perspiring when cold. Offensive perspiration. Perspiration leaves yellow stains on the clothing.

Skin

Greasy and oily.

Acidum ketoglutaricum

Important Proving Symptoms and Themes Noted by the Investigators

Mental dullness, forgetfulness, and irritability were also prominent. Increased thirst, flatulence and rumbling throughout the gastro-intestinal tract, constipation with straining, and soft stool. Irritability. Anger. Concentration difficult. Mental dullness and forgetfulness. Tired and fatigued. Flushes of heat. Light-headed sensation. Pressing and dull head pain localized in the forehead. Clear, copious nasal discharge. Painful sore throat. Increased thirst for cold drinks. Flatulence with rumbling. Cramping abdominal pain. Constipation with straining. Flatus with soft stool. Delayed onset of the normal monthly menstrual flow. Chest constriction. Aching back pain. Sleepiness worse in the daytime and evening.

Mind

Absent-minded. Anger. Complaints from anticipating what might happen next. Anxiety, or improvement of anxiety, especially about the future. Awkwardness and drops things. Critical of others. Aversion to company and aggravated by conversation or the talking of others. Difficulty in concentration while studying. Mental confusion. Contentment. Despair improves. Dreams that are vivid or unremembered, amorous, frightful, full of anger, of being pursued, or nightmares. Mental dullness. Fears of death or disaster. Forgetfulness. Silent grieving improves. Hopefulness. Hurriedness in occupation or movements. Impatience. Indifference to loved ones. Introspective and reflective. Great irritability especially toward family members, from noise or talking, on waking, during perspiration, or from trifles. Thinking and talking rapidly and changing the subject or slowness of speech. Morose, pessimistic. Sadness and sensitivity to noise. Feeling time passes too slowly. Shyness. Weeping while sleeping.

Generalities

Increased energy. Aggravated by physical exertion. Desires cold drinks, fruit, juicy things, coffee, oranges, and sour things. Flushes of heat. Relaxation of body but with alertness. Heaviness of the body. Weariness and lassitude, or improvement of the fatigue in the afternoon. Weakness that is sudden or from heat of the sun.

Vertigo

Light-headed, particularly when rising from a bed.

Head

Constriction or tightness like a band. Heat in the forehead. Heaviness of the head especially experienced in the forehead. Pulsations or throbbing in the vertex, or in the occiput and extending to the vertex, or from the temples and extending to the occiput. Shaking sensation in the forehead. Tension of the scalp relaxes. Dull head pain in the forehead, temples, or sides. Sharp pain in the forehead or temples. Pain in the forehead that is above the eyes. Occipital pain that extends to the neck, or the vertex, or on the sides of the occiput. Pain on the sides of the head, especially the left side, that extends to the jaws or forehead. Temple pain that is left-sided. Pressing pain in the forehead, temples, left side, and occiput. Shooting pain in the forehead that extends to the nose. Stitching pain in the forehead and sides of occiput.

Eye

Dryness. Glassy appearance of the eyes. Irritation. Increased lacrimation in the wind. Pain that is aching, like a strain, burning, or stinging. Photophobia, especially in the daylight, that causes squinting. Redness.

Vision

Blurry and foggy vision.

4

Ear

Dull, aching pain in the ears. Stitching pain in the left ear. Sensation as if the ears were plugged up.

Nose

Congestion in the nose, a sense of fullness, or obstruction. Coryza that is constant or with fluid discharge. Discharge clear and copious, primarily from the posterior nares, excoriating, thick or thin, and white. Itching inside the nostrils. Sneezing.

Smell

Acute.

Face

Cracking sounds in the jaws when chewing. Red flushes. Heavy feeling. Itching of the cheeks and tingling under the eyes. Crinkly tension in the masseter muscles relaxes.

Mouth

Numbness of the palate. Bleeding of the gums improves when brushing the teeth.

Taste

Metallic taste in the mouth.

Throat

Swelling of the cervical glands. Muscular tension on the sides of the neck relaxes. Dry throat at night. Increased mucus in the throat from the posterior nares. Numbness. Pain. Burning pain at night. Painful sore throat. Roughness. Throat pain better or worse from swallowing.

Stomach

Anxiety felt in the stomach. Increased appetite in the morning. Distension. Gurgling. Heartburn in the afternoon with a burning sensation in the throat. Nausea before or while eating, or with motion, and better lying down. Increased thirst.

Abdomen

Bubbling sensation. Feeling as if diarrhea would come on. Flatulence especially trapped in the colon flexures. Gurgling noises with pain. Cramping pain at night or before stool. Sore pain in the left hypogastrium. Lancinating pain in the iliac region. Pulsations in the umbilicus like a heartbeat. Rumbling in the ileocecal region.

Rectum

Constipation with straining or ineffectual urging. Diarrhea. Flatus that is difficult to release or during the stool. Improvement of hemorrhoidal itching. Sudden urging to stool especially in the afternoon.

Stool

Dark mucus on stool. Frequent. Offensive odor of stool. Soft and watery stool.

Bladder

Sudden urging.

Urine

Cloudy, pale urine.

Genitalia, Female

Delayed onset of menstruation. Leukorrhea that is varied: albuminous, bland, thick, or offensive. Onset of painful menses does not occur. Short menses. Diminished sexual desire.

Larynx & Trachea

Irritation and itching in the trachea. Tightening and tickling of the trachea that leads to bronchitis.

Respiration

Difficulty in inspiration associated with chest constriction.

Cough

Dry, rattling cough, worse during sleep. Spasmodic cough. Cough from irritation in the bronchi.

Expectoration

Scanty, yellow phlegm.

Chest

Chest tightness and constriction with raw pain or thick mucus in the chest. Perspiration in the chest area and axilla with increased irritability.

Back

Aching back pain in the cervical neck or in the dorsal region. Soreness of the back and dorsal region that is worse while lying down.

Extremities

Painless cracking of the knee. Red eruptions on the feet. Heat of the hands and soles of the feet, especially in bed. Heaviness of the forearm and feet. Itching between the toes. Swelling of the fingers, heels, and feet. Tingling of the hands, and knee and extending to the right foot. Twitching or buzzing sensation in the left shoulder. Aching pain in the shoulder. Burning in the posterior knee. Dull pain in the left elbow and extending to the wrist. Pressing pain in the posterior thigh. Throbbing pain in the forearm, foot, and toes. Tendon pain.

Sleep

Chilly during sleep. Deep sleep in the daytime. Difficult or restless sleep. Falling asleep is difficult or difficulty in falling back to sleep during the night. Falling asleep early. Sleeping on the right side. Sleepiness throughout the day. Frequent waking. Sleeplessness. Waking from dreams, early, frequently, or after midnight.

Perspiration

Perspiration during sleep.

Skin

Dry, flaky skin on the forehead and chin. Red, spotted skin eruptions on the feet.

Acidum oroticum

Important Proving Symptoms and Themes Noted by the Investigators

Increased energy and a general physical irritability. Feelings of contentment. Irritable and anxious. Sadness. Increased energy and increased physical irritability. Head aches. Coryza. Eruptions on the face. Pain in the mouth. Sore throat. Decreased appetite. Increased thirst. Flatulence. Abdominal pain. Diarrhea.

Mind

Anger. Anxiety for no apparent reason. Aversions to company and aggravation from the talk of others. Concentration difficult. Contented feeling, sense of well-being, very cheerful, hopeful, and a sense of tranquility. Delusions or visions of faces and ghosts or as if possessed. Despair about the future. Dreams. Amorous dreams. Dreams of buildings or houses, airplanes, money, pleasant, water, or of murder. Tidy and fastidious. Forgetful of errands and spacey. Homesick. Hurried. Sense of independence. Irritable. Sadness especially in the afternoon. Sensitive. Persistent thoughts about household matters. Weeping and moody.

Generalities

Desire to be outdoors, in the open air. Increase in energy and improvement of energy levels, especially in the afternoon, evening, or on waking. Faintness on exertion on bending over. Food desires of cold drinks, fruit, pickles, and vegetables. Aggravations from eating ice cream and rich food. Flushes of heat or chilliness. Increased physical irritability and hurriedness. Tense.

Vertigo

Vertigo while lying down or from sudden motion of the head. Dizziness.

Head

Sensation of lightness and floating at the crown as if it were not there. Numbness deep behind the nose in the brain like a novocaine injection. Headache. Dull pain in the left temple. Occipital headache in the evening. Head pain in the vertex.

Eye

Dryness. Burning and aching, especially in the evening. Itchy inner canthi of the eyes.

Vision

Exertion of vision aggravates.

Ear

Itching in the ears improves and then reoccurs. Full sensation like a pressing in the ear after dinner.

Nose

Increased coryza or improvement of coryza. Thick greenish discharge, especially postnasal drip. Obstruction of the left nostril.

Face

Pale face. Facial eruptions. Eruptions of red spots on the cheeks that are dry and itching. Eruptions on the nose. Flushes of hot heat in the cheeks. Tingling sensation in the cheeks.

Mouth

Coated white tongue. Pain in the mouth, gums, and tongue. Dryness of the mouth, particularly in the evening. Numbness in the mouth. Vesicles that are painful and burning.

Teeth

Sensitive teeth.

Throat

Dry sensation in the throat. Choking and constricted sensation in the throat. Scratchy pain. Sore throat pain worse on waking in the morning.

Stomach

Appetite is either markedly increased or decreased. Distension. Empty feeling in the stomach in the morning. Gurgling. Nausea. Cramping pain on waking in the morning. Rumbling. Thirst increased.

Abdomen

Flatulence especially in the hypochondria and worse with distension after eating. Abdomen pains. Cramping pain better bending forward and curling up in bed in the morning. Drawing and tugging pain. Stitching pain better from deep breathing. Tension of abdomen with rumbling at night.

Rectum

Diarrhea in the morning on rising or in the afternoon. Flatus during diarrhea, at night, or better from releasing flatus.

Stools

Large or soft stools. Offensive stools. Yellow. Forcible stool.

Bladder

Increased need to urinate at night when in bed. Awareness of fullness in the bladder.

Kidney

Aching pain in the kidney while riding in an automobile.

Urine

Bright yellow.

Genitalia, Male

Excessive masturbation.

Genitalia, Female

Amenorrhea is interrupted. Brown menstrual bleeding. Menstrual bleeding is too frequent or of too short duration. Painful menstrual cramps or improvement of pain. Scanty menses. Increased sexual desire.

Chest

Offensive perspiration in the axilla. Burning chest pain after dinner.

Back

Soreness and stiffness in the lumbar region improves. Stitching pain on motion extends to the chest.

Extremities

Coldness of the hands and feet. Prickling heat in the upper thighs. Stiffness and tension in the lower limbs and joints of the lower limbs. Aching, especially in the fingers and the upper and lower limbs.

Sleep

Difficulty in falling asleep. Sleepiness in the afternoon. Sleeplessness at night or after waking during the night. Unrefreshing sleep. Frequent or early waking.

Acidum succinicum

Important Proving Symptoms and Themes Noted by the Investigators

Dreams of being chased by robbers or wild animals. Irritable when people place too many demands on them. Pains in the area of the ileocecal valve. Aching in the lower extremities. Tearing in both of the eyes. Painful dryness inside the nose with bloody discharges, crusts, or epistaxis. Constipation with straining and feeling of incomplete evacuation. Upset stomach with the desire to vomit. Loose stool. Aching in the left molars, upper and lower.

Mind

Anxiety about health of loved ones. Dreams of being pursued or chased by wild animals. Vivid dreams. Fear of leaving home. Irritability when demands are placed upon the person. Waking from sleep with laughter. Sensitive to body odors.

Generalities

Tendency to take cold. Cravings: for cold drinks, especially tea, fruit, rich foods, or vegetables. Aversion to sweet drinks.

Head

Congestion as if a cold is coming on. Head pain in forehead or temples. Sharp or dull pain. Pain on waking.

Eye

Agglutination of eyes in the morning. Lachrimation. Itching.

Ear

Stopped-up sensation like with cotton or with air pressure in the right ear. Increased cerumen. Hot feeling inside.

Nose

Cracks in tip or inside from dryness. Bloody discharge or crusts in the nose. Dryness inside that is painful. Right-sided epistaxis with clots in the morning in the shower.

Smell

Acute awareness of others' body odors.

Face

Bruising at inner canthus of right eye. Pimples on chin.

Mouth

Painful aphthae behind lower lip, but does not develop more than one. Bleeding behind front teeth.

Teeth

Aching in lower left molars or upper left teeth. Appearance of upper left wisdom tooth.

Throat

Dryness, itching, or scratchiness on waking. Clearing of throat in evening improves.

Stomach

Appetite is either increased or decreased. Empty, hungry feeling with rumbling. Gnawing pain. Nausea.

Abdomen

Full sensation. Pain in ileocecal region is burning or prickling, or twinging. Sore and bruised sensation around umbilicus.

Rectum

Constipation and must strain or no urge. Fullness. Feeling of incomplete evacuation.

Stool

Hard or soft. Loose stool, or loose stool is more formed. Sticky. Green.

Bladder

Improvement of nighttime waking to urinate.

Urine

Frothy.

Genitalia, Female

Spotting at time of menses but without flow of blood.

Speech and Voice

Hoarseness in the a.m.

Chest

Waking with chest pain under right breast that is sharp and deep on inhalation. Hard heart-beat.

Back

Pimples that are inflamed and tender. Sore and bruised sensation between the scapulae.

Extremities

Itching rash on left hand. Hip stiffness on waking. Aching of hip joints while standing. Aching when standing in ball of right foot.

Sleep

Not waking at the usual 3 a.m. time but more towards morning.

Skin

Boil-like pimples on chest and face.

Adenosine monohydrogen phosphate 3'5' (AMP)

Essential Characteristic

Alternations in sleep. Improvement of the symptoms normally experiences of: snoring, difficulty in falling asleep and poor sleep, and sneezing in cold air. Vivid dreams. Fatigue. Desires burnt meat or milk. Dull headaches. Pain like a band. Head pain that extends to other areas. Aphthae on the gums. Sensitive teeth. Throat pain on waking. Gurgling or cramping pain in the abdomen. Diarrhea. Cramping pain with stool. Constipation with straining. Frequent stools that are hard or watery and soft. Pain during urination. Leukorrhoea. Menstrual pain. Menstrual bleeding too short. Rash on chest. Premenstrual breast tenderness. Back pain before menses. Difficult to fall asleep or waking from sleep.

Mind

Anguish. Nail biting. Self confidence improves. Dreams vivid, remembered, numerous, scorpions, or of work. Time passes too slowly. Sadness before menses.

Generalities

Energy increased. Weariness in afternoon or before menses. Many food desires and cravings: cereal, eggs, ice cream, burnt meat, milk, oranges, potatoes and gravy, sausages, and sweets. Aversion to meat before menses. Aggravated by tobacco.

Head

Hair falling out or soreness and tenderness of scalp during washing. Heaviness of head. Constricting head pain like a band. Pain extending to jaws or neck. Pain in small spots. Pain on waking. Pain in forehead, occiput, or vertex. Varied pains that are dull, pressing outward, or throbbing. Left-sided headache behind eye. Sore scalp. Improvement of headaches that are behind the eyes.

Eye

Sticky eye discharges in the morning on waking.

Ear

Flashes of stitching pain in right ear. Tickle in left ear while lying.

Nose

Coryza. Watery discharge in morning. Dryness inside nose and compulsion to blow one's nose. Sneezing in cold air is diminished.

Face

Chapped and cracked lips. Pimples on nose and rash on the chin. Stitching pain in the cheek bones and around the left eye.

Mouth

Aphthae on gums or tongue.

Taste

Water tastes bitter or metallic.

Teeth

Front teeth or right-sided teeth sensitive to air or coldness.

Throat

Pain that is burning or sore on waking. Tingling up towards the ears.

Stomach

Gurgling, rumbling, and churning as if turning over. Movement of flatus. Nausea after eating or stool improves. Thirst in evening.

Abdomen

Sensitive to clothing due to distension. Flatulence. Distention from flatus. Gurgling while lying, or rumbling. Cramping pain before menses or after midnight. Cutting or stitching pain in epigastric region or lower quadrants.

Rectum

Constipation with straining or difficult stool. Diarrhea with cramping. Flatus before or during stool. Pain that is cramping or during stool.

Stool

Oblong pellet stool. Blood in streaks or spots. Dark. Frequent stool or improvement from that symptom. Hard stool. Soft or watery stool or improvement of this. Small, long, or fishy smelling.

Bladder

Heaviness in pelvis during urination. Pain stitching or burning during urination. Frequent urging with little urinary output. Involuntary urination while laughing.

Urethra

Pain during urination.

Urine

Dark color. Strong odor.

Genitalia, Female

Menses frequent. Vaginal itching during menses. Leukorrhoea that is offensive, bloody, copious, or mucous. Dark menstrual blood or pale. Pain during menses. Menses scanty and too short. Dysmenorrhoea.

Respiration

No snoring for several weeks.

Chest

Cracking in whole of sternum. Rash on chest and face. Acrid odor in axilla. Improvement of pre-menstrual breasts and soreness and swelling.

Back

Pain is aching in sacrum or lower back or before menses. Neck tension better with rubbing.

Extremities

Dryness of skin that causes cracking in fingers. Cramps in right or left calf. Aching on the back of right hand.

Sleep

Difficulty falling asleep or improvement of sleep. Waking from dreams or from warmth. Sleepiness in afternoon. Sleeping on abdomen.

Skin

Dryness of skin that causes cracking in fingers.

Adenosine triphosphate (ATP)

Important Proving Symptoms and Themes Noted by the Investigators

Dryness in the upper GI tract. Achiness and fevers as from a viral condition. Soft stool. Back pain.

Mind

Angry, irritable, and picking fights before menses. Can't collect thoughts or fix her attention. Lack of self-confidence and sense of mental insecurity. Impatient and confused easily when in company. Vivid dreams in color. Restlessness with difficult concentration and lack of concentration. Excitable.

Generalities

Bloating as if weight gain in body. Energy decreased during exertion. Faintness at sight of a person's deformity. Desires salt or sweets. Flushes of heat. Tingling on becoming heated.

Vertigo

Dizziness while standing and better when sitting.

Head

Flushing of heat in forehead during evening. Sensation of lightness. Pressing pain in forehead extending to temples upon rising.

Eye

Strong fluttering of eyelids. Sensitivity to indoor lighting.

Ear

Deep itching in ear, better by boring with finger. Crackling noises.

Nose

Coryza with clear discharge. Discharges that are bloody, excoriating, yellowish-green. Discharge with obstruction.

Face

Tingling in forehead.

Mouth

Aphthae on tip of tongue. Dry tongue on waking.

Taste

Slimy and sour.

Throat

Discharge from posterior nares. Very dry and sore on waking. Green mucus. Severe burning pain that extends to ears when swallowing.

Stomach

Appetite increased at night. Heartburn in the afternoon.

Abdomen

Cramping pain in afternoon.

Stool

Soft. Frequent.

Bladder

Sudden and very urgent desire to urinate. Pain in lower abdomen after urination. Waking at night to urinate.

Genitalia, Female

Itching and dryness in vagina. Heaviness or fullness in uterus.

Cough

Moist or loose.

Back

Pain that is aching in the sacrum and extends to the groin, or soreness under the scapula.

Extremities

Weakness of joints. Aching and soreness in joints, especially the left shoulder.

Sleep

Frequent waking.

Fever

Fevers and chills at night with perspiration that soaks the sheets.

Perspiration

Afternoon at 3 p.m. from a hot flush.

Agnus castus

Important Proving Symptoms and Themes Noted by the Investigators

Many symptoms associated with alternations of the menstrual cycle. Uterine cramping and copious menstrual flow. Mood alteration causing sadness, irritability, despair, and weeping. Breast swelling and tenderness. Bloating and distension of the abdominal area that affected both the uterine and intestinal systems.

Mind

Anger, alternating with weeping; biting nails; averse to company before menses; concentration difficult; delusions, mind and body are separated, she is odd-looking and unattractive; despair; as if in a dream. Dreams, amorous, of angry quarrels, that breasts appear bruised, nightmarish, prophetic; dullness during menses; disturbed emotions before menses; fearful before menses; forsaken and isolated feeling; indifference. Irritability, irritability before menses, reproaches self. Sadness before menses; sensitive before the menses; desire for sympathy; amorous thoughts; tranquil. Weeping, before menses; during menses, causeless.

Generalities

Desire for open air in the morning; desires sugar; sensation of heat; influenza-like feeling; faintness; motion aggravates; rubbing aggravates; weakness, before eating, before menses, with nausea; weariness, during the menses, in the morning.

Vertigo

Dizziness on moving the head quickly; particularly when lying in bed.

Head

Constriction like a band or hoop.

Head Pain

Drawing, tightening; pain localized in the forehead, in the forehead extending to the occiput; right-sided; pressing pain on waking.

Eye

Twitching, left-sided.

Nose

Discharge and sneezing in the morning.

Face

Eczematous eruptions; premenstrual eruptions; pimples; tingling in forehead and nose, numbness in cheek and forehead; heat in the morning.

Mouth

Aphthae on lips; numbness of lips; stitching pain under the tongue.

Throat

Inflammation with pain of the tonsils; pain on swallowing; swelling of the tonsils.

External Throat

Swelling of left-side cervical glands.

Stomach

Nausea; insatiable appetite; burning pain after waking; thirst during menses; bitter vomiting.

Abdomen

Distension, after eating, during the menses; flatulence; hardness after eating. Pain, burning, cramping, cramping of the colon; cramping with diarrhea, cramping of the hypogastrium; lancinating on the right side, dull and pressing, throbbing.

Rectum

Constipation; offensive flatus; relaxed anus; urging for stool suddenly.

Stool

Frequent.

9

Genitalia, Female

Coldness of the vagina; uterine contractions like a pulling sensation; vaginal dryness; vaginal itching; leukorrhea, between the menses, offensive, stringy; menses copious, clotted, copious with large clots; delayed onset of menses; menses stops and restarts (menses intermittent); sour, pungent offensive menstrual flow; dysmenorrhea; menses flow shorter than usual; aching of uterus and vagina; burning of the labia; uterine cramping [cured symptom], especially during the menses, also before the menses; ovarian pain at ovulation, and during urination; stitching pain in labia; sense of prolapse of the uterus; increased sexual desire.

Urethra

Cold, contracted feeling with pain on urination.

Urine

Dark yellow.

Chest

Painful sore mammae, especially before the onset of menstruation [cured symptom]. Right- and left-sided soreness, swelling of the mammae; awakes after midnight with rapid heartbeat and shortness of breath.

Respiration

Difficult after exertion.

Back

Pain, with constriction in the sacrum, in the lumbar region extending to the thighs; with a soreness of the sacral region, especially while sitting; tearing pain in the sacrum while sitting.

Extremities

Awkwardness; red eruptions on the thigh; stiffness of the fingers and joints.

Extremity Pain

Aching of the elbow; aching joints; generalized neuralgic pain; in the groin; tearing in the hip while sitting; tearing in the joints.

Fever

Alternating with perspiration.

Skin

Red, blotchy eruptions; eczematous eruptions; itchy, hard, inflamed pimples.

Sleep

Deep sleep. Unrefreshing sleep. Waking from dreams and waking with the sensation of chest palpitations.

Anthrachinon

Important Proving Symptoms and Themes Noted by the Investigators

Symptoms particularly prominent in female subjects. Symptoms focused on the psycho-sexual sphere. There was a feeling of increased self-confidence and optimism. Also irritability towards family members, and increased sexual desire. Improvement of the normal symptom of straining, tearing pain, or bleeding with the bowl evacuation. Irritability. Mistakes. Anxiety and fears. Increased energy or fatigue. Desires ice cream. Head pain. Eruptions on the face. Distention, flatulence, and cramping abdominal pain. Constipation with straining or sudden diarrhea. Hard stools like balls or loose water stools. Frequent urination at night. Soreness, achiness, or weariness of the extremities.

Mind

Difficult concentration, especially during conversation. Feeling more confident or improvement of lack of self-confidence. Timid to appear in public. Discontented. Starting on waking. Dreams that continue after returning to sleep. Irritability toward family or over trifles. Mistakes in speaking, or writing the wrong word. Optimistic or improvement of lack of optimism. Sadness with weeping and pitying herself. Sensitive to sad stories and sadness. Rapid thoughts. Anxiety about the future, or improvement when dancing. Fear of being injured or looked at.

Generalities

Energy increased, especially in the morning, or improvement of low energy. Food desires of ice cream, meat, sweets with salt, yogurt. Aversion to sweets. Fatigue. Weakness or pain in joints and muscles.

Vertigo

Pitching forward on rising with sensation of floating. Better after eating.

Head

Noises in head when falling asleep. Head pain on waking or improvement of headaches. Throbbing in forehead behind the eyes or in the temples improves. Sharp prickling sensation on the forehead. Decrease in number of headaches.

Ear

Painful pimple behind ear. Sharp ear pain in right ear. Dull ear pain.

Nose

Coryza. Improvement of obstruction. Bland green discharge only when blowing the nose.

Mouth

Aphthae on tip of tongue. Swelling of upper and lower gums that is sensitive.

Face

Eruption of a red rash or pustules on the chin.

Throat

Dryness. Burning pain.

Stomach

Appetite diminished. Pain from flatulence. Shooting pains from gas. Nausea.

Abdomen

Distension before menses, from gas, on waking, and at the umbilical region. Heaviness in abdomen before menses. Cramping pain with diarrhea or from gas. Cutting pain before stool. Flatulence that causes cramping pain. Sore pain in the iliac region.

Rectum

Constipation that is painful, or from incomplete evacuation, or with ineffectual urging, or with straining or an improvement of straining. Diarrhea that is sudden, painful, or better lying down. Sense of fullness. Pain before or during stool. Long-lasting pain after stool improves. Cutting or burning pain. Tearing pain during stool improves. Ineffectual urge. Pressing sensation as if diarrhea would happen. Flatus in evening. Improvement of bleeding hemorrhoids. Improvement of rectal itch.

Stool

Hard, formed balls. Loose or watery stool. Hard stool. Frequent. Elimination without tearing pain, bleeding, straining, or pain after stool [cured].

Bladder

Frequent urination, especially at night.

Genitalia, Female

Many effects on the menses. Menses with bright red blood, copious bleeding and large clots like chunks of liver. Menses either frequent or intermittent, or scanty menstrual flow. Vaginal pain that is cutting, stitching, or lancinating pain that extends backward. Sexual desire increased or improvement of low desire. Feeling more feminine and having more sexual feelings. Herpetic eruptions on labia.

Expectoration

Thick, greenish phlegm with a bad taste is decreasing.

Respiration

Difficult inspiration.

Chest

Chest tightness.

Back

Herpetic eruptions. Back pain from constipation. Soreness of the lower back and lumbar region.

Extremities

Cramps in the calf or left hip and left thigh. Heaviness of the right knee, or heaviness of the leg before menses. Swelling of right knee. Trembling of arms, hands, and fingers. Weakness of forearm or left leg. Aching pain in joints or calf. Sore pain in knee, calf, or upper arm. Contraction of leg.

Skin

Dry and itching on neck and upper shoulders.

Arteria suis

Important Proving Symptoms and Themes Noted by the Investigators:

Abdominal rash in the umbilical region, red, itching. Right-sidedness of complaints. Cramping. Curative relief of menstrual pain, less cramping of the uterus, less bloating, decreased menstrual flow.

Mind

Anxiety causing her to take deep breaths to relax; having difficulty concentrating and not wanting to talk to anybody during a headache; irritability; remembering having many dreams during sleep.

Generalities

Pressure of clothing aggravates; breathing cold air aggravates; influenza-like symptoms; extreme weakness in the evening.

Head

Eruptions of pimples at the margin of the hairline; sensation of fullness from mucus congestion.

Head Pain

General; located in forehead; felt in small spot, and with sensation of a cold spot. Left-side; pointed or piercing sensation.

Eye

Dryness; pain upon closing the eyes.

Nose

Watery discharge; discharge that is clear or thick green; burning pain in the nasal septum; sensitive to strong odors; sneezing.

Face

Eruptions; hive-like papules; pimples on chin, cheeks, forehead; pimples that are itchy; generalized aching of the face.

Teeth

Generalized pain.

Throat

Throat pain with swallowing; scratchy and raw.

Stomach

Nausea with anxiety and headache.

Abdomen

Eruptions, red, itching, umbilical region; weeping eruptions; petechial; also eruptions in the hypogastric region; right lower quadrant stabbing pain; distension during menses.

Genitalia, Female

Curative symptoms of relief of menstrual uterine cramping before and during menses and less bloating and lessened bleeding.

Cough

Dry.

Chest

Sharp pain below ribs on the right side.

Back

Right-sided cutting pain in dorsal region.

Extremities

Stumbling, lack of coordination of the legs while walking; eruptions of the upper aspect of the foot; skin eruptions on the wrist.

Extremity Pain

Cramping of the feet.

Perspiration

Acrid.

Skin

Rash with great itching. Scratching until she bleeds. Right-sided.

Ascophyllum nodosum

Important Proving Symptoms and Themes Noted by the Investigators

Feeling of sadness, despair and aloneness, wanting to be alone. Fearfulness that focuses on health, elicited by symptoms of chest pain and headache. Either hot and feverish or colder than usual. Aching pains, especially of chest and legs. Curative effect on premenstrual constipation.

Mind

Sadness, confusion about street directions, despair, feels alone in the world, remembers dream, sadness that is causeless, sadness remembering the past, sensitive to criticism, fear, fear about her health, fear from heart pain.

Generalities

Better cold bathing, internal coldness, flushes of heat, standing aggravates, weariness, desires juice.

Head

Constriction or tightness like a band.

Head Pain

Left-sided dullness, localized to the forehead with nausea.

Eye

Itching.

Ear

Ringing noise.

Nose

Clear discharge in the morning.

Mouth

Dryness, sticky.

Throat

Itching of the palate and pharynx.

Stomach

Ravenous appetite that is not ameliorated by eating, churning, eructations, nausea, cramping pain; eructations and passing flatus ameliorate pain. Diminished thirst.

Abdomen

Pain, distension and pain ameliorated on passing flatus, sensation of fullness in the hypogastric region, cramping pain with urging for stool.

Rectum

Curative effect on premenstrual constipation, diarrhea, offensive flatulence, urging before stool.

Stool

Hard, mucus-filled.

Genitalia, Female

Leukorrhea, thick and pasty, milky and offensive, premenstrual uterine cramping, intermenstrual bleeding, scanty, light menses.

Cough

Productive of clear mucus from the throat.

Chest

Aching pain, right-sided.

Extremity Pain

Aching legs, left-sided, in the calf, or extending to the abdomen, foot pain associated with pressure and also ameliorated by walking on it, shooting pain, in hip and shoulder area, throbbing pain.

Sleep

Sleepiness with heaviness of the body.

Skin

Blisters, herpetic eruption with burning pain.

Bacterium coli

Important Proving Symptoms and Themes Noted by the Investigators

This remedy had bloody discharges from the nose, the vagina, and on the stool. Mental dullness. Increased physical energy. Pressing head pains. Eruptions on the face. Diminished appetite. Nausea. Increased flatus. Frequent urination. Soreness in the extremities.

Mind

Dullness especially in the morning on waking. Confusion, worse in the morning. Lack of self-confidence. Fears, particularly in narrow place or undertaking anything new. Anxiety while driving. Critical and complaining about others or himself. Active concentration. Delusions he is poor. Dreams that are remembered, vivid and colored, or of adventure. Dwelling on past relationships. Feeling alone and isolated. Giggling and laughing at silly things. Loquacity. Indifferent. Irritable toward the family or love for the family. Procrastinating. Relaxed. Thoughts that are clear or persistent. Mild and tranquil.

Generalities

Increased energy. Sensation of strength. Desires for and aversions to sweets and coffee. Desires for citrus fruit or fish. Aversion to cheese. Lack of vital heat but ameliorated by warmth. Chilliness. Better when becoming warm. Sense of physical strength or physical relaxation.

Vertigo

Vertigo with nausea, vertigo ameliorated by closing the eyes.

Head

Heaviness in the forehead. Sensation of heat in the head worse in the afternoon. Tingling in the occiput. Sharp pain on the left side. Dull pains felt in the forehead, temples, and vertex. Forehead pains behind the eyes. Pressing head pain as if by a band or from a weight in the temples, vertex, or occiput.

Eye

Discharge of mucus from the eye. Allergy symptoms of itching and lacrimation improve. Photophobia.

Vision

Changes in color vision. Acute vision. Objects seem nearer.

Ear

Aching pain in the left ear. Stopped-up and clogged sensation in the ear as if pressurized and better from blowing the nose.

Hearing

Impaired hearing with confusion of sounds of words. Clogged or pressurized sensation makes sounds seem distant.

Nose

Nasal congestion. Burning pain in the nose, worse on inhalation. Discharge of green mucus. Bloody discharge from one side on blowing the nose. Postnasal drip that is yellow or in the morning. Pain that is burning on inhalation. Sore pain inside the nose extending from the sore throat. Sneezing.

Face

Eruptions. Boils in the nose. Pimples on the nose, chin, and cheek. Dryness of the cheeks and lips. Flushes of heat in the afternoon. Itching on the jaw bone. Swelling around the eyes and forehead. Tingling of the mouth and jaw.

Mouth

White coating on the tongue. Dry sensation even with a moist mouth.

Taste

Bitter, chalky taste in the mouth. Metallic taste in the mouth.

Teeth

Painful, sore molars on the left and right. Molars very sensitive to cold.

Throat

Mucus in the throat. Swelling in the cervical glands. Raw and sore pain causing throat clearing that is worse on talking. Scratching pain. Tingling sensation.

Stomach

Appetite is decreased or increased. Eructations. Gurgling. Nausea: worse in the afternoon and evening, worse after eating. associated with heart palpitations, with throat spasms, during vertigo, or on waking. Burning stomach pain ameliorated by lying down. Rumbling. Thirstlessness.

Abdomen

Distention in the hypogastrium. Flatulence. Rumbling. Cramping pain in the diaphragm or with diarrhea.

Rectum

Increased flatus without odor. Constipation with difficult stool. Itching. Urging before stool.

Stool

Spots of blood in the stools. Frequent but normal. Orange stools. Stools in small, hard pieces. Loose. Urging even after stool.

Bladder

Frequent urination. Tenderness in the bladder.

Urine

Urine smells moldy. Copious amount.

Genitalia, Female

Bloody vaginal discharge prior to menses onset. Cramps and pelvic pain. Increased sexual desire. Frequent menses or 8 days early and with brown blood. Cramping during the menses. Increased sexual desire.

Chest

Breast soreness and tenderness worse during menses improves. Palpitations in the morning on waking.

Back

Achy or cramping pain in the back worse in the cervical region. Soreness in the spine or lumbar regions.

Extremities

Intense itching of the lower limbs, particularly the bottom of the right foot. Hot, swelling of the feet. Pain and soreness of the hips and finger joints especially in the morning. Aching in the hip, patella, wrist, and forearm.

Sleep

Restless sleep interrupted with frequent changing of position. Sleep unrefreshed. Difficult falling asleep or difficult waking improves.

Skin

Dry skin. Eruptions of painful boils or in patches. Pimples. Itching unrelieved by scratching.

Barium oxalsuccinicum

Important Proving Symptoms and Themes Noted by the Investigators

Prominent emotional symptoms in women possibly related to menstrual cycle changes. Women experienced an overall increase in their self-confidence and self-respect, less affected by sad and sensitive stories. In addition there was Anxiety. Sadness and weeping. Dreams. Craving for cold things. Pressing head pain. Swelling of the eyes. Epistaxis. Chapped and cracked lips. Distention and abdominal fullness. Constipation. Rectal itching. Blood on the stools.

Mind

Increased self-confidence and self-respect in women was increased or is improved. Anger on waking in morning. Anxiety about health, or anticipatory exam anxiety improves. Difficulty concentrating and comprehending while working and confusion with numbers. Delusion that she is smarter than others even though she knows it is not true. Nightmares and dreams of rape. Less sensitive to sad stories. Weeping. Amorous thoughts. Suicidal disposition decreases. Desire to play the piano. Reflecting on the past and friends.

Generalities

Decreased energy and fatigue. Desires physical exercise. Desires sweets but is averse to sweet drinks. Craving for cold drinks or milk. Food desires of melons and spices.

Head

Hair feels stiff. Head pain on waking. Pains located in occiput, base, or behind the eyes. Pressing pain behind the eyes.

Eye

Red bloodshot and inflamed eyes. Irritation. Yellow, thick discharge on eye-lashes. Swelling sensation in the right eye. Eye pain worse bending forward.

Nose

Epistaxis especially left sided. Sneezing in the evening.

Face

Lips are chapped, dried, or cracked. Redness and flaking of skin on the sides of nose.

Mouth

Dryness during the day.

Teeth

Ache in lower teeth. Lower teeth are sensitive to heat or cold.

Throat

Lump sensation. Clearing. Tightness or tenseness on the sides

Stomach

Appetite diminished due to constipation, or appetite increased. Burping. Nausea on waking in the morning. Indigestion followed by vomiting at night. Thirst.

Abdomen

Distention from gas. Fullness with a heavy feeling, or fullness during constipation improves. Chronic gas pain at umbilicus improves. Left sided stitching pain. Cramping pain before menses improves.

Rectum

Constipation with no desire or straining. Blood on hard stools. Itching in the morning or after stool.

Stool

Like marbles or hard at first and then diarrhea. Sticky and sweet odor. Yellow mucus mixed in stool. Frequent. Bloody droplets on stool.

Genitalia, Female

Menses one week early and painful cramps. Spotting before menses. Brown blood at onset. Short menses. Increased sexual desire.

Speech and Voice

Huskiness, or hoarseness in the morning.

Chest

Pressure in chest when breathing deep. Sensation of heart turning in the chest.

Back

Aching back pain on waking. Pain in lumbar region of back.

Extremities

Eruption between the fingers. Brown discolored nail of the great toe on the right foot. Foot perspiration. Soreness under the patella.

Perspiration

Offensive.

Skin

Dry or itching. Itching of hand, arms, and under neck.

Bryonia alba

Important Proving Symptoms and Themes Noted by the Investigators

Irritability, impatience and many varied dreams are prominent mental symptoms. Increased energy is noted in the evening. Many dull headaches that are in the forehead or behind the eyes and especially on waking. Dryness of the throat that is not ameliorated by drinking. Feeling of urinary obstruction as if stream is slow or hard to start. Constipation with straining. Stiffness especially of the cervical region of the spine or aching in the joints. SRP: Pain turning eyes to the left with a left-sided nasal discharge.

Mind

Anger, impatience, and irritability but better humor when ill. Dreams: dreams of robbers, violent dreams of murder, and of animals or insects. Less fearful of being attacked and of being vulnerable. Forgetful. Wants to be quiet. Difficult concentration. Confusion especially on waking. Changeable moods. Unsympathetic. Biting the nails. Awkwardness and incoordination. Lack of confidence. Detached. Fearful of being injured.

Generalities

Weariness. Wandering and aching joint pain. Increased desire for sweet drinks, hot dogs, and pickles. Worse in the evening. Increased energy at night in bed.

Head

Headaches, worse in the forehead and worse on waking. Bursting headaches. Dull head pain in the forehead, behind the eyes, above the eyes or between the eyes. Headache in the area of the vertex. Constriction of the head. Pressing head pain especially in the forehead over the eyes or between the eyes. Throbbing, shooting pains in the head, worse on one side or the other. Heat in the head. Bursting head pains. Tingling in the forehead. Sharp head pain. Head pains extending to the temples or occiput. Head pain on the sides or vertex.

Eye

Sore eye, pain worse from motion of the eye.

Ear

Pain in the left ear. Pressure in the right ear.

Nose

Coryza that is clear, or thin discharge worse on the left side. Watery discharge. Burning pain. Sneezing in the morning. Congestion.

Face

Clenching of the jaw. Jaw pain at the left articulation.

Mouth

Yellow-coated tongue or yellow spots on the tongue.

Taste

Metallic or sweet taste in the mouth.

Teeth

Sensitive to cold air or pressure, especially the right upper teeth.

Throat

Great dryness of the throat, unrelieved by drinking anything. Pain that is scratching, sore, sharp, or pinching. Swelling in the throat, particularly in the left cervical glands. Pain extending to the ear or worse on swallowing. Mucus. Heat. Throat-clearing.

Stomach

Increased appetite in the morning. Gurgling or rumbling. Nausea with constipation. Cramping pain. Acid stomach.

Abdomen

Pain. Abdominal pain and cramping especially from flatulence. Abdominal pains that extend to the bladder. Twitching or burning pain.

Rectum

Constipation with straining. Diarrhea. Ineffectual urging at night. Hemorrhoids. Rectal itching. Pain during stool that is burning. Urging in the evening or at night that wakes her or is ineffectual. Offensive flatus. Itching.

Stool

Hard stools with straining. Frequent stools. Loose, mushy, or watery stools. Offensive odor. Stools like balls, large stools, or sticky stools.

Bladder

Slow flow of urine or difficulty starting the urine to flow. Frequent urination at night.

Urethra

Burning pain at the meatus.

Urine

Strong odor.

Genitalia, Male

Burning pain in the penis. Itching of the penis that is painful.

Genitalia, Female

Metrorrhagia with dark blood. Short menses. Vaginal itching. Sex without orgasm.

Cough

Dry cough.

Expectoration

Yellow or red-brown phlegm in a.m.

Chest

Pinching pain. Pulsations on top of the sternum.

Back

Aching between the shoulders, in the sacrum. Sore pain in the lumbar region or pinching pain in the cervical neck improves. Stiffness and pain on the left side of the neck, pinching pain, or extends to the jaw, or improvement of this symptom. Neck pain that extends to the shoulder or the jaw improves. Stiffness on the left side of neck extends to the jaw articulation. Cervical pain extending to the occiput, or improvement of pain that extends to the shoulders.

Extremities

Awkwardness and drops things. Aching in the hip, knee, or wrist. Twinges of pain in fingers and wrist. Dry, red, itchy eczema on the hip. Itching of the hip or shins of the leg. Stinging skin of the shins. Tingling of the hips. Sore pain [8] of the left thigh or of the wrist. Stitching pain in the left patella or the upper arms.

Sleep

Deep sleep. Dreaming during daytime naps.

Perspiration

Musky perspiration odor.

Skin

Dry, itching eczema.

Bryonia dioica

Important Proving Symptoms and Themes Noted by the Investigators

Irritability. Work: dreams of work, thoughts of business, and aversion to mental work. Wanting to be home or contentment with being at home. Dreams that are of water or are sexual in nature. Dull headaches in the forehead or headaches on waking. Great thirst with little desire to drink. Desire for spicy foods. Nausea and burping. Diarrhea, constipation, or gas. Increased or diminished sexual desire in female subjects. Improvement of premenstrual breast tenderness.

Mind

Anxiety about financial matters. Aversion to company. Desire to be alone or desire for company. Feeling deserted. Feels as if in a dream. Many vivid dreams. Sexual dreams. Frightful, strange, anxious dreams. Dreams of animals: biting, dogs, alligators, or rats. Dreams of water. Starting from dreams. Irritability from dreams or trifles. Laughing during sleep. Sensitive to odors. Aversion to mental work, dreams of work, or thinks of business. Must restrain self from screaming. Slow mental processes.

Generalities

Loss of energy particularly in the late afternoon. Aches, pains, and stiffness throughout the body. Desire for spicy foods and sweets. Desire for but aggravation from coffee. Desire for cheese, butter, pastries, and tomatoes. Flushes of heat or chills.

Vertigo

Light-headedness with nausea.

Head

Pulsating pains in the forehead or left side and worse from motion. Sense of lightness of the head. Constricted sensation like a band. Tension especially in the vertex. Contracting and tight pain in the forehead and occiput. Drawing pain in the occiput. Dull pain in the forehead, temples, vertex, or occiput. Head pain worse on waking or in the evening or aggravated from motion. Sharp lancinating head pain in the temples or on the sides. Forehead pain above the right eye or extending backwards. Occipital pain extending to the neck and down the back. Temple pain, especially around the left temple. Pressing pain in the forehead over the right eye or at the vertex.

Eye

Pain under the left eyebrow like a knife, cutting or sharp, stabbing pain. Dryness of the eyes with irritation as from dust. Wild look.

Ear

Ringing noise in the ears.

Nose

Epistaxis of bright red blood, worse on the left side. Coryza from the posterior nares and with sneezing. Discharges that are clear, or excoriating from the left side, or from the posterior nares. Obstruction on the right side. Nasal congestion. Catarrh.

Face

Dryness of the skin of the face including the lips. Eczema on the cheeks. Flushing in the cheeks. Itching under the chin or of the jaw. Pain at the articulation of the jaw. Aphthae on the lips. Throbbing at the temporomandibular joint.

Mouth

Dryness of the mouth even with salivation. Sensation that the tongue is thickened. Vesicles in the mouth, particularly in the area of the upper lips. Painful, sore gums.

Taste

Metallic taste in the mouth.

Teeth

Grisly sensation on the teeth on waking in the morning.

Throat

Throat pain that is sore and stinging. Swelling of the cervical glands on the right side.

Stomach

Loss of appetite or increased appetite. Belching that is empty, loud, or long. Great thirst. Also no desire to drink and thirstlessness. Heartburn. Burning stomach pain, much worse after eating and extends to the throat. Pain that is cutting in the pit of the stomach that caused to double over, which ameliorated the stomach pain. Hunger pains. Nausea from odors or in waves or ameliorated by motion.

Abdomen

Flatulence that is worse after eating with distension, or improvement of flatulence. Abdominal pains that come and go, worse after eating. Sharp, stabbing abdominal pain. Rumbling or gurgling in the abdomen. Pain that is sore in the lower abdomen after eating.

Rectum

Diarrhea, sometimes explosive. Constipation that causes sore pain, straining, or hemorrhoids. Flatus that is offensive, or on occasion less offensive and smelly. Hemorrhoids improve or become sore especially when walking.

Stool

Stools that are dark, black, or hard. Watery, soft stools that are thin, or improvement of soft stool. Stool frequency improves and is less, or is more frequent. Sticky stools.

Bladder

Pressing bladder pain with urine that has a musky odor.

Urine

Musky odor.

Genitalia, Female

Sexual desire is increased or decreased. Menstrual flow that is bright red or purple. Menses is scanty, too frequent, or too late.

Speech and Voice

Hoarseness and voice loss.

Respiration

Respiration is difficult, as if someone is pushing on the back.

Cough

Cramping, constrictive cough associated with thick yellow sputum.

Expectoration

Thick yellow sputum in the morning.

Chest

Breast tenderness that improves before the menstrual period.

Back

Pressing pain in the thoracic region. Eruptions on the lumbar back in patches that itch. Cervical stiffness and tension. Dull lumbar pain.

Extremities

Cramping pain in the right calf that is worse with walking. Stiffness and aching pain worse in the right wrist. Itching of the fingers. Soreness in the left shoulder.

Sleep

Deep sleep. Great drowsiness in the afternoon and in the evening after dinner. Restless sleep. Perspiration during sleep. Difficulty in falling asleep and sleeplessness in the evening.

Perspiration

Perspiration during sleep. Offensive, cadaverous odor to perspiration.

Skin

Eruptions of the skin which sometimes occur in patches. Dry eczema. Itching of the skin. Rash in association with itching.

Calendula officinalis

Important Proving Symptoms and Themes Noted by the Investigators

Physical and mental energy is increased with taking this remedy. An improvement in mental focus, intensity, or productivity is noticed. Eruptions on the face, as pimples and apthae of the lips. Swelling was experienced inside the nose, breasts, fingers, labia, and knee. Raw, burning sensation of vagina and anus. Perspiration of the feet and body with or without odor was also present.

Mind

Anger with herself for being irritable and want to be with myself. Can't worry even if I try to worry. Critical of people but couldn't stop it. Concentration that is improved or decreased especially in conversations. Confusion when trying to coordinate mind and body or during fatigue. Delusion that head is lower than body. Dreams that are remembered, vivid, or nightmares. Dreams that continue after waking. Feeling daring and adventurous. Giddy and silly behavior and talk. Irritable with self and other people. Desiring not to wear clothing. Psychic abilities intensify and people appear minutes after thinking of them. Thoughts of sex, sexual fantasies, or rapid thinking. Weeping without cause, or from trifles, or after waking from a nightmare.

Generalities

Feels like she is catching a head cold. Waking to take off the bed covers. Sudden loss of energy or increase of energy or improvement especially in the afternoon. Excess physical energy. Desire for bread and butter, icy cold water or warm drinks, eggs, lemons, salt, spices, sweets, especially chocolate, and wine. Heaviness or sluggishness of the body. Tiredness after eating or in the evening. Excessive physical energy. Flushes of heat or chilliness.

Vertigo

Vertigo when walking up, or looking up, or while in bed so she couldn't sit up.

Head

Coldness of the head which requires a hat to be worn. Pain: Pressing at the temples and extends above the eyes. Throbbing at the right occiput, or across the forehead, or a sharp pain extending diagonally from the left side to the back of the head. Soreness and tightness of the scalp. Head pain with bursts of light, white twinkles. Pain that is better while lying down and occurs on waking.

Eye

Dryness of eyes. Pain that is stinging or sore. Pressure aggravates the pain. Redness of the left eye.

Ear

Stopped-up sensation in right ear. Noise in ears like static or buzzing.

Nose

Constant desire to blow nose. Coryza. Dry bloody discharge on blowing the nose. Dryness. Frequent epistaxis. Nasal obstruction. Clearing of nasal passages improves.

Smell

Irritated by the odor of cigarette smoke.

Face

Eruptions on the lower lip in the center or at the left corner, which are painful. Pimples on the cheek or by the right side of mouth, which are painful, or improvement of complexion of cheeks and chin.

Mouth

Dryness. Aphthae on lower lip that causes swelling and yellow discharge.

Taste

Food tastes less than usual.

Teeth

Aching pain in right rear teeth.

Throat

Dryness. Sensation of lump in throat. Improvement of mucus in throat. Scratching pain in back of left side of throat or when coughing.

Stomach

Capricious appetite or appetite increased in the evening. Nausea with severe heartburn. Nausea with the desire to vomit. Cramping pain. Hiccoughs.

Abdomen

Waking from cramping pain. Distention or sensation of distention.

Rectum

Hemorrhoids swell and extend past anal sphincter. Stinging pain when passing stool. Constipation and must strain. Diarrhea with offensive burning flatus.

Stool

Long and thin. Sticky stools that are difficult to expel. Watery stools with offensive burning flatus. Light-colored stools.

Urine

Unpleasant, sour, and pungent odor.

Genitalia, Female

Menses that is painful or late. Sensitivity of the vagina with sexual fantasies and excitement. Swelling of the vaginal lips. Rawness and burning in the vagina.

Speech and Voice

Scratchy voice that is low and hoarse.

Chest

Yellow discharge from right breast. Weighted feeling in chest. Tenderness of breasts without any touch. Sore and swollen glands in the axilla.

Back

Pain that is aching, dull, or throbbing. Lumbar pain that is dull and throbbing, worse on motion, or quivering and trembling. Aching in the cervical region and along the spine.

Extremities

Fumbling with hands and tripping over feet. Sensation of heat, bruising, and swelling in the finger joints. Heaviness of arms. Foot odor with or without perspiration of feet and soles. Improvement of swelling and edema in knees and also stiffness in the left knee. Aching of the legs. Tingling sensation in the thigh.

Sleep

Difficult waking after afternoon nap. Waking that is frequent, with the desire to urinate, or from hunger.

Perspiration

Offensive perspiration especially of feet.

Skin

Improvement of acne rosacea.

Cardiospermum halicacabum

Important Proving Symptoms and Themes Noted by the Investigators

Prominent mental symptoms. Irritability, forgetfulness and anxiety predominate. Vertigo, especially with exertion. Head pain that is dull, pulsating and localized to the forehead. Sinus pain. Fluctuation in appetite, with a desire for meat. The nature of pain is cutting and sharp, especially in the abdomen and extremities. Flatus and diarrhea with watery stools. Deep sleep with difficulty in waking.

Mind

Mental sluggishness and apathy. Mental dullness accompanied by weakness of memory and increased forgetfulness, particularly for things related to work. Absent-minded, difficulty concentrating. Weeping without knowing why or what they are crying about. Restless mind, busy mind. Irritability toward his family, in the afternoon, and from noise. Dullness of the mind. Mental confusion especially about location. Difficulty in concentrating. Forgetfulness, particularly for business. Weeping, less or more often, and sadness on reflection. Anxiety especially in the afternoon or about household matters. Aversion to company. Many vivid and remembered dreams, some pleasant and some unpleasant. Dreams that continue after going to sleep, of friends or parents. Restlessness before sleep or during sleep. Impatience. Sensitive to noise.

Generalities

Exhaustion, torpor, and listlessness. Excessive physical irritability accompanied by painful, sore muscles. Heat sensations, either flushes or chilliness. Fasting ameliorates, or weakness after eating is ameliorated. Improved or weak sensation after eating. Excess physical energy.

Head

Pulsating pain throughout the head in various locations, particularly noticeable in the forehead. Pulsations in the temples, occiput, and sides, as well as the forehead. Dull head pain. Heaviness and constricted feeling in the head, worse in the forehead but also present in the temples, vertex, or occiput. Pulsations in the forehead or occiput. Cutting head pain in the occiput or temple. Pressing head pain worse when the head is warm, better from pressure, and located at the vertex. Stitching head pain in the occiput. Constricted as if there were a band or hoop around the head. Heavy sensation of the head. Tension and stiffness in the occiput. Head pain worse on waking or ameliorated by heat. Head pain on waking or ameliorated by heat.

Eyes

Increased lacrimation. Irritation and itchy sensation in the eyes. Dryness of the eyes. Burning pain in the eyes, worse at night. Blurry vision.

Ear

Buzzing noises in the ears. Ear pain that is throbbing. Stitching pain behind the ears and extending to the jaw.

Nose

Congestion and obstruction of both nostrils and congestion in the sinuses. Copious discharge from the nose. Sometimes clear, sometimes gray, sometimes bloody, sometimes thick and yellow. Epistaxis. Sneezing. Sinus pain worse in the area of the frontal sinuses.

Face

Flushes of heat in the face. Jaw pain. Swelling of the jaw. Tension in the jaw. Red flaky eruptions on the face.

Mouth

Aphthae in the mouth. Increased salivation or dryness of mouth. Constricted painful sensation in the mouth or tongue. Soreness inside the cheek from biting the cheek when talking. White discoloration of the tongue. Cutting pain or tension of the tongue with teeth marks on it.

Throat

Sore throat accompanied by dryness and scratching sensation. Dryness, worse in the morning. Irritation of the throat with a burning or heat sensation. Sensation of a plug in the throat causes difficulty in swallowing. Sore pain on waking in the morning. Swelling of the cervical glands.

Chest

Chest constriction. Constriction ameliorated when lying down. Sharp chest pain, aggravated by motion and bending forward. Dull pain under the right breast.

Respiration

Difficult respiration after midnight or exertion. Wheezing, worse at night.

Cough

Cough, worse at night. Must sit up at night. Dry and persistent cough.

Stomach

Nausea, worse after eating, or better walking in open air, or accompanied with anxiety, or on waking in the morning. Decreased or increased appetite. Unquenched thirst. Rumbling. Heartburn accompanied by eructations, worse at night.

Abdomen

Severe, cramping abdominal pain. Worse after eating, worse in the evening and at night. Worse before stool. Rumbling and gurgling in the abdomen. Sharp cutting in the morning before diarrhea or sharp, stitching pain before diarrhea. Soreness in the left lower abdomen or iliac region. Flatulence. Rumbling before diarrhea. Distention better from passing flatus. Pressing pain during flatus.

Rectum/Stool

Constipation. Diarrhea, worse on waking in the morning. Flatus, improves or is offensive. Ineffeetual urging or incomplete evacuation. Rectal pain, worse during stool. Sore rectal pain improves. Hemorrhoids with rectal bleeding.

Bladder

Sensation of prolapse. Pain that is stitching, cramping, or burning. Increased urging to urinate, worse in the evening. Spasmodic pain.

Genitalia, Female

Itching of the vagina and vulva. Alteration of the menstrual flow. Altered sexual desire. Improvement of vaginal dryness and burning vaginal pain with coition. Brown leukorrhea. Dysmenorrhea improves. Difficulty with orgasm.

Back

Back pain, especially aching back pain. Back stiffness in the cervical or thoracic region. Aching pain in the right scapula. Pinching or cutting pain in the lumbar region. Stitching pain in the cervical region.

Extremities

Arthritis pain. Swelling and pain of the extremities. Swelling of the joints. Swelling in the fingers, knees, and feet. Pain accompanied by sciatica. Stitching pain in the fingers and hips. Cramping in the legs.

Sleep

Restless sleep with frequent waking. Sleeplessness.

Skin

Eruptions that are allergic in nature. Eczema. Urticaria, redness, goose flesh.

Cartilago suis

Important Proving Symptoms and Themes Noted by the Investigators

The musculoskeletal system is strongly affected, with stiffness of the muscles, joints, and bones. Headaches and light-headedness are also associated with it. Anxiety and mental dullness and restlessness are also prominent. Anxiety. Mental dullness with irritability. Mental restlessness. Angry. Weeping with sad thoughts. Muscle, joint, and bone pain. Generally worse in the morning. Tired and fatigued. Feeling light-headed and faint. Dull headaches. Forehead headaches. Tingling all over the head. Sore-throat pain. Frequent burping. Nausea. Abdominal distention and flatulence. Cramping abdominal pain. Rectal pain. Flatus. Painful joints. Heaviness, restlessness, or awkwardness of the extremities.

Mind

Anger and dreams of anger. Anxiety worse in the morning on wakening. Aversion to company and slowness of thoughts. Difficult concentration. Mental confusion especially on waking in the morning. Dullness associated with irritability. Mental excitement. Fear that something bad will happen, fear of death, and fear of insects. Indifference, particularly to things that usually bring pleasure like reading. Irresolution. Irritability. Mental and physical restlessness. Sadness and weeping. Sensitive to noise. Screaming during sleep from anxious dreams. Suicidal thoughts. Clarity of thoughts as if head is full of energy. Weeping at sad thoughts, after drinking, or from anxious dreams. Dreams of falling into an abyss and being in an earthquake. Nightmares and dreams of blood and parts of the body that have been mangled.

Generalities

A lack of coordination while dancing. Energy is increased, decreased, or improves especially at 3 in the afternoon. Better with physical exercise like walking, or an increase of physical irritability. Food desires for eggs, lemonade, and melons. Heat, either the sensation of or feeling chilly. Lassitude in the afternoon or improvement of fatigue and tiredness especially at 3 p.m. Pain in the bones, joints, or muscles. Sensation of heaviness or feeling lighter. Weakness.

Vertigo

Light-headed sensation. Feeling of faintness without vertigo.

Head

Tight or constricting sensation on the occiput. Head feels heavy. Pulsating and throbbing of the head. Tingling or sparking sensation in the forehead, vertex, or occiput. Dull head pain. Head pain in the afternoon at 3 p.m. improves. Head pain in the morning on waking. Headache in the forehead, vertex, temples, or extending from the vertex to the forehead. Pressing pain on motion or on waking.

Eye

Throbbing pain in the eyes associated with a feeling of heaviness.

Vision

Blurry vision.

Ear

Stopped-up sensation in the left ear. Deep itching in the right ear unrelieved by boring.

Nose

Congestion of the nose and sinuses improves. Discharges sometimes bloody, sometimes thick and viscid. Dry discharge improves. Dryness inside the nose but with the usual nasal congestion. Sneezing worse in the daytime.

Mouth

Dry mouth in the morning on waking. Dryness associated with an increased thirst. Heat in the throat. Sore pain on the lower inside lip. Prickling sensation.

Taste

Metallic taste in the mouth.

Throat

Painful and swollen cervical glands. Dry throat. Sore throat worse in the morning on waking.

Stomach

Appetite that is decreased or increased. Eructations that are acrid and burning and extend up to the throat and mouth and are worse in the evening. Heartburn. Sensation of fullness. Gurgling, rumbling, and bubbling. Nausea, with heartburn. Pain that is burning, cramping, or occurs with hunger. Burning pain in the stomach extending to the chest. Cramping stomach pain during the menses. Thirst. Thirstlessness.

Abdomen

Flatulence and abdominal distension that is painful or occurs in the evening and prevents sleep. Gurgling and rumbling. Cramping abdominal pain in the lower abdomen or the left lower quadrant abdominal muscles. Pain as if diarrhea would come on while eating breakfast. Pain in the iliac region.

Rectum

Constipation with ineffectual urging and straining. Diarrhea with sudden, strong urge. Flatus that is difficult and worse in the evening. Rectal pain with burning during stools. Urging for stool that is sudden, ineffectual, or with the diarrhea.

Stool

Many different stools. Soft, covered with blood, clay colored, dark, dry, hard, heavy, sticky, and thin. Stools occur earlier in the day.

Bladder

Burning pain at night before and during urination. Increased urging at night or improvement of that symptom.

Genitalia, Female

Itching of the vulva. Short menstrual cycle.

Chest

Fluttering of the heart. Cramping chest pain under the sternum and ribs. Sharp pain in the anterior chest and on the inferior border of the ribs. Breast pain and soreness before menses improves or is worse from the touch of clothing.

Back

Back pain before menses improves.

Extremities

Awkwardness, ataxia, and incoordination while dancing. Cracking of the wrist and elbow joints. Calf cramps in the morning. Painful joints. Pain in the joints of the upper limbs and knees. Pain in the elbow and wrist. Upper limb and lower limb heaviness. Restlessness, particularly of the upper limbs and knee. Tingling and prickling and warm sensation in the upper arm, hand, fingers, and feet. Weakness in the upper and lower limbs. Aching pain in the forearm and wrist. Burning pain in the elbow and wrist. Joint pain. Sore pain in the elbow and forearm. Sore wrist pain.

Sleep

Sleepiness during the morning, afternoon, or daytime. Overpowering sleepiness.

Perspiration

Perspiration, worse in the afternoon.

Skin

Prickling sensation to the skin. Warm skin.

Caulophyllum thalictroides

Many symptoms associated with viral illnesses or influenza: skin prickling, congested chest and coughs, fullness of the head or sinuses, nasal discharges especially from the posterior nares, voice hoarseness or raspiness, heat in face, ear, and head, sore and irritated throat, aching muscles, fevers, night sweating and coldness of perspiration during the day. Numerous female complaints: itching and burning vaginal pains, painful and long menstrual cycles, leukorrhea, spotting before the menses, and irritability or weepiness before the menses.

Mind

Anger or rage. Brooding. Strange dreams. Dullness. Irritability before menses. Optimistic. Sadness as from a dream, before menses, or on waking. Wandering thoughts. Weeping easily.

Generalities

Decreased energy. Desires chocolate or to smoke tobacco. Influenza, feeling ill, or lassitude. Worse before menses. Pain and soreness in the muscles.

Vertigo

Light-headed. Staggering in the morning on waking.

Head

Congestion from sinus pressure. Fullness and enlarged sensation. Heat. Sense of lightness at the vertex. Dull forehead pain between the eyes or above the left eye. Throbbing pain in the left forehead. Pain on waking.

Eye

Eye dryness especially in the canthi. Itching in the evening.

Ear

Stopped-up sensation. Aching pain more in the left than the right. Ears feel hot.

Nose

Post nasal drip. Congestion. Coryza. discharge that is brown, green, or from the posterior nares. Discharge from the posterior nares that is clear or viscid. Obstruction. Internal sinuses.

Face

Clusters of hard pimples around the mouth and chin. Heat in the face. Stiffness of the jaw. Swelling of the gland under the lower jaw.

Mouth

Aphthae.

Throat

Dryness. Choking. Irritation. Mucus. Pain on swallowing. Scratching pain or sore pain worse when talking.

Stomach

Indigestion improves. Queasiness. Dull pain.

Abdomen

Distention and cramping pain before or during menses. Nausea.

Stool

Frequent. Loose.

Bladder

Urging that wakes him at night or increased urination during the daytime.

Urine

Bright yellow.

Genitalia, Male

Sharp, shooting pain in the right testicle that was better from a warm bath.

Genitalia, Female

Itching or burning vaginal pain. Clear leukorrhea. Menses that are painful or protracted. Pain or spotting blood before the menstrual flow.

Larynx & Trachea

Tickling in the air passages especially in the evening.

Speech & Voice

Hoarseness, rough, or husky, with or without sore throat.

Cough

Sudden deep cough from the chest. Cough on waking. Dry, irritating cough. Cough from post nasal catarrh.

Chest

Congestion with a moist cough.

Back

Prickling sensation in back and shoulders, like pins.

Extremities

Right hip pain that extends downward on walking.

Sleep

Waking with the desire to urinate.

Fever

Feverish and achy.

Perspiration

Night sweats. Cold sweat during the day.

Citrullus colocynthis

Important Proving Symptoms and Themes Noted by the Investigators

The major effects of the remedy were associated with irritability, headaches, abdominal cramping and distension, diarrhea, and painful menses with cramping. Premenstrual irritability and sadness, often expressed with weeping, were diminished or exacerbated. Painful menses, characterized by strong uterine cramping, improved and curative effects occurred. Menses ended abruptly in fewer days or without post-menstrual spotting.

Mind

Anger that is easy, causeless, before menses, or on waking. Cheerfulness. Aversion to company, especially before menses. Concentration difficult during headache. Obsessive sexual thoughts while daydreaming. Dreams of buildings or water. Fear one has forgotten something important or of narrow places. Irritability before menses or during menses or improvement of irritability. Changeable moods, especially before menses. Self-reproach. Rudeness. No sadness before menses. Emotional sensitivity during menstrual cycle. Persistent amorous thoughts or thoughts that make the person anxious. Weeping before menses or during menses. Like an emotional roller coaster.

Generalities

Tendency to take cold during menses. Food and drink desires for milk, corn, meat, nuts, peanut butter, fried potatoes, and sweets. Flushes of heat or sensation of heat. Worse before menses. Restlessness and must sway from side to side when standing. Aching pain, especially in the joints. Weariness or lassitude, especially before menses. Decreased energy before the onset of menses.

Head

Stinging eruptions on the forehead. Greasy hair or perspiration in hair. Head pains; at the base extending to the left temple; in the forehead behind the eyes or on waking; on the temple. Pressing pain at the occiput and temples. Throbbing or pulsating pain in the forehead behind the eyes or at the occiput and extending upward. Head pain associated with the neck ache. Headaches that are worse and then better with the menstrual cycle.

Eye

Burning pain in the orbits of the eyes during headache.

Nose

Burning pain in the nostril.

Face

Aphthae on the lips that appears monthly is cured. Eruptions of pimples, pustules, or acne on the chin or cheeks. Greasy and shiny skin early in the menstrual cycle.

Mouth

Painful eruptions on right side of tongue that make swallowing painful.

Throat

Pain that is sore or scratching.

Stomach

Anxiety like butterflies in stomach. Decreased appetite that is satisfied after a few bites. Heart-burn that extends upward. Nausea. Pain that is sharp or occurs after eating.

Abdomen

Abdominal distention after eating, with a sensation of hardness. Abdominal distention during menses. Decrease in abdominal bloating, as well as the sensation of hardness. Cramping pain with diarrhea, before stool, during menses; lying on either side ameliorates the pain. Pinching pain with uterine contractions and pulsations. Pain that extends to the thigh.

Rectum

Constipation with hard stool. Diarrhea that is sudden, or in the morning. Strong urge with cramping at stool.

Stool

Frequent stool. Hard stool during menses. Loose, soft, or watery stools or improvement of loose stool. Stool with urination.

Bladder

Pressing pain on beginning to urinate. Frequent urination in the evening and at night.

Urethra

Sharp pain during urination. Clear discharge after urinating.

Genitalia, Female

Heaviness, during menses. Menses late. Pain as if the menses would appear. Menses bleeding that is clotted, brown, or bright red. Increased and heavy menstrual flow. Early menses or sudden onset of menses. Painful menses better lying down. Cramping pain before or during menses. Improvement of menstrual cramps that are usually experienced during the menstrual cycle. Cramping pain with increased sexual thoughts and desire. Drawing-down or throbbing pain in the uterus. Menstrual flow that stops and then restarts, or cures that. Unusually short menstrual cycle. After standing, sensation that the »insides« are falling out.

Speech & Voice

Loss of voice and can only speak in a whisper.

Chest

No sore and swollen breasts before menses.

Back

Pain before or during menses. No back pain during the menses. Painful cramp in lower back better on leaning forward. Cervical stiffness extending down the center of back after sleep.

Extremities

Cramps in the right thigh during menses but not, as usual, in the left thigh. Restlessness of legs and feet ameliorated when lying down. Ingrown hair on the thigh. Sharp pain in the right buttock.

Sleep

Cannot fall back to sleep. Sleep position on abdomen that is uncomfortable on waking, or on the left side. Waking with desire to urinate. Waking from warmth.

Fever

Fever with chills as if a cold is coming on.

Coenzyme A

Important Proving Symptoms and Themes Noted by the Investigators

Dryness in the eyes, nose, mouth, throat, and skin. The mental state was markedly affected, with mental sensitivity expressed as anxiety, irritability, and impatience. Sleep disruption and vivid dreams were also noted. Alternating moods. Paranoia. Vivid and colorful dreams. Itching, dryness, and irritation in the eyes. Dry nose. Persistent thirst despite drinking. Metallic taste in the mouth. Dry throat. Increased thirst. Abdominal distention with flatulence. Soft stools. Menses cycle begins earlier than normal. Back pain in the morning. Restless sleep.

Mind

Anxiety after midnight. Difficult concentration. »Déjà vu« experiences. Dreams of babies, cooking, going to the theater, tattoos, or the former husband. Very vivid dreams. Irritable and impatient. Alternating and changeable moods. Sadness without cause. Sensitive. Unsympathetic.

Generalities

Food desires for sweets and chocolate, eggs, fried foods, and potatoes. Heat sensation. Itching. Better in open air. Bone pain. Weary and fatigued on waking in the morning.

Head

Tingling in the head. Tightness. Headaches in the morning or afternoon. Head pain from artificial light. Pain in the forehead behind the eyes. Migraine-like headaches.

Eye

Dry eyes. Irritation and itching in the eyes.

Vision

Blurry.

Nose

Congestion. Clear coryza and sneezing. Dryness inside the nose. Epistaxis on blowing the nose. Obstruction on waking in the morning.

Face

Dry skin. Pimples. Heat in the face and heat within the body.

Mouth

Aphthae on left inner cheek. Dryness in the mouth better in the evening. Decreased salivation.

Taste

Metallic taste.

Teeth

Sensitive to brushing.

Throat

Dry throat. Throat pain during the day. Scratching pain.

Stomach

Appetite is either increased or decreased. Burping in the evening. Increased thirst or thirst for large quantities of cold water.

Abdomen

Abdominal distension especially in the morning. Flatulence or improvement of flatulence. Pain that is cramping.

Rectum

Periodic diarrhea.

Stool

Soft stool

Genitalia, Female

Clear vaginal discharge. Frequent menstruation and also menstruation that is late.

Bladder

Night-time urination improves.

Urine

Strong odor to the urine.

Chest

Cutting pains in the left ribs or at night. Chest pain worse with motion and better from pressure. Swelling and tenderness, as if it is the time of the menses.

Back

Back pain in the morning. Cervical stiffness on waking.

Extremities

Itching of the feet. Sharp or cutting pain in the hip or the feet as if twinging. Dull pain in the joints.

Sleep

Sleepiness and falling asleep in the daytime. Restless sleep from dreaming.

Perspiration

Offensive odor. Night perspiration on chest and back.

Skin

Dry skin.

Cuprum formicium

There is the sensation as if one is about to come down with a cold or flu without actually coming down with one. Feverish in the afternoon, with weakness, sensation of flushing, or restless sleep. Fullness or stopped-up sensation in ears or raw throat.

Mind

Aversion to company with depression. Anxious dreams of being bitten by deadly snakes but surviving. Talking nonsense in sleep. Somnambulism. Repeatedly singing the same song.

Generalities

Influenza. Weakness. Perspiration during fever. Fatigue and lethargy as from low blood sugar.

Vertigo

Feeling light-headed.

Head

Pain that is bursting or throbbing or congestive. Pain like a band around the head that is only painful when touched. Forehead pain that is behind or above the right eye. Head pain worse from touch or external pressure.

Ear

Fullness or stopped-up sensation. Pressing pain.

Nose

Copious discharge from the sinuses. Itching and sneezing.

Face

Eruptions of painful pimples on the chin.

Throat

Pain that is sore or raw or dry, occurs on waking, or when feeling flushed. Itching in the pharynx.

Stomach

Decreased appetite. Vomiting with diarrhea and after eating.

Abdomen

Pain that is cramping in the muscles, or before menses, or in the right iliac region.

Rectum

Constipation without discomfort. Diarrhea with vomiting and after eating. Itching and irritation.

Stool

Increased frequency and loose.

Genitalia, Female

Leukorrhoea that is thick and copious. Itching of the vagina and between the labia. Painful menses. Menses protracted by spotting.

Expectoration

Frothy and white.

Cough

Dry and hacking.

Chest

Pain from coughing at night. Swelling of the breasts before menses.

Extremities

Stiffness or pulsation in the joints. Pain in the big toe that is aching, sore or stitching, or aching pain in the joints of the body that improves. Burning pain in the hip or gluteal muscles that extends to the thigh.

Sleep

Restless sleep with warmth and perspiration.

Fever

Clammy sensation and shakiness in the afternoon with fever.

Embryo suis

Important Proving Symptoms and Themes Noted by the Investigators

A strong sense of anxiety and irritability connected with restless sleep. Sharp, strong headaches in the temples and dull forehead pains. There are also strong abdominal pains associated with distension and flatulence. Anxiety and irritability. Impatience. Sadness. Difficult concentration. Numerous delusions. Many dreams. Sensation of being too hot or too cold. Vertigo. Heaviness of the head. Sore throat. Decreased appetite. Nausea. Increased thirst. Constipation alternating with diarrhea. Increased urgency to stool. Soft stool. Frequent waking after midnight.

Mind

Active and busy. Anger or improvement of anger. Anxiety on waking or improvement of anxiety. Either aversion to or desire for company. Difficult concentration or improvement of concentration. Increased confidence. Confusion on waking. Contented or discontented. Delusions that she is floating or that her husband is disgusted with her. Better from diversions. Many types of dreams: of giving birth, swollen or amputated body, of her dead mother, foolish and nonsensical, frightful, remembered or unremembered, or of work. Dullness of the mind. Dwelling on past unhappy events at night that keeps her awake. Fear of poverty or improvement of the fear that something bad will happen. Grief from deception. Impatience. Improvement in the ability for introspection. Irascible. Irresolute. Irritability towards her family, from noise, on waking, or from dreams. Changeable mood. Music ameliorates. Critical of others. Restlessness improves. Sadness for others. Sensitivity or improvement of sensitivity to music and noise. Starting when closing the eyes before sleep. Sympathetic. Thoughts that are persistent, or that are clear but with more emotion. Calm and peaceful and less sensitive to external impressions. Weeping.

Generalities

Desire for open air. Increased energy. Desire for and improved by physical exercise. Food desires for bread, cakes, cold drinks, honey, ice cream, salt, sweets, tea, and wine. Food aversions to beer, spicy food, and tobacco. Sensation of feeling heated or feeling chilly. Tired, fatigued, and weary. Rapid pulse in the morning. Sensitive to touch and aggravated by being touched.

Vertigo

Dizziness. Sensation of floating and light-headedness.

Head

Sensation as if floating. Heat in the head. Heaviness of the head, especially the forehead, that feels like an increased density, or the sensation that the head is light, as if relieved of a burden. Perspiration. Pulsations in the left temple. Dull pain in the forehead or temples, vertex, or sides. Head pain better from applied pressure. Sharp pain in the temples. Head pain on the sides, especially the left side. Temple pain that extends to the vertex or that is pulsating on the left side. Vertex pain extending from the temples. Pressing pain at the temples, extending to the head, or better from pressure. Sore pain in the temples.

Eye

Dryness, daylight photophobia, and burning of the eyes. Tired sensation.

Ear

Mild itching in the internal ears. Constant ringing noises in the ears. Pain that is aching, or shooting in the left ear. Stopped-up sensation with ear popping.

Nose

Congestion as from sinus pressure. Discharge that is thick or green or yellowish white. Post nasal drip. Pain in the left nostril.

Face

Flushes of heat in the face. Dryness of the lips. Numbness of the cheek, lower jaw and lips. Tingling of the lips.

Mouth

Dryness of tongue or palate. Insensitivity and numbness of the tongue. Bad breath unnoticed by the person. Sore tongue pain. Decreased salivation.

Taste

Altered sensation of taste. Metallic taste, or liquids taste metallic. Sour taste. Bitter or bitter-sweet. Chalky.

Teeth

Grinding of the teeth during sleep. Dark brown spots on the teeth.

Throat

Swelling of the cervical glands. Dryness. Heat. Irritation. Pain better from drinking. Throat pain, the pain is sore and worse when talking. Throat feels raw, with a sharp or scratching sensation. It feels as if there is tension in the throat.

Stomach

Appetite is decreased or increased. Full sensation. Heartburn in the afternoon. Nausea before or after eating or with a headache. Cramping pain. Thirst or thirstlessness.

Abdomen

Tense sensation in the umbilical region. Distention before the menses. Flatulence before the menses, or in the morning, or at unexpected times. Fullness or heaviness, as if the pants are too tight. Abdominal pain. Sharp pain in the iliac region. Sore pain in the umbilical region. Stitching pain before the stool. Rumbling in the abdomen.

Rectum

Constipation with ineffectual urge or with straining. Diarrhea in the morning or afternoon. Flatus that is offensive or precedes the stool. Bleeding. Pain during the stool. Urging that is sudden or ineffectual or on waking.

Stool

Soft or watery stools. Hard stools. Stools that are acrid, like balls, covered with some blood or mucus, copious, frequent, and long and sticky.

Bladder

Pain that is burning and extends through the urethra and occurs even when not urinating.

Urine

Strong odor that is offensive.

Genitalia, Female

Dry and numb sensation of the vulva that is uncomfortable. Sensation of fullness in the labia and vagina. Warm sensation in the labia. Leukorrhea with thick, yellow mucus or bloody. Menses is scanty, protracted, or has a strong odor. Increased sexual desire.

Speech & Voice

Hoarseness.

Chest

Intense pressure and constricted feeling in the upper chest that extends to the throat.

Back

Tightness or tension in the cervical region at the base of the skull. Dull or sore pain in the lumbar region. Stiffness in the left kidney region.

Extremities

Uncoordinated and drops things. Aching calf and leg pain at night. Cramps in the leg and calf at night improve.

Sleep

Disturbed and restless sleep. Difficulty falling asleep. Waking after midnight. Waking that is difficult in the morning, too early, from perspiration, sudden waking, waking from the sensation of warmth, or with the desire to urinate.

Perspiration

Cold sweats at night on waking from a sequence of nightmares not remembered after waking.

Skin

Voluptuous itching of the skin. Wandering itch. Prickling and crawling sensations.

Fucus vesiculosus

Important Proving Symptoms and Themes Noted by the Investigators

General appetite was increased or decreased. Exhaustion and weariness. Head pain especially in the temples and extending to the neck.

Soreness of the throat. Aching pain of the female system. Hypermotility and also stasis of the gastrointestinal system, causing constipation or diarrhea as well as abdominal cramping and flatulence.

Mind

Impulse to bite his partner in an aggressive/sexual mode and bites his pillow instead. Dreams of having her hand cut off with a knife. Dreams of sleeping next to bears. Rudeness to a waiter. Bursts into tears.

Generalities

Decreased energy. Desires broccoli and oranges. Influenza. Flushes of heat. Excessive physical irritability. Generalized muscle pain. Exhaustion, especially in the morning. Better with motion.

Vertigo

Dizziness while walking.

Head

Congestion, heat and pulsating sensations.

Head Pain

Head pain ameliorated by moist heat and brushing the hair. Localized at the base, behind the eyes, in the forehead, and especially the temples, on the right side. Pain that radiates and extends into the neck. The nature of the pain is sore, pressing and shooting.

Eye

Agglutinated, heavy, burning and tired.

Ear

Noises in the ear with a stopped-up sensation in both ears.

Nose

Discharges are clear, watery, and bloody. Maxillary sinus pain. Paroxysmal sneezing.

Face

Red. Face pain from sinus congestion. Aphthae on lips.

Mouth

Soreness and putrid odor.

Teeth

Soreness.

Throat

Soreness, especially in evening. Mucus in throat. Pain on swallowing. Scratchy pain.

External Throat

Redness.

Stomach

Increased or decreased appetite. Rumbling and gurgling noises. Nausea. Burning. Vomiting with nausea.

Abdomen

Cramping pain, followed by stool, diarrhea and vomiting. Flatulence associated with abdominal pain, diarrhea. Gurgling. Premenstrual distension.

Rectum

Flatulence. Constipation, with ineffectual urging and straining. Burning, pressing pain and itching.

Stool

Soft, watery, frequent. Greenish-gray.

Bladder

Stitching pain.

Genitalia, Female

Aching pain, of the vagina, ovaries and uterus. Copious menses with large clots. Bleeding before the menstrual cycle. Yellow leukorrhea.

Genitalia, Male

Increased sexual desire.

Urethra

Stitching pain.

Speech

Hoarseness.

Cough

Dry, asthmatic and painful.

Expectoration

Yellow mucus.

Chest

Congestion. Constriction. Pain with coughing.

Back

Pain, worse in the dorsal region of the upper back near the scapulae, lumbar region. Bending forward aggravates the pain.

Extremities

Profuse, clammy foot sweat. Sore knee or sensation of swelling in the knees.

Sleep

Sleepiness. Waking with desire to urinate.

Perspiration

Cold sweat.

Fumaria officinalis

Important Proving Symptoms and Themes Noted by the Investigators

Mental symptoms were predominant. Mental confusion and great difficulty in concentrating. Feeling of a lack of mental clarity. Sadness and alternating moods. Fears. Vivid dreams.

Fatigue and weariness. Worse at 4 p.m. Throat tightness. Sharp abdominal pains. Cramping abdominal pain. Flatulence and distention. Diarrhea and loose stools. Skin eruptions.

Mind

Anxiety when alone or about the future. Aversion to company. Difficult mental concentration as if things are moving slowly. Cursing. Delusions that the body and thoughts are separated, or being in an earthquake, or that she is about to be injured by her friends, or she is being watched. Discontented and discouraged. Dreams of dead bodies, fighting, rape, or swimming. Vivid dreams. Excitable. Hurried. Irritable. Melancholy. Changeable moods. Self-critical. Sadness. Aware of time passing. Peaceful and calm but feeling depressed. Desire to weep, or weeping from slight emotion.

Generalities

Food desires for sweets and in particular chocolate. Chilliness. Heaviness of the body. Lassitude and fatigue. Lying on the left side aggravates.

Head

Tightness in the forehead. Pain that extend to the temples. Pain in the forehead behind the eyes. Temple pain that extends to the neck. Head pain better from pressure.

Eye

Heaviness in the eyes, making it difficult to keep them open. Stinging pain in the eyes. Swelling and puffiness of the eyes. Photophobia and tired eyes.

Nose

Congestion in the sinuses improves. Sneezing.

Mouth

Sore, raw pain on the tip of the tongue.

Taste

Metallic taste.

Throat

Tightness in the throat. Scratchy throat.

Stomach

Appetite increased or decreased. Nausea. Cramping pain after eating. Thirst for small quantities.

Abdomen

Distention after eating. Flatulence under the left ribs. Pain that is cramping in the solar plexus, or lancinating pain.

Rectum

Constipation with ineffectual urge. Diarrhea or sensation they were about to have diarrhea. Flatus like rotten eggs.

Stool

Sweet odor to the stools. Stools long and thin. Stools sticky. Frequent. Loose stools.

Bladder

Increased frequency of urination.

Urine

Strong odor to the urine.

Genitalia, Male

Nocturnal seminal emissions.

Genitalia, Female

Clear or white vaginal discharge as if from yeast. Delayed menstruation. Cramps and heavy flow with the onset of menses.

Chest

Sharp pains in the left side of the chest under the ribs like pulled muscles.

Back

Tightness in the back over the right kidney. Red eruptions in the scapula and lower thoracic region. Back pain. Cutting pain on the right side. Lumbar pain. Stiffness on waking. Cervical tension on the right side. Sudden weakness in the lumbar region.

Extremities

Cramps in the elbow and chest. Numbness and tingling in the upper right limb on waking in the morning, like pins and needles.

Sleep

Heavy sleep. Sleepiness in the afternoon after eating. Unrefreshing sleep with difficulty waking.

Skin

Dry and scaly growths on the skin that are sore to the touch. Skin eruptions. Goose bumps.

Funiculus umbilicalis

Important Proving Symptoms and Themes Noted by the Investigators

Gastrointestinal symptoms: increased appetite and thirst, nausea, and constipation with hard stool. Great difficulty in concentrating. Loss of energy. Worse in the afternoon. Headaches worse in the forehead. Clear nasal discharge. Sneezing. Dry mouth. Increased appetite. Nausea. Increased thirst. Flatulence. Abdominal pain. Constipation. Hard stools.

Mind

Absent-minded when conversing. Angry and argumentative. Aversion to company. Difficulty concentrating during conversation, or while driving, or slowness of thought or motion. Confusion in the morning. Delusions: that people are animals, people are smaller than normal, or that he is speaking with God. Feels as if he is in a dream. Many dreams: anxious and frightful or nightmares, long, and continued when going back to sleep, of snakes and vampires, of work, or dreams that wake the person. Fear of insanity and disease. Forgetful in the morning of where he is going. Feeling forsaken. Greater clarity and improvement of normal irresolution. Irritability. Rambling loquacity with high energy. Mental prostration. Quarrelsome. Reflecting on the past. Sadness. Serious.

Generalities

Sense of alertness and of being clear-headed. Decreased energy worse in the afternoon at 3 p. m. Food desires for meat and spicy foods. Food desires for beer, carbonated drinks, salt, sweets, or wine. Aversion to spices. Heat, flushes of, or chilly sensation with gooseflesh. Body heaviness with lethargy. Tired and fatigued, but with increase sexual desire.

Head

Pulsations in the forehead, especially the right forehead, temples, and occiput, and after eating. Tingling and itchy sensation on the scalp. Head pain. Head pain as from blows on the occiput or vertex. Dull head pain in the forehead especially the right forehead, or the occiput. Head pains after a bath, from sweets, or on waking. Gripping head pain. Sharp head pain above the left eye. Forehead pain above the eyes, behind the eyes, or between the eyes. Forehead pain on the right side. Occiput pain that extends to the forehead or neck. Right-sided occiput pain. Temple pain. Pressing forehead pain on waking. Throbbing forehead pain on the right side.

Eye

Dryness and itching in the morning on waking improves. Lachrimation during a cold. Red eyes. Swelling of the eyelids.

Ear

Pimples behind the right ear are sore. Burning sensation like a flush. Itching in the internal ear that is better from deep boring in the ear. Pulsation of the right eardrum while lying on the right side. Stopped-up sensation on going to bed.

Nose

Nasal congestion. Coryza. Discharges that are clear and copious or thin from the posterior nares; also viscous discharges. Dry inside the nose as if from an antihistamine. Itching in the nostrils or at the opening of the nostrils. Right-sided obstruction in the morning on waking. Sneezing in the afternoon.

Face

Eruptions of acne on the nose and cheeks. Heat in the face. Cheek pain as from the sinuses.

Mouth

Yellow-coating of the tongue with mucus in the throat. Redness of the gums. Dryness. Burning of the tongue. Sore gum pains. Thick sensation of the tongue.

Teeth

Aching tooth pain or sensitive front teeth, especially at the roots.

Throat

Coated with mucus. Dry throat. Pain that is sore on swallowing, or raw or as from a hot spot. Scraping pain. Scratching pain.

Stomach

Anxiety and apprehension in the stomach. Appetite increased or decreased. Full sensation. Gurgling. Nausea after eating, after sleep, or in the throat. Thirst in the afternoon or on waking during the night. Thirstlessness.

Abdomen

Distension in the colon area. Flatulence that can be painful. Full sensation. Pain that is burning above the umbilicus, or cramping while sitting. Lancinating pain. Abdominal pain during menses of long duration.

Rectum

Constipation with ineffectual urging that causes flare-up of hemorrhoids. Diarrhea during the menses. Pain during defecation.

Stool

Like balls. Covered with blood or mucus. Clay colored. Dark. Green. Hard, or hard at first and then soft. Odor is offensive or sweetish. Scant stool.

Urine

Yellow-orange urine with a strong odor.

Genitalia, Female

Dryness of the vulva as if chapped. Menses that are painful and better from the application of warmth, or protracted, or strong flow at night. Increased sexual desire.

Respiration

Difficult inspiration.

Chest

Red, blotchy eruptions that do not itch.

Back

Tightness, constriction, or stitching pain in the thoracic region. Pain that is better from pressure. Soreness in the cervical or thoracic regions. Weakness with a heavy sensation in the cervical region.

Extremities

Coldness and swelling of the right first and second fingers and joints. Dryness and cracking of the skin of the finger joints. Itchy eruption on the left hip. Itching between the fingers, on the calf or thigh. Numbness of the left hand on waking. Aching pain in the patella and bones. Sore pain in the bones or calf.

Sleep

Deep sleep. Perspiration with dreaming. Falling asleep difficult or easy. Restless sleep. Sleepiness in the afternoon or evening. Waking up too early in the morning, waking frequently, or with thirst.

Skin

Eruption of red blotches that don't itch, or eruption of pimples. Gooseflesh.

Galphimia glauca

Important Proving Symptoms and Themes Noted by the Investigators

Dryness and itching of the mucous membranes. Burning discharges from eyes and nose. Sneezing. Swelling of the eyelids. Eruptions and ulcerations of the tongue and cheeks. Abdominal distension or sensation of fullness with epigastric discomfort. Sensation of being too warm and in general symptoms increased with the sensation of being warm.

Mind

No anxiety when speaking in front of people. Dreams that are vivid, anxious, or of dead relatives. Feeling lonely and feeling unfortunate. Irritable toward family. Calm and relaxed. Weeping without cause.

Generalities

Sensation or flushes of heat especially at night. Heaviness of the body. Excessive physical energy. Worse before menses. Desires fruit and salty food. Aching pain.

Vertigo

On rising or sitting. Vertigo with diarrhea or nausea.

Head

Pain in the forehead or temples. Ache at the back of head or the base of the neck. Pains extend to the neck or from the occiput to the ears. Dull or pressing pain in the forehead. Throbbing pain in the temples.

Eye

Burning discharges. Dryness of the eyelids or improvement of eye dryness. Heaviness of the lids. Itching in the morning or about the eyes. Sore pain in and around eyes. Redness of lids or conjunctiva. Scratching sensation.

Nose

Coryza with excoriating discharge that was worse when moving. Obstruction that is right sided or that improves during sleep. Sneezing that is constant or in the morning. Internal dryness. Discharges that are excoriating, clear, blood streaked, or aggravated by motion.

Face

Dryness of lips and nose. Itching, numbness, and tingling, especially over the cheek. Sensation of thick skin.

Mouth

Eruptions or itching on the tongue. Sore tongue pain. Ulcers on the right cheek, tip of the tongue, or that are painful.

Teeth

Teeth ache as if cavities are all over.

Throat

Dryness. Sore pain on coughing. Swelling. Pain on swallowing or desire to swallow. Mucus in throat.

Stomach

Eructations after eating or in daytime. Nausea with eructations or in the evening. Hiccoughs.

Abdomen

Distention after eating, from gas, on waking or improvement of normal distention. Painful gas. Full sensation. Pain in the lower abdomen or radiating to the back and chest or associated with gas or distention.

Rectum

Constipation with straining, difficulty in passing stool, no movement, or hard stool. Diarrhea in the morning with weakness and trembling in the extremities. Flatus that is offensive or occurs during stool. Rumbling and sensation of bubbles escaping without evacuation. Urging that is constant or before stool.

Stool

Like balls, frequent and hard. Large, formed instead of small, hard pieces. Loose.

Bladder

Frequent and copious urination.

Genitalia, Female

Short menses. Eruptions at the external meatus that are raw.

Speech and Voice

Indistinct or hoarse voice from mucus in the larynx.

Back

Itching on back, or rash between the scapula. Stitching pain in the neck and down the back or in the left hip. Perspiration on neck and back. Aching in the neck.

Extremities

Itching rash on legs, shins, and calves. Heaviness and fatigue of the leg and thighs. Trembling and weakness with diarrhea. Sore knee. Stitching pain in the foot or hip.

Sleep

Waking from the sensation of coldness, waking from warmth, waking from itching, or waking with the desire to urinate.

Skin

Dryness. Itching on becoming warm.

Geranium robertianum

Important Proving Symptoms and Themes Noted by the Investigators

Anxiety associated with dreams. Rapid heart rate. Great anxiety. Irritability. Vivid dreams. Rapid pulse rate. Head pains that are sharp and pressing. Nausea. Increased flatulence. Aching in the back or the extremities.

Mind

Great anxiety that was worse on waking in the morning, worse after midnight, and in association with bad dreams. Busy. Irritability and restlessness. Self-reproachful. Aversion to company, especially of friends. Concentration difficult. Dullness when exerting the mind. Vivid dreams that were remembered. Dreams of amorous situations, death of relatives, kangaroos, urinating, business and work. Hurried and impatient. Irritability in company or at work. Restlessness on waking or when busy. Sadness especially before menses. Sensitive to noise. Repetitive thoughts. Sexual thoughts. Time passes too slowly. Weeping before menses.

Generalities

Increased energy in the morning or improvement of fatigue at noon. Food desires for chocolate, juicy fruit and melons. Aversion to sour or tobacco. Heat, flushes of heat or lack of internal heat. Feeling heavy in the body or relaxed sensation. Excessive physical agitation as if speeded up. Rapid heart rate with palpitations. Weariness.

Vertigo

Light-headed with a feeling that she were about to faint.

Head

Rushes of blood to the head. Eruptions of whiteheads on the forehead. Flushes of heat to the head. Heaviness of the head. Pulsations in the forehead and temples. Tingling in the forehead. Pain in the forehead, occiput, and temple. Cutting pain in the forehead. Dull forehead pain. Head pain after eating ice cream, after washing hair, or on moving the eyes to the left. Head pain better from sleeping. Sharp pain in the forehead or temples. Forehead pain between the eyes. Occipital pain on the left side or in the morning on waking. Pressing pain in the occiput or in small spots. Swollen sensation.

Eye

Lachrimation. Improvement of allergy symptoms such as lachrimation, burning pain, redness, and scratching sensation. Eyes feel as if wide open.

Ear

Full, pressing sensation in both ears.

Nose

Clear nasal discharge or improvement of clear postnasal drip. Discharge from the posterior nares. Improvement of sinus congestion and snuffling. Burning pain inside the nostrils.

Face

Dark circles and swelling around the eyes. Eruptions of acne or pimples on the forehead and nose, or of eczema on the cheeks. Greasy skin on the face. Pressing pain on the cheek bones as from sinus pain.

Mouth

White coating on the tongue. Painful, swollen gums. Prickling under the tongue. Dryness.

Throat

Improvement of constricting sensation. Dryness. Clearing of the throat from mucus.

Stomach

Anxiety in the stomach. Appetite that is decreased or increased. Nausea, worse in the afternoon and evening, or particularly after eating or after the stool. Indigestion. Distension or sensation of fullness. Belching that is burning or continuous. Low-grade pain in the stomach and abdomen also worse after eating. Rumbling. Unquenchable thirst.

Abdomen

Distension. Gurgling after stool. Pain that is cramping before or after stool or sore pain. Rumbling. Stiffness or tension, especially on the left side.

Rectum

Increased flatulence especially while at stool. Constipation. Diarrhea in the morning or that is painful. Pain during stool that is burning or stinging.

Stool

Dark. Frequent. Hard. Large. Offensive in odor. Soft and watery. Yellow.

Bladder

Sore and burning bladder, pain worse during urination.

Genitalia, Female

Dryness and itching of the vagina. Vaginal discharge that is yeasty or brown. Scanty menses or copious menses. Menses occurs only during urination. Tenderness in the vagina. Sexual desire is increased or decreased.

Respiration

Difficult inspiration, or painful inspiration with anxiety.

Chest

Pain on inspiration that is burning under the sternum, or stitching in the breast. Perspiration in the axilla that smells of musk. Weak sensation. Fluttering.

Back

Aching back pain that extends from the neck to the shoulders, or aching pain in the lumbosacral region improves. Pinching under the right scapula. Pain worse on turning the head.

Extremities

Dry, eczema all over the body that itched. Heaviness of the lower limbs. Stiffness of the left hip. Tension in the hand joints or stiffness of foot. Weakness of the shoulder. Aching of the extremities and joints: shoulder, elbow, hand, fingers and finger joints, wrist, knee, back of foot, toes and joints of toes. Cutting pain in the big toe. Pain worse on motion of walking. Sore pain especially of the palm of the hand or foot and toe joints. Stitching hip pain.

Sleep

Deep sleep. Difficult sleep or difficulty in falling asleep. Sleepless in the evening. Sleepiness that is overpowering in the morning, or in the afternoon. Waking with the desire to urinate.

Perspiration

Musk-like odor.

Skin

Eruptions all over the body. Eczema. Eruptions that peel. Acne and pimples during the menses. Itching.

Glandula suprarenalis

Important Proving Symptoms and Themes Noted by the Investigators

Fear, especially at night. Cramping abdominal pain before or with diarrhea. Stiffness of the lumbar region and hip joints. Heart palpitations. Oppressive or constricted feelings in the chest. Tingling in the extremities. Desires milk and yogurt. Sensation or flushes of heat. Trembling. Improvement of painful menses. Scanty menses. Head pain especially in the eyes, right forehead, and right temples. Pressing or shooting pains. Difficulty in falling asleep, or sleepiness. Appetite that is either diminished or easily satisfied. Nausea.

Mind

Irritability with difficult concentration or intolerance. Fear, worse at night and on waking, of falling, of something bad happening. Anxiety, worse on waking. Delusion she is floating in air during dream. Absent-minded in the morning or forgetful. Anger that is violent, with cursing and the desire to hit. Indignation. Cheerfulness. Aversion to company and aversion to being touched. Improved confidence. Confused as if in a dream. Sad and discouraged in the evening. Dreams: of rescuing children, fog, vivid, swimming, and remembered or unremembered. Dullness especially in the morning on waking. Deep meditation. Changeable mood. Persistent thoughts at night making it difficult to fall asleep.

Generalities

Decreased energy. Faintness, weakness, and trembling at 3 a.m. Weariness. Desires warm milk, ice cream, coffee, carbonated beverages, fish, sausage and hot dogs, and salt. Aversion to cheese and spices. Flushes or sensation of heat. Rapid pulse. Aggravation from smoke.

Vertigo

Dizzy or light-headed.

Head

Sense of constriction of the head as if it were in a rubber band. Forehead pain in the eyes or behind the eyes or on the right side of forehead. Dull pain in the forehead. Occiput pain that extends to the neck. Right-sided temple pain. Pressing pain like a cap or in the morning on waking. Headache worse on motion in the car. Shooting sensation to the side of the head or extending from temple to temple. Squeezing sensation in the forehead. Stabbing or throbbing pain in the temples.

Eye

Heaviness of the eyes and lids. Burning eye pain. Aching pain in the sockets.

Vision

Acute in the daytime.

Ear

Itching of the ears. Pressing pain in the ears.

Nose

Clear discharge. Thick, viscid discharge. Sneezing. Pinching pain. External soreness.

Smell

Sensitive to strong odors.

Face

Eruptions of boils on the chin or pimples on the forehead. Relaxation of the jaw muscles. Dryness of the lips with thirst. Relaxed.

Mouth

Tingling sensation in the mouth and lips. Ulcers on the inner lip.

Taste

Bitter taste at the root of the tongue.

Teeth

Toothache, worse in the teeth of the lower jaw and worse with pressure.

Throat

Mucus in throat necessitates clearing the throat.

30**Stomach**

Nausea worse with motion of the car, or with fear something bad will happen. Appetite that is diminished, capricious, or is quickly satiated after a few bites.

Abdomen

Cramping abdominal pains that are worse in the morning on waking. Cramping abdominal pains before and with diarrhea. Flatulence especially after eating. Pressing abdominal pain in the lower abdomen after dinner. Pain as if diarrhea would come on. Rumbling of the abdomen. Distension in the lower abdomen.

Rectum

Pain, worse after stool. Constipation with straining. Flatus that is offensive or during stool. Diarrhea. Full sensation with constipation. Burning pain during stool. Urging for stool that is ineffectual, before as well as after stool.

Stool

Frequent stools. Green to greenish-black stools. »Glittering« stools. Soft, loose, watery, or even hard stool. Small or tenacious stool. Offensive like rotten eggs.

Bladder

Frequent urging to urinate at night or after drinking. Sensation of weakness of bladder muscles.

Urine

Urine has a strong odor. Copious amount.

Genitalia, Female

Painful menses improves. Decreased menstrual flow. Yellow vaginal discharge. Strong odor of the menstrual blood. Pain in the left ovary.

Respiration

Difficult respiration with tight chest during exercise.

Cough

Dry cough in conjunction with sneezing. Cough with chest congestion.

Chest

Heart palpitations with burning or pinching heart pain or with anxiety and fear. Congestion with tightness. Constriction. Heaviness and oppression as from a weight. Stitching chest pain on the left side. Tickling sensation.

Back

Back pain shooting up the back from the coccyx to the upper back. Painful back stiffness, worse in the lumbar region, improves. Aching back pain in the cervical neck and extending to the head and right shoulder. Back pain during menses.

Extremities

Tingling in the upper limbs or right foot. Stiffness of the hip improves, or aching pain in the hips. Chilliness of the feet at bedtime. Heaviness in the upper limbs.

Sleep

Very sleepy in the afternoon at 3 p.m. or sleepiness that is overwhelming. Difficulty in falling asleep from thoughts, or falling asleep early.

Perspiration

Sweating during sleep that wakes her from her sleep. Perspiration smelling like peaches.

Skin

Painful cracks in the skin of the knuckles. Painful boils on the skin. Sensation of heat. Softness and smoothness of skin.

Glyoxal

Important Proving Symptoms and Themes Noted by the Investigators

Nasal obstruction. Throat pain especially with swallowing. Dryness or soreness on waking in the morning. Cervical neck affected strongly with varying types of pain. Soreness in the extremities or affecting the bones of the extremities.

Mind

Difficulty with concentration.

Generalities

Increased energy or decreased energy in the afternoon.

Head

Head and nasal congestion that causes heaviness. Throbbing forehead pain and sharp pain in occiput.

Eye

Dryness or increased lacrimation. Eye heaviness with head and nasal congestion. Tired sensation.

Nose

Obstruction on waking in the morning. Congestion at the root of the nose. Crusts on the nostrils.

Throat

Dryness or soreness in the morning on waking. Throat pain on swallowing, especially empty swallowing.

Stomach

Decreased appetite. Distention. Pain in the stomach and diaphragm.

Abdomen

Diaphragmatic pain.

Rectum

Flatus.

Stool

Loose.

Cough

Deep cough.

Back

Cervical pain that is aching, constricting, lancinating or throbbing. Thoracic pain. Back pain with headache.

Extremities

Itching on the knee with vesicular eruptions. Sore, painful sensation in the bones, ankles, or right shoulder.

Skin

Vesicular eruptions on perspiring parts.

Hepar suis

Important Proving Symptoms and Themes Noted by the Investigators

Cramping abdominal pain. Full sensation in the ear. Pressing pain in the eyeball. Boil-like eruptions on the face. Relaxation of jaw tenseness. Increased energy. Heaviness of the head. Dull head pains, especially in the forehead behind the eyes. Anxiety, anger, and irritability. Impatient. Desire for or aversion to company. Sensitive. Nasal congestion or improvement of sinus. Eruptions of papules or pimples. Itching of the skin. Sleepiness in the morning and afternoon. Increased appetite. Eructations. Nausea. Thirstlessness. Frequent stool. Throat pain.

Mind

Irritable and angry. Anxiety with palpitations or felt in the stomach. Aversion to or desire for company. Suspicious. Euphoria even with sad news. Discontented with everything. Impatient, hurried, restless with anxiety, and thoughts intruding on each other. Sensitive to noise. Mental mistakes in writing and reading. Dreams of water and owls. Mocking. Weeping over trifles. Pities herself. Desires to travel.

Generalities

Increased physical energy, particularly on waking. Desire for and aversion to milk. Desire for salad. Aching pain in the extremities of the body.

Head

Hard eruptions above the ear. Sense of fullness in the vertex. Itching and prickling sensation around the head. Heaviness of the head. Sharp head pain in the afternoon, better from cold applications. Dull headaches in the forehead or vertex, especially in the afternoon. Forehead pain behind the eyes. Pain in the occiput, or vertex and extending to the sides of the head.

Eye

Pressing pain in the eyeballs, worse in the right eye, or as from an internal pressure, making the eyes bulge. Sensitive to touch at the outer edge of the eye.

Ear

Sensation of fullness in and below the ears. Ringing in the ears. Aching pain, worse in or behind the right ear. Tickling of the left ear during throat pain.

Nose

Nasal congestion with discharge. Nasal congestion improves when lying. Discharge that is clear, copious and sometimes thick and yellow. Sneezing with coryza.

Face

Eruptions on the face, boils and pimples on the cheek, nose, or chin. Increased perspiration, as if the skin is greasy and dirty. Itching and prickling sensation, especially under the chin. Tension in the jaws is more relaxed.

Mouth

Tongue coated white. Dryness of the mouth. Swelling in the gums.

Teeth

Teeth sensitive to brushing and to the cold. Sensation of roughness on the teeth.

Throat

Pain in the throat. Inflammation of the tonsils with a white exudate. White coating and eruptions on the tonsils. Inflammation of the tonsils. Redness of the pharynx. Pain that is raw during postnasal discharge. Sore pain with a sensation of a foreign body in the throat. Increase of thick, yellow mucus in the throat. Inflammation and swelling of the cervical glands.

Stomach

Appetite is increased, especially in the morning and afternoon, or decreased in the morning. Nauseous yet still has an appetite for food. Nausea aggravated during urination. Sensation of emptiness in the stomach, not relieved by eating. Gurgling in the stomach. Eructations that are bitter. Flatulence. Thirstlessness.

Abdomen

Abdominal distention, particularly in conjunction with flatulence. Cramping pain worse around the umbilicus and in the left inguinal area.

Rectum

Constipation. Diarrhea. Urging to stool.

Stool

Frequent stool. Watery stool.

Bladder

Frequent urination, as if the bladder is incompletely voided. Increased urging.

Urine

Dark, yellow urine with a sweet odor.

Genitalia, Female

Itching and eruptions on the labia. Copious menstrual flow. Menstrual cycle comes too early.

Cough

Deep, hard cough. Dry cough. Cough with thick mucus in chest.

Expectoration

White mucus after drinking in the morning.

Chest

Constricting and tight sensation in the chest associated with palpitations of the heart that are worse in the afternoon. Burning and tearing pain, worse with coughing.

Back

Pain in the lumbar region while sitting. Spasms of back pain. Stiffness in the cervical region, especially on the right side or while turning the head. Cervical tension associated with an occipital headache. Eruptions of pimples on the back between the scapulae.

Extremities

Eruptions on the hand. Stitching pain behind the knee. Sore, bruised sensation of the right knee. Twitching in the right leg.

Sleep

Sleepiness, particularly in the morning or at noon. Waking from sleep toward the morning around 5 a.m. Waking after midnight. Difficulty in falling asleep.

Skin

Eruptions that are papular or in blotches. Pimples. Eruptions which itch and must be scratched. Prickling skin.

Human Growth Hormone

Important Proving Symptoms and Themes Noted by the Investigators

On the mental level there was improved mental concentration and mental clarity. Vivid dreams. Increased appetite. Nasal congestion. Ulcerations in the mouth. Cramping pains in various parts of the body.

Mind

Vivid dreams. Improvement in concentration. Colorful, vivid dreams. Strange dreams. Discontented, impatient and irritable. Headaches.

Generalities

Energy increased (cured symptom) as well as some decrease in energy. Desires for a variety of foods and flavors including salty, chocolate, sweets, and soups.

Head Pain

Headaches: worse in the temples and behind the ears, and also behind the eyes. Pain quality was like a band. Headaches worse on the left side.

Eye

Irritation with watering.

Nose

Congestion with sneezing. Congestion alternating with coryza.

Face

Tightness. Irritation. Dryness.

Mouth

Apthae.

Throat

Irritation with scratching and cough with phlegm.

Stomach

Increase or decrease in appetite. Increase in thirst.

Abdomen

Cramping in the lower abdomen, worse on the left side.

Rectum

Constipation without a feeling of urging. Pain in the rectum when urinating.

Stool

Sticky consistency.

Bladder

Pain in the rectum with urination.

Genitalia, Female

Uterine cramping. One case of return of normal menses (cured symptom).

Chest

Cramping in the area of the rib cage.

Back

Cramping.

Extremities/ Extremity Pain

Cramping with pain throughout the extremities, worse in the calves. Eruptions on the thighs.

Sleep

Restless or deep sleep.

Hydrochinon

Important Proving Symptoms and Themes Noted by the Investigators

Restlessness or frequent waking during sleep. Improved sleep. Eczema of the hands and fingers, especially on the right hand, was also prominent. The eczema was dry and flaky and worse from moisture.

Mind

Active thoughts cause sleeplessness. Absent of thoughts when alone and while driving and startles when awareness returns. Vacancy of thought and must force the mind to concentrate while driving to avoid collisions. Daydreaming. Memory weakness and forgets what he is about to do or has just done. Feeling of being in a trance or as if in a dream. Dullness. Vivid, or fragments of, dreams or nightmares with darkness, desolation and bleakness, destruction, imprisonment, being among strangers, violence, and being whipped. Sensation of isolation or separation. Delusions that friends are looking down on her. Confidence in self. Strong irritability when skin lightly stroked or touched. Nail-biting decreases.

Generalities

Increased physical energy while having decreased sleep. Food desires for cold cereal, meat, especially a hamburger with cheese. Flushes of heat during the night requiring the blankets to be removed and replaced several times.

Head

Chronic daily head pain of 2 years' duration, like a band or that is pressing, improves. Pain. Sudden head pains. Usual sinus headache during menses is absent.

Eye

Photophobia during the day that causes squinting.

Vision

Foggy vision and incoordination.

Nose

Right-sided epistaxis or coryza. Right-sided epistaxis with bright red blood and on blowing the nose. Postnasal discharge that is bloody.

Mouth

Dry mouth with thirst. Soreness of gums and tongue. Indented tongue. Sensation of swelling of tongue, as if too large for the mouth.

Teeth

Stitching pain while eating.

Throat

Boil-like eruptions on opposite sides of the neck of same size and location. External sensation of swelling. Burning sensation in the trachea after running a short distance.

Stomach

Decreased appetite during clenching pain. Sensation of fullness or loss of appetite after only a few bites. Improvement of usual daily heartburn or morning acid. Thirsty.

Abdomen

Distention is decreased before menses or in the afternoon. Pain that is clutching or cramping and extends to the middle of back. Pain before or during menses improves.

Rectum

Feeling of incomplete evacuation after straining at stool. Diarrhea that is urgent and sudden, or after eating, or anticipatory diarrhea improves. Improvement of flatus and diarrhea especially before a sports competition. Flatus. Cramping pain before stool.

Stool

Sudden and explosive. Watery stool.

Genitalia, Female

Absence of bloody discharge preceding the onset of menses. Menses stops suddenly, followed by swelling of fingers, face, and breasts; then menses begins again shortly thereafter. Painful, aching menstrual cramps.

Speech and Voice

Improvement of voice hoarseness and huskiness. Clearing throat improved hoarseness that prevented speech.

Back

Abdominal cramps extending into the thoracic region. Lower back stiffness on motion after sitting that is better with heat.

Extremities

Eruptions of eczema on the fingers, hand, or palm of hand. Eczema that is painful, stinging or burning, itching, or desquamating. Eczema only on the right hand and worse with moisture. Fingers sensitive and shriveled and small: appearing with the eczema and sensitive to pressure. Decreased palm perspiration with eczema. Eczema with flaky, white, dry skin. Itchy red rash in hollow of knee. Dropping objects as if from a lack of hand-eye coordination.

Sleep

Falling asleep difficult, especially after waking. Perspiration during sleep. Restless sleep or improvement from the usual tossing and turning. Sleepless from thoughts. Unrefreshing sleep. Frequent waking that is sudden, or improvement of frequent waking.

Perspiration

Perspiration during sleep that mats the hair and soaks the pillow.

Skin

Eczema on fingers and hands that is dry, desquamating, and stinging. Eczema on fingers and hands that is dry, flaky, and worse with moisture.

Insulin-like Growth Factor-1

Important Proving Symptoms and Themes Noted by the Investigators

Strange, disturbing quality to subjects' dream life. Difficulty concentrating. Headache in the forehead. Nasal congestion. Cramping abdominal pain associated with diarrhea or stool. Constipation with ineffectual urging. Strong uterine cramping with the menses. Premenstrual breast tenderness and swelling. Nausea. An aversion to chocolate and sweets. An increased appetite.

Mind

Nightmares. Difficulty concentrating. Remembered or unremembered dreams. Colorful, vivid dreams. Strange dreams. Discontented, impatient about small matters, reproachful of himself. Irritable and weepy premenstrually (cured symptom). Sensitive and desires to be by himself. Fear of heart attack.

Generalities

Energy increased (cured symptom) and energy decreased. Sluggish, weak, muscle stiffness. Sensation of heat with nausea. Desires apples, coffee, meat, rich foods. Averse to chocolate and sweets. Motion aggravates.

Head Pain

Localized most frequently to the forehead, and also behind the eyes, above the root of the nose, or in the vertex. Pain quality was pressing, as from a weight or like a band. Also throbbing with ear pressure. Dull pain behind the eye. Headache with heartburn. Headache extending to the neck. Stitching in the left temple on waking, lasting 2–3 days. With dizziness. Pressure ameliorates.

Eye

Watery. Photophobia.

Vision

Blurry.

Nose

Congestion to the nose (cured symptom). Sneezing. Postnasal drip. Rawness. Pimples in the nose.

Face

Heat internally and sensation of heat on the cheeks. Acne on the forehead.

Mouth

Apthae.

Teeth

Sensitive to cold. Sense of pressure on the molars.

Throat

Inflamed with mucus, mucus in the throat. Sore and dry, especially at night. Sensations of scraping and scratching.

Voice

Hoarseness.

Stomach

Nausea. An increase in appetite. Burning pain. Pain of a drawing nature. Pain ameliorated by bending. Pain with nausea. Easily satiated (cured symptom). Nausea with diarrhea, with burping, with heated feeling and thirst. Nausea ameliorated after eating. Heartburn. A full sensation.

Abdomen

Cramping associated with stool or diarrhea. Distension from gas. Gurgling. Pressing pain before stool. Bending forward aggravates.

Rectum

Constipation with a feeling of urging, but without movement. Flatus with stool. Burning with stool.

Stool

Frequent and scanty. Comes out in hard pieces.

Bladder

Involuntary urination with sneezing.

Urine

Pungent odor.

Genitalia, Female

Uterine cramping during the menstrual cycle (cured symptom). Cramping before the menstrual cycle. Uterine cramping that is pulsating. Mid-cycle spotting while walking. Menses early, late, short, or painful, or with profuse bleeding.

Chest

Premenstrual breast tenderness and swelling (cured symptom). Heart palpitations. Sensation of heaviness in the chest.

Back

Aching back pain associated with the menses. Stiffness. Tightness in the dorsal region.

Extremities

Premenstrual swelling of the feet. Ankle swelling. Leg stiffness. Profuse sweating of the feet. Swelling of the feet, hands and knees during menses.

Extremity Pain

Stiffness. Aching hips and joints. Cramp-like pain in the feet while sitting still.

Sleep

Restless or deep. Sleeps uncovered.

Perspiration

At night. Absent. Clammy.

Kalium tetraiodobismutate

Important Proving Symptoms and Themes Noted by the Investigators

The mental state of anxiety was manifested with pressure in the chest, palpitations of the heart, headache, and feelings of unworthiness. Also present was inflammation of the skin and mucous membranes.

Mind

Anxiety, with pressure in the chest, headache, and palpitations. Delusions that she has sinned and is unforgivable. Dreams of animals with an anxious feeling. Nightmares. Able to remember dreams. Loquacity.

Generalities

Craving to eat fish. Very thirsty for water.

Head Pain

Localized to the forehead area. Behind the eyes on the left side.

Ear

Aching pain associated with headache.

Nose

Bleeding. Hard, dry plug blocking nose. Watery discharge. Sneezing.

Mouth

Dryness of the lips. Cracking of lips. Gingivitis of the upper and lower gums. Soreness of the mouth.

Throat

Soreness. Swelling at night.

External Throat

Painful, swollen cervical glands.

Stomach

Nausea. Fainting feeling with nausea. A desire for bowel movement while nauseated.

Stool

Hard.

Genitalia, Female

Eruption of pimples in pubic region.

Cough

Dry cough.

Back

Aching in the upper back in the area of the right scapula.

Sleep

Sleepiness. Difficult waking in the morning.

Skin

Eruptions on the legs. Pimples.

L-Cysteine

Important Proving Symptoms and Themes Noted by the Investigators

This remedy seemed to have an affinity for the digestive tract with nausea, strong urge to have a bowel movement as well as diarrhea. Flatus. Ineffectual urging. Increased thirst was also part of this remedy picture. Headache, vertigo, and a sick feeling were also noted. Irritability. Generally worse in the morning. Sick feeling. Vertigo. Dull headaches. Eye pain. Coryza with copious, clear discharge. Sneezing. Nausea. Increased thirst. Stomach pains. Back pain and stiffness.

Mind

Irritability, especially in the morning or when ill. Threw a cat off of a bed. Awkwardness and dropping things. Absent-minded, discontented, and confused. Confidence is either lacking or improved. Anxiety, especially on staying awake during the night. Sense of being in a hurry. Indifferent about missed appointments. Feeling a sense of isolation. Forgetful, particularly about business. Ennui, sadness, worse in the morning. Sadness with involuntary weeping. Jealous. Being talkative and desiring to talk and joke. Dreams of insects, in particular bees. Delusion that bugs are crawling in circles on the back. Vivid dreams. Answers hastily or incorrectly. Aversion to company. Difficulty concentrating. Weakness of memory. Quiet disposition. Rapid thoughts. Timidity.

Generalities

Worse in the morning, weakness, weariness, pain. Sick feeling in general with a feeling of collapse. Energy is increased, especially at 5 p.m., or decreased. Desires bacon, eggs, and fish. Lassitude, weakness, and weariness in the morning. Aching pain especially on waking. Sense of physical relaxation.

Vertigo

Vertigo, worse from motion. Worse from standing. Faint-like.

Head

Sense of constriction in the head as from a band or hat. Heat in the head. Itching at the vertex. Dull headaches in the occiput or vertex, better from pressure. Head pain in one part of the head extending to other parts of the head, forehead to neck, or teeth. Head pain better from cold applications or pressure. Waves of pain or strong head pain on waking with sinus involvement. Shooting, lancinating head pain. Head pain in the forehead, behind the eyes, in the area of the occiput, especially the left side, on the sides behind the ears, temples and vertex. Pains that are piercing, shooting in the temples, and throbbing of the forehead. Pains that extend from the forehead backward and to the ears, neck or occiput, and vertex.

Eye

Mucus balls collecting, especially in the inner right canthus. Dryness with increased lacrimation, worse in the evening. Pain in the eyes, as if there is sand in the eyes, better on closing the eyes. Burning pain in the eyes associated with dryness of the eyes. Pressing pain in the left eye, better from pressure.

Vision

Blurred and wavering.

Ear

Aching pain in the ears.

Nose

Coryza on the left or right side, as if leaking. Discharge is clear and also from the posterior nares. Sneezing in the afternoon or from tickling in the nose. Itching inside the right nostril at night. Inflammation in the sinuses on the right side.

Face

Dry face and lips. Aphthae. Painful eruptions inside the left nostril. Cramping pain in the jaw. Relaxation of tight, cramping jaw pain.

Mouth

Aphthae. Dryness in the mouth. Eruptions on the palate.

Taste

Taste in the mouth as if she had been eating herbs.

Throat

Choking sensation. Dryness and irritation, worse on the right side of the pharynx. Thick, watery mucus. Sore pain.

Stomach

Appetite is either increased or decreased. Feeling distended. Nausea; worse in a warm room or worse in the upper abdomen. Increased thirst for large quantities of cold beverages, particularly water. Desire to drink large quantities of water. Burning stomach pain, pain with cramping, and eructations. Gurgling in the morning. Painful stomach after vomiting. Vomiting of undigested food, green bile, or sour.

Abdomen

Cramping pain as if diarrhea would come on or before stool. Burning pain.

Rectum

Diarrhea, worse in the morning at 5 a.m. or sensation as if diarrhea is coming on. Constipation with straining. Flatus that is burning, during diarrhea, or involuntary. Urging that is ineffectual or straining at stool, or improvement from normal need to strain.

Stool

Frequent stools or absent stools. Stools like balls. Loose, watery stool. Yellow or green or long stool. Scanty stool.

Genitalia, Female

Thin vaginal discharge. Menses is too short.

Speech and Voice

Hoarseness and tightness.

Respiration

Difficult inspiration, as if mucus is down deep. Sighing and need to take deep breaths.

Cough

Deep cough with thick, ropy, yellow expectoration.

Expectoration

Thick, yellow, and ropy expectoration.

Chest

Stitching pain in the chest in the right breast or sternum. Palpitation at night after starting from sleep. Aching pain while in the wind. Sense of oppression or heaviness of chest coupled with light-headedness.

Back

Pain and stiffness as from a spasm. Worse on the right side. Worse in the upper back and neck. Itching in the region of the scapulae. Back pain in the right cervical region or between the scapulae.

Extremities

Awkwardness of the hands with tendency to drop things. Eruptions of pimples on the thighs. Itching of the second and fourth fingers, thigh, and upper limbs and as if covered with bugs or ants. Sharp pulsations felt in the toes. Weakness of the upper limbs. Aching in the shoulder that is worse with motion, especially on raising the arm, or occurs as illness comes on. Shooting pain in the upper limbs and arm and the calf. Stitching pains in the toes.

Sleep

Disturbed sleep. Difficulty falling asleep. Restless sleep that is light. Waking that is difficult in the morning, or after 1 a.m., or with the desire to urinate. Yawning, especially in open air.

Fever

Paroxysmal fevers without perspiration.

Skin

Eruptions of small boils or pimples above the eyes or on the thighs.

Luffa operculata

Important Proving Symptoms and Themes Noted by the Investigators

Internal discontent with irritability, impatience, brooding and aversion to company and also loquacity and desiring to talk or to write. Dreams or delusions of war, fighting, killing or murdering and death. Increased energy but also weakness and weariness. Motion ameliorates. Desires cold drinks. Nausea. Constriction under the sternum associated with fear, anxiety, or pain.

Mind

Anger before menses. Anxiety with restlessness. Brooding. Aversion to company. Courageous behavior alternating with timidity. Delusions of being at war, of another person being in the next room. Discontented with self. Many dreams, vivid colors, dreams of death, remembered dreams. Dreams of death, disease, killing, murdering her father, or painful events. Fear of insanity. Impatient and irritable. Cheerful talking and desiring to talk with someone. Memory weakness and mistakes with numbers. Thoughts too rapid to write. Desire for cursive writing. Tearful mood.

Generalities

Motion ameliorates. Increased energy or decreased energy. Weakness and light-headedness with surges of energy or decreased physical energy. Fatigue in the afternoon. Desires for fried foods like potatoes or eggs. Chilliness. Desire for open air.

Vertigo

Light-headed on lying down.

Head

Head pain. Dull head pain over the left eye or at the temples. Fullness or heaviness. Flushes of heat to the head alternating with chills. Blinding head pain. Head pain aggravated by reading. Pain in the forehead that extends to the occiput or the sides, or behind the eyes, above or between the eyes. Pain on the sides about the ears or in spots. Pressing pain in the forehead that extends to the side of the head or is behind the eyes. Lancinating head pain to the temples or sides.

Eye

Moist discharges of clear mucus. Left-sided lacrimation in the morning. Styes, worse on the right side with swelling of the lower lid. Burning pain especially at the canthi. Dryness. Itching in the canthi. Pain as from sand. Tired sensation.

Vision

Sees spots during headaches.

Ear

Bloody discharge from the right ear after touching the ear.

Nose

Coryza with bland, clear discharges. Discharges in the morning and evening. Sneezing. Congestion.

Face

Itching and red discoloration worse at night. Numbness around the lips during migraine headache.

Throat

Scratchy sore throat. Raw sensation.

Stomach

Nausea better after eating, or after stool, or with headache, or with abdominal pain. Increased appetite. Thirst for cold drinks.

Abdomen

Abdominal pain. Cramping in the hypogastrium when walking. Pain from incarcerated gas. Shooting, stitching pain in the inguinal or liver area. Flatulence. Hard distention with rumbling. Anxiety in the abdomen. Constriction that extends to the chest.

Rectum

Constipation associated with flatus or with straining or without urge. Itching from external hemorrhoids like grapes. Offensive flatus.

Stool

Frequent, hard stools. Green stool. Offensive stools. Stools like balls.

Bladder

Increased urge to urinate in the morning. Frequent urination.

Genitalia, Female

Uterine cramps, worse before menses. Short, scanty menstrual flow or cycle appearing early.

Respiration

Snoring.

Chest

Constriction under the sternum with anxiety and fear, or that is painful. Palpitations when in bed at night. Painful pimples and eruptions in the left axilla area.

Back

Spasmodic, aching and drawing pains in the lumbar area. Shivering down the spine. Back pain during stool.

Extremities

Numbness of lips and fingers with a migraine. Trembling of the hands and legs with excessive physical energy and better motion. Twitching in the foot and leg while in bed on falling asleep. Deep aching in the joints.

Sleep

Prefers to sleep on the left side. Difficult to fall asleep.

Perspiration

Pungent perspiration.

Skin

Eruptions of hard, painful pimples. Sensitive in spots.

Mahonia aquifolium

Important Proving Symptoms and Themes Noted by the Investigators

This remedy has an affinity for eruptions in various parts of the body: face, mouth, back, hand, waist, and buttocks. As well, there is itching sometimes without the presence of an eruption. Rheumatic aching or stiffness is present in the lower back, neck, hands and knuckles. Nausea is also present, especially in the morning.

Mind

Anxiety about the future and discouragement. Feeling of hopefulness. Difficulty concentrating while working. Feelings of contempt as if better than other people. Dreams of cancer, serious, or remembered. Impatience at work, with people, and estranged from society. Irritability from noise during headache and aversion to company. Enjoyed listening to music to relax. Reproaches himself for his eating habits. Restlessness when with fever. Sensitive to noise and excitable. Slowness in movement. Talking in sleep.

Generalities

Increased energy. Desire for pizza, cold water, meat, oysters, peanut butter and jelly, salt, spices, vinegar, and wine. Fatigue in the morning and afternoon.

Head

Itching of the scalp and head. Head pain. Head pain better from pressure or rubbing. Sharp pain located at the temples. Piercing head pain. Head pain localized at the forehead behind the eyes, or above the eyes on the right side, at the left temple and forehead, or the left temple.

Eye

Photophobia in the sunlight. Itching.

Ear

Eruptions on the lobes. Itching with a sore on the left ear. Ringing noises in the right ear in the evening or during the daytime. Soreness above the right ear. Aching in the left ear on waking.

Hearing

As if right ear were stuffed with cotton.

Nose

Congestion on the left side. Coryza. Discharge that is clear, thick, or on the right side. Full sensation at the posterior nares and in the sinuses. Itching and crawling sensation inside the nose.

Face

Dark circles under the eye. Yellow blotches on the cheeks. Eruptions of boils or pimples on the cheek or forehead. Greasy and sweaty skin. Twitching under the surface of the left cheek.

Mouth

Bad breath with mucus in throat. Pain on tip of tongue. Salivation during sleep. Ulcer under the tongue. Aphthae vesicles on the inner lower-right lip.

Throat

Constriction or sensation of a lump in the throat causing constant disposition to swallow. Thick mucus. Pain that is scratching, or sore on swallowing. Raspiness which drinking ameliorates. Swelling of the cervical glands. Dryness.

Stomach

Decreased appetite. Constriction and a knotted feeling like an obstruction. Gurgling. Nausea in the morning on waking. Extreme thirst.

Abdomen

Hard, distended feeling in the abdomen. Growling noises after a late evening snack. Pain that is cramping and feels like a lump in the intestines or sore and tender in the umbilical region.

Rectum

Pain on wiping after stool. Diarrhea or soft stools followed by constipation, or no stools or stools difficult to pass.

Stool

Black and hard. Frequent.

Urethra

Stinging pain at beginning of urination.

Urine

Dark yellow.

Genitalia, Male

Dry eruptions in spots on the penis that is red and glazed. Stinging pain at the tip of the penis on beginning to urinate. No previous history of such pain.

Genitalia, Female

Copious menses. Menses too early or too short. Stitching pain in right ovary and right side of vagina. Decreased sexual desire.

Cough

Afternoon cough.

Expectoration

Thick mucus.

Chest

Constriction that causes shallow breathing and anxiety.

Back

Eruptions in the lumbar region. Aching pain in the lumbar region or under the left scapulae or right collar bone, or improvement of aching joints in hands. Sore pain in the middle of the back below the rib. Sweat in the cervical region during nap. Stiffness in the cervical region that cracks when moving and extends to the shoulder and down the left arm.

Extremities

Awkwardness and slowness in movements. Cold feet during the daytime. Sensation that legs would cramp in the calf when walking. Psoriasis eruption on the back of the hand and wrist that is scaly. Aching in the leg, or improvement of aching joints of the hand. Pain that is stinging in the thigh and extends from the vagina, or stabbing in the right upper bicep. Violent and voluptuous itching on the shin that causes scratching to the point of bleeding.

Sleep

Deep. On the left side.

Fever

Fever with perspiration or perspiration from the fever.

Perspiration

Perspiration on the back of neck during sleep in the afternoon. Offensive odor.

Skin

Dryness. Eruptions of boils from oiliness of skin, or of scaliness. Violent itching to the point of bleeding, and scratching makes it worse. Prickling skin.

Medulla ossis suis

Important Proving Symptoms and Themes Noted by the Investigators

Improvement of previously experienced symptoms of nasal congestion and flatus. Many dreams. Stomach pains. Lower-leg pain.

Mind

Many vivid dreams. Dreams are remembered. Sexual, perverted, or violent dreams. Less inhibited and more joking. Less irritability with people at work. Agitated and nervous or excitable. Difficulty concentrating while working. Restless activity. Sadness.

Generalities

Energy is increased or decreased in the morning. Fatigue. Cravings for spicy sauces, soda, cheese, chocolate, meat and peanut butter. Aversions to hot soups and drinks. Heat flushes. Physical exercise aggravates normal stiffness.

Head

Flushes of heat in head and neck. Head pain behind left eye. Pressure on sides of head, especially left side.

Eye

Pain that is burning or sore. Burning eyes. Dry eyes associated with the burning. Muscle twitches on right eyelid. Soreness and swelling around right eye.

Nose

Congestion in the nose and sinuses improves. Sharp pain in the left nostril as if a nose bleed were to appear.

Face

Oily skin. Heat in face and cheeks with flushing. Pain in the cheekbones associated with headache.

Mouth

Sensation of inner cheek being swollen.

Throat

Tightness on swallowing. Parched and dry on waking. Lymph nodes feel swollen on the sides of neck.

Stomach

Extreme thirst not quenched by drinking. Excessive appetite. Feeling of emptiness even after eating. Pain that is burning or cramping. Nausea.

Abdomen

Pain. Cramping pain with diarrhea or after eating. Throbbing pain after stomach cramping.

Rectum

Flatus improves or is increased and offensive. Sharp pain shooting up the rectum before the stool.

Stool

Foul odor. Increased frequency. Hard stool.

Cough

Waking with dry cough.

Chest

Rapid heartbeat with feelings of nervousness or excitement. Red, itchy eruptions, temporarily better with scratching.

Genitalia, Female

Increased sexual desire. Watery leukorrhea.

Back

Aching in thoracic region on waking. Flushes of heat in head and neck. Red, raised eruptions that are itchy.

Extremities

Nervous fidgeting of hands and nails. Weakness and internal trembling in legs and fingers. Stiffness in knuckles on waking. Lower-leg pain while sitting or when lifting the leg. Posterior left thigh and knee had a dull, throbbing sensation. Sharp pain from buttocks to lateral thigh, or triceps to forearm.

Sleep

Sudden waking. Falling asleep late, or interrupted sleep improves. Sleep disturbed by nasal congestion improves. Sleepiness in the early evening improves. Easy waking.

Perspiration

Odor of onions without having eaten onions.

Skin

Eruptions on chest that are red, raised, and itchy and temporarily relieved by scratching.

Methylglyoxal

Important Proving Symptoms and Themes Noted by the Investigators

Increased energy. Desire for or aversion to chocolate. Desires sweets. Headaches. Aversion to company. Heartburn or burning pain of the stomach. Strong odor to the urine.

Mind

Aversion to company with a desire for reflection, and this aversion begins on waking in the morning. Dreams that are anxious, fearful, and of being pursued. Weeping more easily than normal.

Generalities

Cold symptoms appear but the cold does not come on. Increased energy, especially in the evening. Food desires: fats like butter and mayonnaise, chicken liver, chocolate and sweets, cold drinks, and sour fruit. Aversion to sweets even during the premenstrual period.

Head

Pimples on the forehead. Headaches that are pressing at the vertex when spine seems misaligned, or pounding between the eyes.

Eye

Strong desire to close the eyes as if drugged, even though sound sleep during the previous night. Warm sensation in the right eye. Itching and swelling of the upper left eyelid as from hay fever.

Nose

Sneezing as if from hay fever. Tickling inside the nose. Sniffling in the morning.

Face

Tightness and tension of the facial muscles improves.

Mouth

Dryness in the morning.

Throat

Sore throat on waking that is associated with a tickle in the nose. Swollen sensation of the throat that is worse when swallowing.

Stomach

Decreased appetite. Distention with acid stomach. Heartburn and acid indigestion. Nausea with stomach pain. Squeezing pain, worse after eating or drinking, that is like a rope being tightened under the diaphragm and rib cage.

Abdomen

Abdominal distention without any flatus. Squeezing pain in the lower abdomen below the umbilicus, worse after drinking or eating.

Rectum

Stabbing and stitching pain during constipated stool that extends upward.

Stool

Loose stools that are not formed but that are not watery.

Urine

Strong odor to the urine that is acrid or like horse's urine.

Genitalia, Female

Increased flow of menstrual blood.

Back

Tension in the back muscles is relieved. Soreness and pain in the thoracic ribs in the back.

Extremities

Stiffness in the legs on waking in the morning. Pain that is burning in the thigh or sore in the legs and calves.

Sleep

Tossing and turning in bed. Overpowering sleepiness at noon after sound sleep the previous night.

Perspiration

Perspiration that is more salty than usual and leaves deposits of salt on the skin. Sweating at night.

Mucosa nasalis

Important Proving Symptoms and Themes Noted by the Investigators

Severe headaches or sinus headaches are prominent with this remedy. Sadness. Increased alertness in the evening and physical irritability. Vertigo. Severe headaches related to the sinuses. Headaches in the forehead and vertex. Nasal congestion. Stiffness in the back, especially the cervical region.

Mind

Cheerfulness alternating with sadness. Difficult concentration. Mental confusion and dullness. Delusions that the body and thoughts are separated or that she is floating, associated with dizziness. Unpleasant dreams. Optimism. Disgusted and critical of self. Sadness and weeping.

Generalities

Alert in the evening. Chilliness. Heaviness. Excessive physical irritability. Aggravation from moonlight.

Vertigo

Vertigo and dizziness.

Head

Pulsations at the vertex. Drawing pains. Headaches on waking. Forehead pain that extends to the occiput. Pain on the right sides. Pain at the vertex. Piercing pain. Pain as if in a vise. Sinus involvement.

Ear

Left-ear pain.

Nose

Nasal or sinus congestion.

Face

Tension throughout the face that is worse in the lower jaw.

Mouth

Dry mouth better from drinking. Pain on the gums. Prickling of the tongue. Increased salivation.

Taste

Bitter taste.

Teeth

Toothache and general pains in the teeth.

Throat

Mucus in the throat during the daytime that causes clearing of the throat.

42

Stomach

Appetite increased. Full sensation. Gurgling. Nausea in the morning. Vomiting during the night.

Abdomen

Abdominal distension. Flatulence especially at night. Aching pain. Rumbling.

Rectum

Constipation with ineffectual urging and straining.

Stool

Increased frequency of stools. Stool is increased in size. Soft stool. Stool is green.

Genitalia, Female

Altered menses. Painful and protracted menses. Increased flow. Many clots in the menstrual flow.

Chest

Heart palpitations, as if racing.

Back

Aching back pain in the cervical neck. Stiffness of the neck during a headache.

Extremities

Coldness. Left hand cramp in the afternoon. Heaviness of the hip while walking. Pain in the lower limbs.

Sleep

Restless sleep. Sleepiness in the afternoon or evening. Waking too early, frequently, or with a headache.

Myosotis arvensis

Important Proving Symptoms and Themes Noted by the Investigators

Sensation of lightness as if one is intoxicated and clarity of mental processes and thinking were prominent symptoms of this remedy. An increased level of physical fatigue was also noted. Fears about illness. Irritability. Alternating moods. Vivid dreams. Increased fatigue. Sneezing. Throat pain. Nausea. Abdominal distension. Flatulence associated with bloating. Dry cough. Itching of the skin.

Mind

Agitated. Anxiety. Clarity of thoughts. Feeling he has neglected his responsibility for sick animals. Dreams of sick animals, dancing, people, and searching. Vivid dreams. Ecstasy and euphoria as if intoxicated. Fears she or her pets are ill. Desires to remain at home. Indifference. Laziness. irritability. Sense of lightness. Alternating moods. Sensitive to noise. Spacey feeling as if from smoking marijuana.

Generalities

Aggravation from tight clothing. Empty sensation. Increased energy. Food desires for brandy, cold drinks, hot foods, meat, and rice. Aggravations from rich food. Aversion to chocolate. Tiredness and fatigue, especially in the afternoon or evening. Aggravated from motion. Sense of lightness.

Vertigo

Sudden onset of vertigo, particularly when driving an automobile.

Head

Heaviness of the head. Sense of lightness in the head. Wens behind the ears. Pain on the occiput or left side. Pain when bending over.

Eye

Tired sensation in the eyes. Burning sensation in the eyes.

Ear

Itching in both ears. Right-sided aching ear pain. Cyst behind the left ear.

Nose

Sneezing, intense sneezing, sneezing at unexpected moments.

Mouth

Tingling in the mouth, particularly noticeable on the tongue.

Teeth

Sensitivity when ingesting chocolate.

Throat

Throat pain aggravated when swallowing. Tight sensation in the throat.

Stomach

Decreased appetite. Nausea worse from tight clothing, or better after eating or from passing flatus. Sensitivity in the stomach, especially on the left side.

Abdomen

Abdominal distension as if from flatus. Flatulence. Cramping pain.

Rectum

Diarrhea with allergies. Strong desire to defecate.

Stool

Offensive odor.

Bladder

Increased urination.

Genitalia, Female

Itching of the labia. Vaginal itching ameliorated with the onset of menstruation.

Cough

Dry cough. Cough worse on waking in the morning.

Chest

Sharp pain in the left breast.

Back

Left-sided cervical pain. Constriction in the cervical region. Pressing pain in the lumbar region. Right-sided scapular pain that is stabbing.

Extremities

Aching pain in the shoulder. Right foot and sole pain.

Sleep

Sleep position on the left side. Snoring.

Perspiration

Sweating increased at night.

Skin

Itching eruptions. Sudden onset of eruptions. Red dots on the lower extremities.

Naphthochinon

Important Proving Symptoms and Themes Noted by the Investigators

Affecting sleep patterns with easy falling asleep or restlessness, and increased remembrance of dreams. Head pains like a band. Improvement of premenstrual abdominal distension and swelling or extremity swelling, premenstrual spotting, and not waking to urinate. Diarrhea.

Mind

Dreams with the color red in cars and in flags, of betrayal, of being pursued, and silly dreams. Dreams remembered even throughout the day. Vivid dreams. Dull mind and unclear thoughts when feverish. Less worried, and more hopeful. Feeling smart, confident, and intelligent. Talking in sleep that awakens the person without memory of what was being spoken. Waking with weeping after a dream. Anxiety improves, or apprehension and anxiety with the feeling time moved too slowly.

Generalities

Cravings for ice-cold things, salad, and chocolate. Feeling shaky and jittery as if from a reaction to diet medication. Lethargic. Premenstrual symptoms decreased, with less bloating and swelling. Engorgement of blood vessels.

Vertigo

Dizzy after eating, with a relaxed and floating sensation.

Head

Pain. Stitching, sharp, and stabbing pain in the forehead or sharp shooting pains on the top right side. Piercing head pain. Head pain pressing like a cap that is a dull constant ache. Raging head pain like a vise on waking. Stitching pain in the forehead. Sharp, shooting pain at the vertex. Pressing like a cap. Dull pain. Piercing pain.

Eye

Uncontrollable twitching of right eyelid.

Ear

Bright yellow ear wax.

Hearing

Plugged sensation as if less sound is being received.

Nose

Increase of mucus in postnasal passages. Tickling in nose that leads to sneezing.

Face

Cold sore on the right corner of mouth.

Mouth

Aphthae on right side of mouth. Soreness on the tongue like a swollen taste bud or as from biting. Biting the inside of the mouth when talking.

Teeth

Tooth sensitive to hot and cold.

Throat

Dryness in the throat worse at bedtime. Euphoric feeling in throat that was like tingling. Scratchy sensation of throat with postnasal mucus. Throat clearing in the evening.

Stomach

Thinking of food causes desire to gag. Increased hunger. Abdominal cramps with nausea in the evening. Stomach growling.

Abdomen

Sensation of a hole like an empty cavity. Pain. Dull pain above the umbilicus. Abdominal cramping with nausea and cold perspiration. Aching in the abdomen followed by bowel movements. Decreased abdominal swelling and distension before menses.

Rectum

Feeling of incomplete evacuation after a bowel movement. Flatus with involuntary stool. Diarrhea on waking, or that causes rushing to the toilet. Intense itching in the anus.

Stool

Diarrhea with foul-smelling stools. Stool starts solid and becomes more liquid. Rushing to the toilet with runny, loose stools.

Genitalia, Female

No spotting preceding menstrual flow but the menses starts and then stops suddenly. Cramping pain before or during menses improves.

Speech and Voice

Hoarseness towards the evening.

Chest

Premenstrual breast swelling and painful tenderness decrease.

Back

Sensation of swollen neck with dullness of the mind. Left-sided tightness of neck and back, extending to the hamstrings and calves.

Extremities

Stiffness and aching in the ankle and elbow joints. Tightness in muscles of the left side of the body, extending from the neck and back to the hamstrings and calf. Decreased hand, finger, and ankle swelling before menses. Cramp in left calf on waking at night.

Sleep

Falling asleep early in the evening. Restless sleep with tossing and turning. Getting warm during sleep and throwing off the covers. Improvement of the need to wake during the night to urinate. Sleeping on the back.

Skin

Moles on neck that disappear.

Natrium oxalaceticum

Important Proving Symptoms and Themes Noted by the Investigators

A prominent feature associated with this remedy is severe intense headaches that are hammering or pulsating. There is also a strong mental and physical irritability. Mental and physical irritability. Vivid dreams. Vertigo. Intense headaches. Pulsating and hammering headaches. Pain in the forehead or temples or alternating side to side. Coryza. Increased thirst. Stomach pains. Cramping abdominal pain. Increased urging for stool. Eruptions on the back. Coldness of the hands. Sleeplessness after midnight.

Mind

Anger. Anxiety especially in the morning. Aversion to the family. Desires company or prefers to be alone while aggravated, as if she were experiencing premenstrual symptoms. Mental confusion that is worse in company. Delusion of floating and feeling expansive. Many dreams: of murder and dead people, of losing the purse or other things, of explosions, of being chased, or of a stranger entering the house. Many dreams, strange dreams, or vivid dreams. Irritability especially towards their family. Malicious. Depression and sadness. Desire to touch things.

Generalities

Food desires for cold drinks. Food aversion to cheese. Heat, flushes of or sensation of heat. Excessive physical irritability, as from an MSG allergic reaction.

Vertigo

Vertigo-like floating. Vertigo associated with heat and with sensation of heat in face. Vertigo from motion. Nausea accompanying the vertigo.

Head

Heat in the forehead with head pain. Tingling at the top of the head as from tension. Itchy scalp that is better from scratching. Headache after bathing. Dull head pain. Head pain in the morning on waking, or better while lying, or that extends to the eyes. Hammering headache. Head pain with flushes of heat. Sharp, lancinating head pain, especially in the forehead. Forehead pain that extends to the sides or is above the eyes. Occiput pain that extends to the forehead. Pain on the sides of the head or alternating from side to side, or that occurs with ear pain. Pain in the area of the temples, especially on the right temple. Head pain as if in a vise. Pulsations or throbbing in the forehead.

Eye

Dark circles under the eyes. Dry eyes with burning pain. Twitching of the eyelids.

Vision

Blurry vision.

Ear

Aching pain in front of the ear associated with headache. Plugged sensation on waking.

Nose

Dry inside the nose but with a constant desire to blow the nose. Burning pain. Coryza in the morning while walking. Copious discharge, especially from the posterior nares. Yellow discharge. Itching. Obstruction. Soreness inside the nose on waking. Sneezing on waking.

Face

Hot face and with flushing. Numb feeling of the right cheek. Raw pain at the corners of the mouth.

Mouth

Sensitive, sore pains as if aphthae are breaking out on the tongue and gums. Excoriation of the upper palate. Increased salivation during sleep.

Taste

Food tastes earthy, like old wood.

Throat

Pain that is scratching as from a cold, or that occurs when swallowing. Itching in the throat.

Stomach

Appetite that is decreased or ravenous. Distension especially in the morning. Eructations from an airy stomach that make the back pain better. Heartburn after eating that burns and extends to the throat. Indigestion. Nausea with dizziness. Stomach pain. Cramping pain while eating, during the menses, in the morning, or cramping that causes waking. Pain that causes doubling over, or after drinking milk. Pain before stool. Gnawing pain. Stomach pain better from pressure. Thirst especially in the morning, or that is unquenchable.

Abdomen

Flatulence, particularly in the morning. Sensation of fullness. Gurgling. Pain that is cramping in the lower abdomen. Shooting pain in the inguinal region associated with shooting pain in the urethra.

Rectum

Constipation. Diarrhea that is sudden, or after eating. Flatus during the middle of the day, or during the stool. Urging for a bowel movement that is sudden after rising in the morning, or that is constant, or with a sudden stool. Rectal pain that extends upward into the intestines after ingestion of cheese.

Stool

Forcible stool. Frequent stool. Watery and soft stools.

Bladder

Increased urge to urinate.

Urethra

Stitching pain in the urethra and right lower abdomen.

Genitalia, Female

Changes in menstruation. Increased menstrual flow. Menses begins 5 days too early in the month. Improvement of menstrual cramps or worsening of menstrual cramps. Menses longer than normal.

Chest

Feeling an expansion in the chest.

Speech and Voice

Hoarseness of the voice that is better from eating and drinking.

Back

Eruptions on the back, of boils or large pimples. Aching pain in the lumbar region. Back pain better from burping. Stiffness or tension in the cervical region or between the scapulae.

Extremities

Awkwardness or clumsiness resulting in cutting the hands or bumping into things. Coldness of the hands and feet. Athlete's foot between the toes. Goose bumps on the legs. Heat in the hand. Trembling of the hand. Aching in the fingers, palms, or bones of the leg. Burning pain in the thigh.

Sleep

Difficulty in falling asleep. Restless sleep. Sleepiness in the evening. Sleepless after midnight. Waking early.

Chills

Chills alternating with fever, as if getting a cold.

Perspiration

Feeling better from increased perspiration that feels like a flush of heat. Odor after bathing.

Skin

Skin eruptions.

Natrium pyruvicum

Important Proving Symptoms and Themes Noted by the Investigators

Increases in energy and desire for movement and exercise. Pain worse on the left side. Bloating and flatulence.

Mind

Delusions that she is being watched. Vivid dreams of going on a journey. Mental dullness while writing or in the evening. Euphoria. Impatient and irritable. Sensitive.

Generalities

Increased energy and desires physical exercise. Food desires for chocolate, eggs, pizza, and salt. Aggravated by spicy foods. Puffiness of the body.

Vertigo

Vertigo, particularly during bathing.

Head

Fullness especially at the vertex. Dull head pain. Forehead pain particularly behind the left eye. Pressing pain between the eyes. Pulsations in the head.

Eye

Agglutination of the eyelids and lashes. Creamy white discharge from the canthi of the eyes. Itching of the right eye. Stitching pain in the right eyelid. Prickling pain.

Vision

Yellow spots in the visual fields.

Ear

Dull pain alternating with sharp pain. Piercing pain in the left ear. Sore pain that extends from the throat.

Nose

Nasal congestion. Coryza with discharge. Clear discharge. Sneezing. Tingling inside the nose. Twitching of the nose.

Face

Eruptions of large pimples on the chin, or itching eruptions on the cheek bone, or below the nose. Fullness. Biting pain. Dull jaw pain. Swelling under or around the eyes or in the left jaw glands. Tingling in the forehead.

Mouth

Painful ulcerations on the tongue. Dryness in the mouth.

Teeth

Sensitive in general. Sensitive to pressure. Sensitive to warmth and cold.

Throat

Painful cervical glands on either side, extending to the ear, that are sensitive to the slightest touch. Sensation of a lump when swallowing, especially on the left side. Sore pain that extends to the right ear.

Stomach

Feels as if filled with air. Appetite is increased on waking and is insatiable or decreased. Distension. Eructations. Full sensation. Gurgling and rumbling. Nausea with salivation. Pain after eating.

Abdomen

Abdominal distension after eating. Sharp pain in the umbilicus.

Rectum

Constipation. Flatus worse at night. Loud sounds associated with flatulence. Flatus may be offensive or odorless. Urging that is frequent, ineffectual, also at night.

Stool

Frequent, loose stool.

Bladder

Frequent need to urinate.

Genitalia, Female

Clear leukorrhoea. Diminished sexual desire.

Chest

Sense of oppression in the chest. Aching pain in the left breast. Burning, stitching pain in the middle of the chest, worse with deep inspiration.

Back

Compressing pain in the cervical region. Pain in the lumbar region at 3 a.m. when in bed. Stiffness in the cervical or shoulder blade regions.

Extremities

Cracking or heaviness of the knee joint. Eruption on the hips. Swelling of the knee, leg, or ankle. Knee weakness in the evening. Feeling of dislocation in the knee or hip.

Sleep

Sleepiness, particularly in the afternoon.

Perspiration

Perspiring, particularly in the evening. Offensive odor to perspiration.

Skin

Scaly, red eruptions on the skin. Skin sensitive to the touch.

Nicotinamide

Important Proving Symptoms and Themes Noted by the Investigators

Abdominal distension and cramping. Increased energy. Desires meat. Head pain. Dull head pain at the temples. Nightmares. Vivid and remembered dreams. Thick, nasal discharge. Offensive flatus. Rectal cramping. Increased or decreased appetite. Nausea. Throat pain. Blurred vision. Improvement of abdominal distension during menses. Improvement of jaw articulation tension.

Mind

Difficulty concentrating, particularly while reading and studying. Increased mental activity and mental restlessness. Dullness and forgetfulness, particularly about what he had just read. Vivid dreams about frogs, as well as nightmares. Desire for conversation and loquacity with a sense of insight. Dreams that are vivid and remembered. Dreams that are anxious and about animals. Nightmares, especially in the morning.

Generalities

Increased energy, particularly in the afternoon. Increased energy also alternating with fatigue and lassitude with a desire to lie down and take a nap. Food desires for meat, fried foods, potatoes, cheese, and cheesecake. Must have sauce on food. Fatigue, especially in the evening.

Vertigo

Nausea associated with vertigo, worse in the morning. Faint sensation with vertigo. Vertigo worse with motion.

Head

Headaches and pain. Dull head pain in the forehead and temples, especially the right temple. Headache, worse in the evening around 8 p.m., or with the onset of menses, or congestive. Pressing head pain on the left occiput. Full sensation in the head with heaviness. Itching of the scalp. Jerking of the head when falling asleep.

Eye

Scratching sensation on the eyelids. Tiredness of the eyes during headache.

Vision

Blurry vision.

Ear

Aching pain, worse in the right ear.

Nose

Discharge that is thick, yellowish or green in color. Discharge alternating with coryza. Sense of fullness, particularly in the area of the frontal sinus. Sneezing. Congestion with coryza.

Face

Contraction and tension of the jaw articulation improves. Aphthae on the lips.

Taste

Bad taste in the mouth, particularly after eating.

Throat

Pain. Throat pain worse in the morning or with clearing the throat. Raw throat pain worse on swallowing and clearing the throat. Itching of the uvula. Dry throat. Swelling of the throat with swelling of the tonsils.

Stomach

Appetite is excessive or decreased. Gnawing pain in the stomach, worse with hunger. Nausea, worse in the morning. Increased thirst.

47

Abdomen

Cramping abdominal pain causing waking at night, particularly at 2 a.m. Cramping abdominal pain associated with passing flatus. Pain in the lower abdomen and the umbilical area. Abdominal distension with flatus, with improvement during the menses.

Rectum

Increased flatus that is copious and offensive. Constipation with sensation of a lump in the rectum. Cramping pain. Increased urging for stool. Constipation and diarrhea.

Stool

Yellow mucus with the stools. Offensive stools. Stools that are hard, or loose, or frequent.

Bladder

Frequent need to urinate.

Genitalia, Male

Decreased sexual urge.

Genitalia, Female

Itching of the external genitalia. Clear leukorrhea. Cramping uterine pain, worse before onset of menses.

Larynx and Trachea

Tickling in the air passages with cough as from dust.

Speech and Voice

Painless hoarseness.

Respiration

Short, superficial respiration.

Cough

Dry cough.

Back

Back pain in the lumbar region. Stiffness in the cervical region, particularly on the right side.

Extremities

Sensation like electrical vibrations or current in the arms. Pain in the right forearms extending to the head. Left forearm pain as if crushed in a vise. Weakness of the arms. Trembling and weakness in the forearm, and extending to the hand. Itching of the skin of the legs.

Sleep

Overpowering sleepiness, worse in the afternoon around 5 p.m.

Perspiration

Increased perspiration in general.

Skin

Skin eruption associated with an itching rash.

Nicotinamide adenine dinucleotide (NAD)

Important Proving Symptoms and Themes Noted by the Investigators

Sharp or stabbing pains are associated with this remedy, in the ear, abdomen, and under the rib cage. Difficult concentration. Memory weakness. Head pain. Tingling of the head. Stabbing ear pain. Tingling in the lower jaw and chin. Painful sore throat. Nausea. Abdominal pain. Sharp pain in the ribs.

Mind

Difficulty with concentration. Delusions that everything is strange or has changed or seems unreal. Dreams that are bizarre, anxious, or amorous. Fear that something bad will happen on vacation. Feeling indifferent. Irritability. Memory weakness, especially for dates and places. Senses acute and especially sensitive to noise. A sensation of tranquility and peacefulness.

Generalities

Desires for chocolate and alcohol. Generally feels worse in hot, humid weather.

Vertigo

Dizziness.

Head

Heat in the head. Sensation that the brain is loose in the head. Tingling of the head. Head pain that extends to the jaws or that is better while walking. Occiput pain. Temple pain, especially left-sided.

Ear

Left ear pain that is sharp or occurs with a headache.

Nose

Coryza (clear and not irritating) occurring throughout the day but worse in the evening.

Face

Numbness in the cheeks, jaws, or lips. Tingling in the chin or lower jaw.

Mouth

Small non-painful bumps all over the tongue, but worse on the left side.

Teeth

Numbness.

Throat

Pain, sore throat worse on the right side. Throat pain worse from swallowing.

Stomach

Appetite is either decreased or increased. Nausea or lack of expected nausea while on a boat in the ocean.

Abdomen

Flatulence that is painful trapped gas. Abdominal pain that is stitching or from trapped gas.

Rectum

Constipation. Increased flatus.

Stools

Like hard balls. Hard or soft stool.

Genitalia, Female

Increased sexual desire. Vaginal itching.

Bladder

Decreased frequency of urination.

Chest

Bubbling sensation in the chest under the sternum at bedtime. Chest pain. Pain worse on inspiration. Pain in the ribs during premenstrual syndrome or under the left pectoral muscle. Sore pain.

Back

Back stiffness.

Extremities

Cramps in the left thigh and groin. Swelling of the feet.

Sleep

Deep sleep in the afternoon. Restless sleep. Sudden sleepiness.

Fever

Afternoon fever alternating with chills.

Okoubaka aubrevillei

Important Proving Symptoms and Themes Noted by the Investigators

There seemed to be a predisposition for cramping in the gastrointestinal system and the musculoskeletal system in general. Abdominal cramping was associated with flatus. The lower extremities responded with knee pain, cramping of the calves, and an amelioration of aching foot pain.

Mind

Irritability improves or increases. Discouraged, and feeling of being incompetent. Calmness in stressful emotional situation. Fears of aging and poverty. Brooding thoughts that keep her awake. Desire to chew and bite his own inner cheek.

Generalities

Faintness after rising from a crouching position. Chilliness before bedtime.

Head

Congestion in head. Pressure at vertex. Pressure over the left temple, as if in a vise.

Eye

Swelling beneath the eye. Watery and itching eyes, as if allergy season. Sharp pain through the eye. Eye discharge.

Nose

Epistaxis from right nostril. Nasal discharge that is clear, like with allergy. Sneezing. Aching and burning sinuses.

Face

Boils in mouth with a rotten-meat odor coming from throat. Fever blister on lower lip. Itchy skin.

Mouth

Aphthae on tongue and lower lip that are painful. Boils on the gums. An odor like rotten meat originating from the throat.

Throat

Scratching sore throat on swallowing.

Stomach

Nausea after eating or on waking. Sour stomach and burning during the night. Weakness with vomiting.

Abdomen

Pain in general. Cramping pain. Cramping pain better bending over and worse lying or stretching. Intermittent pounding pain on lower left side.

Rectum

Offensive flatus in evening. Stabbing pains during bowel movements. Diarrhea.

Stool

Loose and frequent stools as with a virus.

Genitalia, Female

Increased sexual desire after menses. Delayed menses. Short menses.

Cough

Bronchial itch with cough.

Chest

Sensation as if lungs were over-expanded.

Extremities

Aching ankle pain or improvement of aching foot arches. Foot pain. Right knee displacement during sleep, causing the tendons to draw up the leg. Aching of calf extending from ankle to knee, better on stretching.

Sleep

Sleep disrupted by waking for extended times.

Oleander

Important Proving Symptoms and Themes Noted by the Investigators

The most commonly experienced symptom in this proving was an overall increase in energy. This was unusual. This proving was also characterized by a large number of skin complaints. Many of these skin symptoms were of a dry and itchy nature, with flaking, scaly, and patchy eruptions also present. There was a tendency for the skin symptoms to be visible and red. These skin symptoms occurred on the head, the back, and the extremities. There were also a variety of musculoskeletal complaints, primarily stiffness and pain, similar to what one would expect in arthritis. There were also a variety of GI complaints, primarily nausea and increased thirst. Headaches were also common. These results appear to be consistent with, and build on, the previously available clinical information, dating back to Hahnemann, for the homeopathic symptom picture of Oleander.

Mind

Vivid dreams. Alteration in concentration, increase in irritability. Slowness of mind.

Generalities

An overall increase in energy. A smaller group noticed increased fatigue. Overall sense of achiness and stiffness with the sensation as if one had the »flu«.

Head Pain

Headache, above and around the eyes, compressing at the temples, and hammering.

Eye

Itching. Red. Mucous discharge. Swelling with a sty.

Nose

Congestion with sneezing and coryza.

Mouth

Dry, with dry, chapped lips especially. Numbness in the teeth. Bitter taste in the mouth.

Throat

Sensation of inflammation. Scratchy throat.

Stomach

Nausea. Increased thirst. Flatulence. Alterations in appetite, both increased and decreased.

Abdomen

Cramping in the lower abdomen.

Rectum

Diarrhea. Constipation.

Stool

Constipated.

Genitalia, Female

Cramping. Early appearance of menses. Clotting with the menses. Increased libido.

Chest

Eruptions on the chest. Cramping and pain in the chest.

Back

Eruptions on the back. Pain in many locations throughout the back. Pain worse with twisting or rotational movement of the spine.

Extremities/ Extremity Pain

Stiffness. Cramping pain. Stiffness and pain worse from touch. Sensation of coldness in the extremities. Skin dry and flaky on the extremities.

Skin

Many skin eruptions. Dry, itchy, acne, eczema, patchy. Eruptions on different parts of the body from the head to the extremities. Red patch eruptions as if they were urticarial in nature.

Sleep

Dreams that were vivid and powerful. Alterations in sleep patterns.

Temperature

Sensation of chills alternating with sensations of heat.

Oleum Pini

The Important Proving Symptoms and Themes Noted by the Investigators

One of the most important symptoms noted in this proving involved its effect on the gastrointestinal system, with nausea and abdominal pain being the most prominent symptoms experienced.

Mind

Restless thoughts rushing through the mind, especially at night. Awakened from sleep while still dreaming. Mind irritable before the onset of her menses (cured symptom).

Generalities

Chilly, and not able to warm up easily. Energy is increased. Desires sweets before her menses (cured). Lying down ameliorates, with nausea and abdominal pain.

Head

Pain, lancinating in the forehead on awakening.

Nose

Postnasal discharge from allergies (cured symptom).

Mouth

Vesicles on the tongue.

Throat

Throat pain, scratchy. Constricting sensation.

Stomach

Nausea, with a faint feeling; in the morning; with vomiting; with abdominal pain. Pain, radiating upward; gnawing sensation; clawing sensation; squeezing sensation. Appetite ravenous.

Abdomen

Distension. Eruptions, like a red, blotchy rash on the abdomen.

Pain

Cramping associated with diarrhea and flatus. Passing of flatus ameliorates cramping pain. Pain described as a soreness, worse on pressure. Pain followed by vomiting. Pain with burning in the epigastrium.

Rectum

Diarrhea, at night and in the morning. Diarrhea associated with abdominal pain. Flatus that is copious. Painful flatus with straining. Urging for stool without a movement.

Stool

Frequent.

Bladder

Urination frequent.

Urethra

Pain with burning at the beginning of and during urination.

Genitalia, Female

Leukorrhea with a thin, watery quality. Menstrual bleeding bright red. Copious amount of blood. Protracted length of cycle.

Urine

Greenish.

Larynx and Trachea

Cough from tickling sensation in the throat.

Respiration

Asthmatic wheeze after exertion.

Back

Eruptions with a raised rash. Pain, with an aching in the lumbar region and before a bowel movement. Stiffness of the lumbar region. Weakness of the lumbar region.

Extremities

Eruptions on the leg with an elevated rash. Generalized weakness. Aching, of the legs during a fever; of the shoulder and biceps on wakening.

Sleep

Waking frequently at night.

Fever

Flu-like symptoms, generalized feverish feeling.

Skin

Clammy. Raised eruptions like a rash.

Oxalis acetosella

Important Proving Symptoms and Themes Noted by the Investigators

The dream state seemed to be strongly affected by this remedy. Dreams were remembered and were of a sexual nature. The mental state was also affected, with much anxiety and depression. The upper respiratory tract also experienced sore throats and postnasal discharge. Many dreams especially of an amorous nature. Dreams remembered. Anxiety and sadness. Increased energy. Desires salt. Aversion to sweets. Dull headaches. Postnasal discharge. Painful sore throat. Increased or decreased appetite. Flatus.

Mind

Abusive and rude at work. Anger or rage in the morning after waking from strange dreams. Great anxiety or improvement of normal anxiety. Anxiety in the morning, or causeless, or about the family. Awkward. Aversion to company and indisposed to talking. Confusion on waking or as to one's identity, as if she is another. Thoughts of death. Delusion as if melting away in water, or as if outside the body, or of wonderful visions of people and an outpouring of love. Many dreams, particularly amorous or sexual dreams. Dreams of animals. Unusual recollection of dreams. Dreams unremembered, violent, vivid, or of water. Dreams about insects, business, cruelty, death of the mother or a friend, earthquakes, of theft. Lucid dreaming. Fears: of being alone, at night, or of impending disease, or of being poisoned. Forgetful of business matters in the morning on waking. Hurried. Feeling indifferent. Irritability, especially in the evening. Malicious jesting. Desire to play the piano. Rapid actions. Relaxed feeling. Critical of self. Restlessness on waking. Sadness and depression, worse in the morning on waking, or without an identifiable cause. Sensitive to reprimands. Sighing. Startling awake. Errors of perception as from a strange dissociation. Persistent thoughts on waking or as if thoughts were running. Torpor. Sense of calmness during great stress of losing her job. Desire to write poetry.

Generalities

Increase in energy in the afternoon or evening, or decreased energy in the afternoon. Desire to eat frozen yogurt, fruit, salty foods, and smoked meat. Aversion to sweets, chocolate, or tobacco. Sensation of heat; flushes of heat with the sensation of internal heat. Lassitude. Rapid pulse. Physical relaxation of the muscles. Fatigue during full moon.

Vertigo

Dizziness better from drinking. Dizziness, worse on waking and worse during heat.

Head

Heat flushes particularly in the forehead on the right forehead. Sensation of stiffness especially at the vertex after a morning headache. Sensation as if the brain is swollen. Burning head pain. Bursting head pain on waking in the morning as if head would explode. Dull head pain in the temples, left side, or occiput. Head pain after anger or worse from motion, or from pressing at stool, or worse as if from wet weather. Head pain better from drinking coffee, or does not appear as usual with the menses. Sharp head pain in the occiput. Head pain above the eyes or at the occiput and extending to the eyes. Pain in the occiput, especially the left occiput, or on waking in the morning. Head pain on the sides, especially the right side. Head pain at the temples on

the right side or temples and occiput, or on waking in the morning. Pressing pain, worse from motion of the head. Shooting head pain at the right temples.

Ear

Plugged sensation in the right ear, as if full of water.

Nose

Postnasal discharge and coryza. Dryness inside the nostril, especially left-sided. Obstruction worse at night. Sudden epistaxis. Sneezing with coryza.

Smell

Increased sense of smell. Smells that something is burning when it is not.

Face

Eruptions of pimples under the nose. Flushes of heat with profuse perspiration. Pressing pain on the cheek bones, as from the sinuses. Tingling and numbness in the right cheek extending to the chin.

Mouth

Bleeding gums which are sore and painful to the touch.

Throat

Constricted sensation on the external neck with a sharp pain in the temple. Soreness of the external throat worse from touch. Red discoloration of the skin of the neck in a stripe. Sensation of constriction or choking. Mucus in the throat. Sore throat worse on waking. Throat clearing when coughing.

Stomach

Anxiety in the stomach. Appetite is increased, or increased particularly in the morning. Acid burping. Heartburn that extends to the throat. Nausea. Rumbling. Increased thirst, unable to drink enough fluids.

Abdomen

Distension or improvement of distension. Flatulence in the morning on waking or painful flatulence. Full sensation after eating. pain that is cramping, sore, or stitching. Cramping pain before diarrhea. Sore pain in the lower intestines, worse on pressure or motion. Stitching pain in the morning.

Rectum

Constipation. Flatus during the stool, or improvement (decrease) in amount of flatus. Itchy anus.

Stool

Stools like balls. Stools are dark, or large, or covered with slimy mucus. Frequent stools. Particularly offensive odor to the stool. Soft stools. Watery stool.

Bladder

Burning, pressing bladder pain during or after urination.

Genitalia, Female

Increased sensitivity with excitement. White leukorrhea. Scanty menstrual flow is more brown than red. Swelling in the vagina.

Cough

Coughing from postnasal drip, with a sense of mucus in the throat that needs to be cleared.

Chest

Itchy, red rash in the axilla. Heart fluttering with tachycardia. Sore pain in the morning, particularly in the area of the ribs as if bruised, and breast tenderness. Swelling of the breast not associated with menses.

Back

Pimples in the dorsal region. Aching pain in the dorsal, lumbar, sacral regions or in the coccyx. Pain, spasms and stiffness along the entire spine, worse with motion. Cervical region has spasms or improvement of stiffness and contracted sensation. Stiffness in the lumbar region improves.

Extremities

Awkwardness of the hands and dropping things. Pimple on the center of left palm. Rash between the nates. Heat in the feet or legs. Sweating on the palms. Pulsation of the feet. Stiffness of the inferior right knee after sleep, as if sprained. Swelling of the feet or left second toe. Tingling on the left ankle. Trembling of the hand with anxiety. Aching of the sole of the foot. Sore pain of the left knee, or of the toes when touched. Sensation as if the knee is sprained.

Sleep

Sleeping on the side. Restless sleep. Sleepiness in the afternoon. Sleeplessness, particularly after waking. Waking that is difficult in the morning, or at 5 a.m., or from active thinking.

Perspiration

Increased perspiration. Perspiration during anxiety attack.

Skin

Skin feels hot on the legs and feet.

Pancreas suis

Important Proving Symptoms and Themes Noted by the Investigators

Prominent features of this remedy are coryza, scratching throat pain, and forehead headaches. Mental confusion and difficulty in concentrating. Vivid dreams. Light-headed feeling. Forehead headaches worse on waking in the morning. Coryza and scratchy throat pain. Diminished appetite. Constipation with straining. Soft stools. Aching pain in the lower limbs. Waking from sleep to urinate. Anxious dreams. Unremembered dreams. Fears. Irritability or improvement of premenstrual irritability. Aphthae in the mouth. Nasal congestion. Constipation with straining. Diarrhea. Difficult respiration. Difficulty in falling asleep. Sleepiness. Difficult waking in the morning. Frequent waking. Waking with the desire to urinate. Diminished appetite or decreased premenstrual appetite. Empty burping. Nausea. Hard stools. Soft stools. Dry throat. Throat pain, especially scratching pain.

Mind

Anger on waking. Anxiety especially anticipatory or on waking. Heightened awareness and senses. Awkwardness and incoordination. Difficult concentration, especially while driving or with rapid thoughts. Confusion during chilliness. Contrary. Dreams: animals, anxious even after waking, death of a child, flying, killing, long and involved, climbing mountains, rape, strange, water, and unremembered. Fear of being injured or attacked, or of narrow places. Forgetful and disconnected and cannot remember dreams. Irritability from trifles, or on waking, or improvement of premenstrual irritability. Screaming during sleep. Slow working of the mind.

Generalities

Decreased energy especially in the morning. Improvement of afternoon lethargy at 3 p.m. Food desires for alcohol, eggs, fruit, lemonade and sour tastes or sweet and sour tastes, and raw food and salads. Aggravation from eating eggplant with throbbing pain in the hands and feet. Chilliness. Excessive physical irritability. Lassitude especially in the morning. Physical relaxation in the body with a sense of euphoria that dissipated when the mind was occupied.

Vertigo

Light-headedness and faintness or feeling of an emptiness in the skull. Balancing sensation like a balance disorder or a spiral unwinding.

Head

Sensation of a balance disorder like a spiral unwinding. Rushes of blood to the head with pulsations. Head congestion. Constriction like a band or hoop on waking with a headache. Empty feeling with a heightened sense of mental perception. Heavy feeling in the head. Tight and contracting head pain in the forehead across the brows, or temples. Drawing pain on the sides. Dull pain in the forehead over the eyes. Dull pain at the vertex or improvement of that. Head pain on waking, in the afternoon, or the evening. Hammering pain in the head. Forehead pain above the eyes or behind the eyes. Pain on the left side of the head. Pain at the vertex of the head and also improvement of that pain. Pressing pain in the forehead over the right eye on waking, or at the vertex. Throbbing pain in the forehead above the eye or vertex.

Eye

Dryness of the eyes. Eruptions above the eyebrows. Burning eye pain with burning ear pain. Pain in the eyeballs. Stitching pain in the left eye. Twitching of the left eyelid.

Vision

Acute. Objects seem brighter, with heightened senses or physical relaxation like euphoria. Dim, distorted, or loss of vision.

Ear

Thick, yellow ear wax that creates a clogged or full sensation, and boring with the finger to relieve the sensation. Hot sensation inside the ear with congestion. Itching in the left ear. Ear noises. Aching, sharp pain in the right ear. Burning pain in the inner ear.

Nose

Postnasal catarrh. Nasal congestion. Coryza on the right side or on waking. Crusts in the nose that bleed when detached and quickly re-adhere. Perspiration on the nose. Sneezing.

Mouth

Aphthae. Dryness. Thick, sticky mucus. Bad breath.

Teeth

Aching tooth pain when drinking cold liquids.

Taste

Metallic taste in the mouth with indigestion.

Face

Tightness of the facial muscles and tingling in the cheeks. Dry, scaly eruptions inside the right eye brow. Heat in the cheeks during dizziness. Left-sided jaw pain. Throbbing from jaw tightness.

Throat

Choking sensation as if someone were pressing the throat from behind and forward. Dry throat without thirst. Sensation of a lump in the throat. Pain that is worse on swallowing. Raw pain. Scratching throat pain. Sore pain. Feeling as if something is turning in the throat.

Stomach

Diminished appetite or improvement of that before menses or in the morning. Increased appetite. Empty burping or loud, painful burping. Heavy sensation in the stomach. Nausea and indigestion with malaise or metallic taste in the mouth. Feeling that a knot or stone is in the stomach. Thirst during the daytime.

Abdomen

Abdominal fullness with constipation. Heaviness in the abdomen. Pain. Cramping pain with diarrhea or before or after stool. Gripping pain. Dull, aching pain before menses is not present. Rumbling from hunger.

Rectum

Constipation with straining or improvement of that. Diarrhea. Hot flatus at night. Itching around the anus.

Stool

Stools like small balls. Hard stools. Thin, mushy, frequent, or orange stool. Watery or soft stools.

Urine

Green with a strong odor.

Genitalia, Female

Mucus leukorrhoea as if ovulating. Sensation as if the menses were going to start. Menstrual changes: copious, too frequent, stopping and starting of the flow, scanty and too short. Sore pain in the vulva and labia, worse from the pressure of clothing. Decreased sexual desire in females. Improvement of premenstrual symptoms of fatigue, ankle edema, increased appetite, and less emotional reaction to slights.

Respiration

Difficult respiration that causes waking with cold pain in the chest. Wheezing during the daytime.

Chest

Cold sensation in the chest on waking with shortness of breath. Tightness especially in the muscles of the upper part of the chest or in the lungs. Pain that is stitching or twinging around the heart or like needles under the sternum.

Back

Aching or stitching pain in the cervical region.

Extremities

Awkwardness in the extremities. Tightness in the shoulder. Perspiration in the bends of the joints as if from drinking wine or a hot drink. Restlessness and nervousness of the feet and legs with foot tapping. Improvement of premenstrual ankle swelling. Tingling on the back of the hand or on the palm with stitching pain in the bones of the back of the hand or the toes. Trembling of the hand when feeling jittery. Aching pain, especially in the ankle when walking, or the leg and lower limbs. Aching in the shoulder or thigh. Sore pain in the leg from the knees down to the foot and especially the soles of the feet. Throbbing pain in the hands and feet after eating eggplant.

Sleep

Deep sleep or too long. Difficulty in falling asleep. Sleepiness in the afternoon at 4 p.m. Sleeplessness after waking. Waking from cough, sudden waking, or as from fright. Difficult waking in the morning, or frequent waking. Waking with a strong desire to urinate that was not there before.

Skin

Skin eruptions above the inner right eyebrow.

Placenta suis

Important Proving Symptoms and Themes Noted by the Investigators

The upper respiratory tract was affected with increased postnasal discharge and sore throat. The GI tract also had prominent symptoms of lack of thirst, decreased appetite, flatulence and soft, watery stools.

Anxiety and irritability. Nightmares. Loss of energy. Headaches worse in the forehead. Postnasal dripping down the back of the throat. Sore throat. Thirstlessness. Decreased appetite. Heartburn associated with nausea. Flatulence. Abdominal pain. Constipation alternating with diarrhea. Soft and watery stools. Deep sleep.

Mind

Restless activity and keeping busy. Anger in the afternoon or evening or from talking with others. Anxiety in bed on waking from scary dreams, or about the future. Anxiety about finances improves. Daily cares. Aversion to or desire for company. Mental confusion during dizziness. Calm and contented and quiet. Delusions that she is sinking or that everything is wrong and she can do nothing right. Dreams of accidents, anxious, dead people, failures and falling, of seeing friends, spiritual and magic and prophetic, and vivid. Nightmares. Dreams of being chased. Excitable and changeable moods. Irritability from conversing or during the headache, or improvement of irritability. Laughing on waking that is uncontrollable, or until crying. Mistakes in speaking, writing, or in time. Reflecting. Restlessness with anxiety that compels action, especially on waking. Sadness and weeping.

Generalities

Energy is increased or decreased. Food desires for carbonated drinks, fish, ham and potatoes, rich seafood, and wine. Aversion to coffee. Chilly. Better with motion. External numbness and internal pulsations or trembling on waking. Rapid, strong pulse. Tiredness and weakness and sluggishness.

Vertigo

Vertigo, worse on closing eyes and lying down. Light-headed.

Head

Dull head pain in the forehead, temples, or sides. Head pain on waking. Sharp head pain on the left sides. Forehead pain that extends back or to the temples or is behind the eyes. Pain in the occiput, sides, temples, and vertex. Pressing pain on the brain, right sides, or temples. Squeezed sensation on the forehead as if in a vise.

Eye

Stinging eye pain. Daylight photophobia. Swelling of the eyelids.

Ear

Ringling noises in the ear. Aching ear pain especially right-sided or associated with a sore throat. Pressing ear pain behind the ears as from sinus pressure. Throbbing pain. Stopped-up sensation, especially left-sided, as if from wax.

Nose

Discharge that drips down the back of the throat (postnasal drip). Nasal congestion. Clear discharges especially from the posterior nares. Discharges that are thick and yellow. Sneezing.

Face

Clenched teeth. Red spots on the face near the left eyebrow.

Mouth

Vesicles on the lips and apthae in the mouth on the tongue. Dryness of the tongue, mouth, and throat. Tingling of the lower lips.

Taste

Tastelessness of food.

Throat

Choking sensation. Dryness especially on inspiration. Heat in the esophagus. Pain that is sore or raw, or stinging in the esophagus. Pain on swallowing.

Stomach

Anxiety in the stomach. Appetite increased or decreased. Feeling of emptiness. Eructations after vomiting. Heartburn in the afternoon or night. Indigestion. Nausea from the smell of food or after eating. Pain that is burning and extends up the esophagus. Waterbrash. Pain on waking. Sharp pain. Rumbling. Thirst. Thirstlessness.

Abdomen

Sensation as if diarrhea were coming on. Distension as if the abdomen is packed or from lack of elimination. Flatulence that is painful or as if gas is stuck. Fullness. Gurgling or rumbling. Cramping pain. Abdominal pain that improves especially during menses. Lancinating pain, or sore pain as if punched. Abdominal tension at the umbilicus from flatus.

Rectum

Burning pain during or after stool. Constipation. Diarrhea in the afternoon or after sleep. Flatus that is difficult, or stool instead of flatus when passing gas. Heat in the rectum after the stool. Ineffectual urging or sudden urge to stool.

Stool

Like balls. Dark, hard and dry. Hard and then soft stool. Offensive odor. Soft and watery. Sticky.

Bladder

Burning pain during urination or after urination as from a decreased water intake. Urging that causes waking from sleep.

Urine

Offensive, strong-smelling urine.

Genitalia, Female

Eruptions of herpes or painful cysts on the labia. Vaginal itching. Menses is too late, too short, or scanty. Increased sexual desire in women.

Speech and Voice

Hoarseness.

Cough

Short, dry cough. Cough from postnasal discharge.

Chest

Chest tightness under the right pectoral muscle. Itchy rash eruptions. Aching chest pain. Palpitations and increased heart rate.

Back

Itching on the back unrelieved by scratching. Back pain that improves during the menses. Back pain better while lying but worse from sitting or during the stool. Sharp pain in the lumbar region.

Extremities

Coldness of hands and feet. Sensation of an electrical current in the arms that extends from the sternum. Eruption on the feet. Itching in the bend of the knee. Improvement of plantar warts. Tension in the forearm when writing. Burning pain in the left calf and leg. Sore foot pain.

Sleep

Deep sleep. Difficulty in falling asleep after waking. Sleeping too long. Changing positions frequently. Restless sleep. Sleepiness in the afternoon. Sleeplessness after waking. Waking from dreams, late, after midnight, from pain, or with desire to urinate.

Perspiration

Offensive perspiration. Perspiration during sleep.

Skin

Itchy, white eruptions. Itching with eruptions or without eruptions. Itching unchanged by scratching. Painful warts.

Potentilla erecta

Important Proving Symptoms and Themes Noted by the Investigators

Nausea and constipation were strong components of this remedy. The constipation was either with straining or from ineffectual urge. Dryness of mouth and throat was also prominent. Irritability. Difficult concentration. Causeless weeping. Dryness in numerous bodily systems. Tired and fatigued. Forehead headaches. Ear noises associated with ear pain. Throat dryness. Nausea. Stomach rumbling. Constipation, ineffectual urging, and straining. Frequent stools that are long and narrow.

Mind

Anger or suppression of anger, or anger for no reason. Anxiety during the morning walk. Audacity. Cheerfulness during the menses. Aversion to company while acting cheerful. Difficulty in concentration. Many dreams. Delusions that there are mice running about. Dreams of guns or being killed, nightmares, colored, of planes, of being pursued, or that are vivid. Despair and sadness. Dullness. Fear of death or mice. Impatience. Irritability, worse during pain. Irritable from small things. Quarrelsome. Restlessness with anxiety. Weeping, without a cause.

Generalities

Dryness. Weariness that is almost painful. Fatigue and lassitude. Desires alcohol, cheese, meat, or yogurt. Aversion to vegetables. Fatigue before menses improves. Aching pain in the tendons, bones, or fibrous tissues.

Vertigo

Vertigo, worse on rising or standing or walking. Vertigo that comes and goes in waves. Vertigo better while lying. Vertigo with nausea. Light-headedness.

Head

Expanded sensation in the head. Heaviness of the head with difficult concentration. Tingling on the vertex. Head pain better after bathing or from heat. Head pain that is constant, on waking, or on exposure to the wind. Burning pain in the forehead. Forehead pain in the area of the eyes or above the eyes. Forehead pain about the eyes that extends to the sides or the temples, or that compels to close the eyes. Pain between the eyes or at the temples and extending to the neck. Pinching behind the eyes. Intense pressure extends from forehead to back of skull. Throbbing pain in the forehead or temples. Pain as if in a vise.

Eye

Discharges or thick mucus in the eye, worse in the morning. Eye dryness. Heaviness of the eyelids. Burning behind the eyes. Itching of the eyes or sensation of sand in the eye. Eye pain and dryness better from washing the eye with cold water.

Ear

Itching of the ear extending through the eustachian tube. Strange noises in the ears, associated with pain in the ears. Noises in the left ear, particularly buzzing or reverberation. Pain that extends to the eustachian tube or is worse on swallowing. Pinching pain behind the ear or pressing pain in the right ear. Sensation as of water in the ear.

Nose

Congestion and obstruction of the nose. Dryness inside. Discharges that are clear.

Face

Aphthae on the lips. Clenching of the jaws. Cracked lips from dryness. Heat in the face, particularly in the cheeks with redness. Wind aggravates the face muscles and causes headache. Pulsation and tingling and prickling in the face and skull.

Mouth

Painful aphthae. Dryness on the tip of the tongue and dryness of the mouth. Musty breath odor.

Taste

Metallic taste in the mouth. Musty taste. Sour taste in the morning.

Teeth

Toothache, particularly of the upper molars. Pulsating in the upper molars.

Throat

Swelling of the cervical glands. Dryness of the throat especially at night. Throat pain, worse on swallowing or in the cold air. Sore pain on the right side that extends to the ears.

Stomach

Acid stomach with burning pain or heartburn in the morning. Decreased appetite. Burping that is constant or worse in the evening and worse while fasting. Nausea, aggravated by hunger and ameliorated by eating. Nausea during headache, while lying, during vertigo, or in waves. Sensation of fullness in the stomach, especially during hunger. Gurgling especially in the morning. Cramping pain. Rumbling noises in the stomach. Thirst especially at night that causes waking every 2 hours.

Abdomen

Bloating and distension of the abdomen. Full sensation. Cramping as if intestines were blocked. Cutting pain in the umbilical region. Pain extending to the rectum. Sharp pain. Relaxed feeling. Electric shock-like pain in the pubic region.

Rectum

Constipation with straining as well as ineffectual urging. Insufficient or incomplete stool. Diarrhea especially in the morning. Flatus that is loud, or in the morning or evening. Rectal bleeding. Burning or stinging pain especially during stool. Ineffectual urging.

Stool

Frequent stools. Hard stools. Long, thin and narrow stools. Like balls, especially small balls. Scanty stools. Watery stools.

Urine

Fishy odor. Milky color.

Genitalia, Male

Erections during sleep and upon waking.

Genitalia, Female

Itching of the vulva. Thin, scanty menses. Leukorrhea that smells sour or occurs before menses. Altered menses: menses is bright red, dark, pale, thin, or frequent. Clotted menses improves. Menstrual period comes too frequently. Decreased sexual desire.

Chest

Feeling as if the heart would stop beating. Itching in the axilla. Crampy and sore pain in the breasts. Sore breasts with swelling worse before menses. Palpitations during a dream that cause waking.

Extremities

Perspiration that is cold, clammy perspiration of the hands. Perspiration on the buttocks. Fingers have sensitivity to either cold or warm. Swelling in the hollow of the left knee. Sensation of relaxation of the hip ligaments, as if falling apart. Tingling in the upper limbs. Aching pain in the thigh, upper arms, or joints. Pain in the bones or tendons. Pain that is ameliorated by motion. Pinching pain in the knee. Burning pain in the lower limbs and left shoulder.

Sleep

Deep sleep. Difficulty in falling asleep. Sleeping on the left side. Waking frequently, from bad dreams, with palpitations, from thirst, or with the desire to urinate.

Perspiration

Profuse perspiration with a musty odor. Afternoon perspiration.

Skin

Patchy eruptions with itching. Eczema.

Pyridoxinum hydrochloricum

Important Proving Symptoms and Themes Noted by the Investigators

Anxiety especially in the afternoon. Nasal congestion or improvement of that. Clear, copious nasal discharge. Maxillary sinus pain or improvement of that symptom. Loose, watery stool. Throat dryness. Flushes of heat or heat sensations on the back, chest, face, or body. Cramping pains in the abdomen, upper limbs, or uterus. Burning pains behind the sternum, on the wrist, or in the throat.

Mind

Absorbed due to difficult concentration. Restless activity. Anxiety with a hurried feeling or restlessness. Euphoric from excitability. Apathetic and relaxed. Difficult concentration as if inebriated. Dreams of disasters like a flood, family, friends from long ago, killing, being pursued by wild animals, witches, and making peace. Weeping while dreaming. Dull, slow mind, especially when reading. Forgetful of time and plans or altered perception of time. Weak memory of what he heard.

Generalities

Coldness in bed. Increased energy in afternoon at 4 p.m. Desires bland foods. Flushes of heat. Heaviness. Restlessness and increased physical irritability. Lassitude and sluggishness with increased fatigue and sleepiness. Sore pain all over body on waking. Tingling. Weakness with a sick feeling.

Vertigo

From motion.

Head

Numbness in forehead spreading down nose. Tight, constricted sensation like a cap on waking with a cold. Tingling sensation in the head. Pain in forehead in the morning. Throbbing pain in left temple or in occiput at the base of the brain. Improvement of his normal sinus pain symptoms.

Eye

Bruising in left eye with itching, dryness, and soreness in inner canthus. Pain on movement of eyes to the right. Tired and heavy sensation of eyelids with desire to rub eyes. Tearing of eyes with a cold.

Ear

Aching in left ear with a congested or plugged sensation in canal. Right ear pain on swallowing.

Nose

Nasal congestion with clear and copious discharge. Discharges that are clear, copious, from left side, or posterior nares. Coryza extending to throat or frontal sinuses or posterior nares. Itching inside. Numbness in forehead extending down nose. Pain in maxillary sinuses. Waking with sneezing.

Face

Face and forehead hot to the touch. Numbness of the cheek. Aching pain in the jaw as if from chewing.

Mouth

Itching on palate.

Teeth

Dull pain in upper right molars.

Throat

Dryness. Constricted sensation behind the Adam's apple and scratching sensation. Burning pain from postnasal drip better from warm drinks. Throat soreness on coughing.

Stomach

Ravenous appetite. Distension in the evening. Nausea with diarrhea. Gnawing, empty pain, made better by eating.

Abdomen

Cramping pain after eating or aggravated by hot drinks. Cramping pain in the hypogastrium followed by diarrhea. Pain on waking. Rumbling.

Rectum

Diarrhea with cramping after eating.

Stool

Loose or watery diarrhea. Copious. Yellow.

Genitalia, Female

Thick and white vaginal discharge. Cramping uterine pain before menses or during menses better with warmth. Increased sexual desire.

Cough

Waking up coughing in the morning. Coughing up mucus from the chest.

Expectoration

Thick, yellow mucus, and difficult to expel.

Chest

Sensation of heat behind the upper sternum. Pressing pain on the upper sternum that is like heartburn. Soreness or fullness of breasts during menses improves. Racing sensation about the heart.

Back

Flushes of heat extending to cervical region. Sensation of heat in kidney and lumbar regions.

Extremities

Hot and cold all day. Aching or cramps in upper arm. Burning pain on top of wrist.

Sleep

Not the usual sleepiness. Dozing during the night.

Perspiration

All over the body.

Riboflavinum

Important Proving Symptoms and Themes Noted by the Investigators

Drying effect on the nose, mouth, throat, and skin. Watery discharges from the nose or rectum. Improvement of normal subject symptoms: clearer vision, and lack of leg cramping following excess alcohol intake, which is a family trait, and menstrual cramping. Anxiety. Difficulty in concentration. Dreams that are amorous. Frightening dreams that cause waking. Mental dullness. Increased physical energy. Sensation of heat or flushes of heat. Dull headaches. Pain in the forehead above or behind the eyes or at the vertex. Draining and clearing of sinuses. Dryness of the lips. Nasal discharges or bloody discharges. Decreased appetite. Nausea. Sharp, lancinating abdominal pain. Diarrhea. Flatus. Watery or lienteric stools. Eruptions of pimples on the female genitalia. Back pains. Cramping, aching, or soreness in the extremities. Sleepiness. Dry skin.

Mind

Self-absorbed. Anxious. Audacity. Difficult concentration with light-headedness or especially while studying, and time passes too slowly. Dreams: amorous, of being cut by a knife, strange, or frightful that cause waking. Dullness improves and more clarity of mind. Homesick and feeling estranged from friends. Hurriedness and hastiness at work improves. Irritable with family and children and spansks child for the first time ever. Sensitive and quiet. Sensitive to reprimand and intolerant of contradiction. Weepy while reading.

Generalities

Energy is increased especially in the morning, or decreased. Weariness. Flushes of heat like a fever inside. Sensation of heat, or coldness. Influenza that has dry mucous membranes. Relaxation of muscles. Weakness when standing. Trembling with hunger. Desires coffee, milk, or yogurt, or aversion to milk or coffee. Desires sour drinks or yogurt. Desires cold or warm drinks. Aversion to bread, coffee, and milk. Fatigue.

Vertigo

Feels faint and dizzy.

Head

Flashes of heat in head and legs. Headache-like heaviness in temples. Sense of lightness. Head pain. Dull pain in occiput and vertex. Lancinating pain above the left eye. Pain in forehead behind eyes or above eyes. Pains in forehead, occiput, temples, and vertex. Piercing or pressing pain.

Eye

Aching pain aggravated by light, sunlight, or motion of the eyes. Staring.

Vision

Seems clearer.

Ear

Left eye pain extends to left ear and is sharp and aching. Cysts anterior to the ear.

Nose

Sinuses draining or clearing. Bloody discharge from one side. Discharges with great variety in consistency: thin, watery, copious or thick, clear, yellow, and excoriating. Dryness inside. Sneezing that is paroxysmal. Itching.

Face

Dryness of lips. Flushes of heat. Perspiration on upper lip. Itching in the cheeks.

Mouth

Aphthae on bottom lip. Parched and dry. Tongue coated gray.

Taste

Metallic in upper part of mouth.

Teeth

Jerking pain in upper right molars. Sensitive to cold with electric sensations, especially with inspiration. Pain in lower left molars.

Throat

Dryness. Lump sensation with anxiety. Thick mucus in throat. Pain that is burning or scratching. Clearing. Tenderness or swelling of glands. Rash on the front and sides of neck.

Stomach

Appetite increased or decreased in the morning on waking. Nausea especially after eating. Rumbling. Thirstlessness.

Abdomen

Sensitive to clothing touching the skin. Hard sensation like a lumpy colon in the inguinal region. Painful flatulence. Pain. Cramping pain with diarrhea. Sharp pain from flatulence causing waking, or during the day. Lancing pain in the left lower abdomen. Sore, stitching, or paroxysmal types of pain. Rumbling.

Rectum

Diarrhea with lenteric stool. Flatus. Urgency.

Stool

Lenteric stools. Watery stools. Stools that are compacted into pieces like balls. Frequent, soft, hot, acrid, and small.

Bladder

Aching or pressing pain before urination. Painful and sudden urging.

Genitalia, Male

Decreased sexual desire.

Genitalia, Female

Eruptions of pimples on labia that are painful or itching. Itching in pubic hair. Painful menstrual cramps like labor, or improvement of menstrual cramping. Long, protracted menses.

Speech and Voice

Hoarseness or huskiness or roughness.

Cough

Itching or scratching cough. Cough from the stomach.

Chest

Itching of nipples. Oppression and heaviness of the chest with anxiety. Pain in the axilla that is aching or sore. Palpitations with a racing heart and hard beat and while sitting. Swelling of axillary glands.

Back

Pains that are aching or lancinating. Spasms in cervical and dorsal region during headache. Stiffness in cervical region. Sharp, constant pain along the spine.

Extremities

Cramping in right calf, thighs, finger joints, wrist, or sole of foot. Sharp pain in ball of foot but like a cramp. Improvement of leg cramps after alcohol consumption, which is her family trait. Eruptions of rash on left wrist and forearm, or pimples on back of left leg. Flushes of heat requiring the foot to be uncovered. Swelling of feet and legs. Leg and calf weakness on rising, like from a muscle relaxant. Aching in elbow, finger joints, knee cap, wrist. Soreness in wrist or bones of the leg.

Sleep

Sleeping on back. Restless. Sleepiness especially in the morning or in afternoon at 1 p.m. Waking frequently or from dreams.

Perspiration

During anxiety and palpitations.

Skin

Dryness between fingers or on hands.

Sinusitisinum

Important Proving Symptoms and Themes Noted by the Investigators

Irritability. Difficult concentration. Spacey feeling. Right-sided symptoms. Fatigue and loss of energy. Sharp head pain. Nasal congestion, coryza, and catarrh. Sore throat pain. Decreased appetite.

Mind

Absent-minded and forgetful. Angry. Anxiety and agitation in the wind. Desire for company and to be taken care of. Difficulty concentrating, particularly while working with numbers. Spacey, confused, and makes mental mistakes. Mental confusion. Contented and tranquil, like with gentle sedation. Delusions of seeing ghosts on waking from a dream. Dreams: of being cut with a knife, dead bodies, urinating, and robbers. Nightmares. Elation and euphoria as from anesthesia. Fear of people. Irritability toward the family or when questioned or in the wind. Weak memory. Quarrelsome. Sensitive. Time passes too slowly. Mental tranquility with a heightened sense of alertness and well-being. Delusions of specters and ghosts.

Generalities

Decreased energy. Desire for chocolate. Heat: flushes of heat, sensations of heat, or feeling chilly. Trembling with nervousness. Weariness as from low blood sugar. Agitation in the wind. Right-sided symptoms.

Vertigo

Dizziness especially in the afternoon. Light-headed.

Head

Tingling sensation all over the head. Pain in the forehead, especially right forehead, or in the forehead and temples or behind the left eye. Pressing pain in small spots.

Eye

Discharge from the eyes of mucus and pus. Eyes were stuck together in the morning. Dryness of the eyes. Heaviness of the right eye. Inflammation, irritation and pain in the eyes that is aggravated after exposure to warm air. Tearing. Pain that is sharp or burning, and associated with a sinus headache. Eyes feel hot, are sensitive to warm air. Twitching of the lower lids, especially the left.

Vision

Sees objects in the field of vision (floaters and other larger objects).

Ear

Stopped-up sensation after exercising. Ringing in the ear.

Nose

Catarrh, especially left-sided. Congestion worse on the left side. Coryza that flows like a drop of water sliding down the nostril, or left-sided. Bloody discharge. Itching and tickling. Improvement of the internal sinuses. Obstruction. Sneezing. Tingling inside the right nostril.

Face

Small whitehead pimples on the chin. Right cheek has heat or numbness or hot tingling.

Mouth

Numbness. Sore, painful tongue when brushing the teeth. Sensation of swelling in the cheeks.

Teeth

Sharp pain in the teeth. Aching pain in the left upper teeth.

Throat

Constriction in the throat associated with lung and heart constriction. Dryness of the throat not ameliorated by liquids. Sensation as of a hard pea in the throat that won't go away. Mucus in the throat. Sore pain on the left side, and worse in the evening. Rough, scratchy throat associated with mucus.

Stomach

Increased appetite as if nothing appeals. Eructations smell like sulfur. Nausea worse at night. Pain after eating. Sharp pain. Pain extending to the throat pit that improves with eating. Pain on bending over double.

Abdomen

Sensation of internal coldness in the intestines. Abdominal distension during menses. Pain that is sore improves. Rumbling at night that prevents sleep or feels as if diarrhea were coming on.

Rectum

Constipation, or improvement of a 20-year history of constipation. Diarrhea after midnight, or preceded by burps of sulfur, or the sensation as if diarrhea were coming on. Frequent or sudden urging to stool with only flatus. Flatus before passing stool. Anal itching especially after a bowel movement.

Stools

Frequent stools. Hard stools.

Bladder

Stitching pain in the bladder and a sudden urge to urinate. Urging at night.

Urine

Offensive odor to the urine, like of a skunk.

Genitalia, Female

Increased sexual desire. Painful menses and bloating.

Respiration

Difficult inspiration, as if the chest is collapsed and unable to be expanded fully.

Cough

Dry cough associated with a sinus headache.

Expectoration

Phlegm in small pieces.

Chest

Sense of constriction or oppression in the chest, like it is collapsed. Eruptions on the breasts that are slow to heal. Sore pain under the sternum. Swelling of the axillary glands.

Back

Neck stiffness, worse on turning the head to the right.

Extremities

Cold upper and lower extremities that warm only when immersed in hot water. Cramps in the calf, or leg at night. Itching of the toes, better from a hot bath. Numbness of the fingers and hands that is painful. Tingling of the right little finger. Resurgence of warts on the fingers. Aching in the hand extends to the shoulder. Shooting pain in the arm and wrist. Sore pain in the hand and wrist, or improvement of that condition.

Sleep

Waking from fright of a dream, after midnight, or difficult waking like in a fog. Falling asleep difficult. Deep sleep.

Perspiration

Offensive odor improves. Night sweating.

Skin

Skin eruptions on the hips in dry patches improve. Resurgence of warts on the left fingers. Cracking skin on the fingers and dorsal hand.

Staphylococcus nosode

Important Proving Symptoms and Themes Noted by the Investigators

Weeping about hopelessness or about the future. Forgetful of train of thought or disorientation about where he is going, or active concentration. Cramping pain with and before diarrhea. Aching in the wrist or thigh. Desires peanut butter. Improvement of numerous seasonal allergy symptoms.

Mind

Weeping from hopelessness or about the future. Loss of sense of direction or forgetful of where she is going. Dreams of: insects, bizarre dream that she was a man, of dying. Amorous thoughts. Laughing much. Disoriented and forgetful of thoughts while writing, or misplacing things. Active concentration. Irritability or cheerfulness. Bitterness.

Generalities

Desires for peanut butter and sweets or spicy food. Hyper like a caffeine buzz.

Head

Dull pain in occiput. Pain behind the left eye. Constricting pain at the temples, especially the left. Pain at 4 p.m. Sharp head pain on the sides.

Eye

Itching. Right eyelid twitching. Eruptions on eyelids.

Ear

Ringing noises in the ear.

Nose

Discharges that are clear or from the posterior nares. Sneezing that is dry, or improves on waking in the morning. Improvement of numerous allergy complaints: coryza on waking in the morning, obstruction during sleep, and sneezing in the morning.

Face

Prickly sensation on left side of face accompanied by a warm sensation. Lips chapped. Fever blister on upper lip.

Mouth

Very dry even with increased water intake. Tongue feels sore.

Throat

Thick yellowish-green mucus in morning. Sore pain on right side worse on swallowing. Muscles stiff and tender. Glands on side of throat swollen.

Stomach

Extreme thirst even with increased water intake. Hungry sensation not relieved by eating. Nervous stomach that is queasy after eating.

Abdomen

Cramping pain before or with diarrhea. Sharp cramping pain from flatus on the right side. Eruptions of red, itching rash, or eruptions in the umbilical region.

Rectum

Diarrhea in the morning or after eating. Flatulence before and during stool. Strong urging with the diarrhea.

Stool

Long and dark stool, difficult to pass. Loose diarrhea that is watery. Frequent stool.

Bladder

Urgent desire to urinate that is ineffectual.

Genitalia, Female

Menses is both delayed and lasts longer than expected.

Respiration

Difficult due to sensation of contraction and tightness of chest.

Chest

Stiff and tight feeling in the chest making breathing difficult. Tingling in lungs. Red rash eruption above the clavicle and on neck.

Extremities

Tightness in left bicep. Trembling in hand. Aching pain. Dull ache in right wrist on extension of arm. Aching and soreness in thigh muscles, worse on motion. Swelling of the hands and feet.

Sleep

Improvement of difficulty in falling asleep until late in the evening.

Streptococcus nosode

Important Proving Symptoms and Themes Noted by the Investigators

Tingling, tickling, or itching of scalp, eyelid, ear canal, lips, and throat. Many dreams, especially sexual dreams. Light-headed. Forehead pains. Pressing pains. Leukorrhoea.

Mind

Anxiety about health, or anticipatory anxiety is better after eating. Difficult concentration. Dreams: strange, fearful dream of being shot, of being beheaded, of winning lottery, disturbing dream of old friends. Procrastinating. Homesickness. Impatient and hurried. Sexual dreams. Rage with ranting and raving and striking objects. Confusion in thinking. Changeable moods. Suspicious that others are talking about him. Time passes too slowly.

Generalities

Flushes of heat spread over body when moving around. Desires warm food, warm breads, soup, and peanut butter. Increase of energy. Racing heart rate on waking. Left-sided symptoms in ear, heel, shoulder, and elbow, and nasal discharge.

Vertigo

Light-headed when walking outdoors. Slight dizziness on rising.

Head

Feeling of lightness. Heaviness. Pain with sensation of a bowl on top of head. Itching scalp. Feeling of fullness. Pains in forehead or temples, especially left temple. Dull pain in the temples or over the right eye. Pain as from a blow. Pressing pains over eyes, in occiput, and over whole head. Aching pressure behind the eyes and above eyebrows. Throbbing temples or from eyebrows to occiput.

Eye

Itching on the eyelid in spots. Heaviness of lids. Yellow, thick discharge that is moist in inner canthi. Eyes feel strained with headache.

Ear

Sensation of swelling or itching in canal of left ear. Stopped-up sensation.

Nose

Dryness of mucous membranes. Pressure behind nose. Morning coryza discharge or sneezing is decreased. Right-sided epistaxis with bright red blood. Discharge improves that is left-sided or in the morning. Sinus pain that is tingling.

Face

Flush of heat after eating and when rising. Teeth clenching that causes jaw soreness. Tingling of lips.

Mouth

Dry sensation. Coated, sticky tongue. Aphthae under tongue. Sore palate pain.

Taste

Bad taste of water.

Teeth

Coated sensation on teeth. Upper rear molars have a dull pain, worse on inspiration of cold air.

Throat

Mucus in throat. Itching sensation worse on swallowing. Painful swelling of cervical glands worse on swallowing.

Stomach

Decreased appetite. Cramping before menses. Butterfly sensation in stomach. Heartburn before eating. Burning pain extends to the chest.

Abdomen

Abdominal pain. Sharp pain in right lower quadrant. Churning and gurgling noises. Cramping in umbilicus.

Rectum

Constipation that is painful or improves. Bleeding hemorrhoids. Painful defecation. Diarrhea, especially in the morning, is improved.

Stool

Straining and forced large stool. Ball-like stool. Blood streaks on stool.

Bladder

Burning pain during urination.

Urine

Strong and offensive odor.

Genitalia, Female

Leukorrhea. Brown or creamy or dark or bloody leukorrhea. Sudden onset of a yeast infection with external itching. Swelling of breasts or ovaries. Vaginal itching. Menses is early.

Larynx and Trachea

Tickle in throat or improvement of that symptom.

Respiration

Shortness of breath while eating.

Back

Large and painful eruptions of pimples. Contraction of neck muscles causes headache. Sharp pain in the dorsal region on motion. Soreness in the lumbar region of back when leaning backwards. Itching of the neck.

Extremities

Eruptions of pimples on thighs, or that are itchy on the forearms and arms. Scratching aggravates the itching. Coldness of toes. Tripping over things. Weakness of the forearms and hands. Sharp pain in left heel, worse when walking, or in a small spot on rotating the shoulder. Aching in right hand. Soreness of the left elbow, or sore pain below the patella worse with exercise improves. Left elbow pain, stiff and soreness worse with motion and with clicking noise.

Sleep

Waking startled from nightmare. Falling asleep is difficult.

Skin

Body itching everywhere except hands and soles. Wandering itching ameliorated by scratching.

Symphytum officinalis

Important Proving Symptoms and Themes Noted by the Investigators

Irritability with a sense of hurry. Anxious and vivid dreams with weeping. Intense headaches in the temples, forehead and extending to the neck. Nasal discharge, worse after eating and associated with flatulence and diarrhea. Improvement of dysmenorrhea and premenstrual breast tenderness. Delayed menses. Pain, aching, and soreness in the bones and joints of the body. Itching eruptions, especially on the digits of hands and feet.

Mind

Impatience and irritability before menses and even during sleep. Sense of hurry in occupation, work, and thought. Anxious dreams, fearful and sexual dreams. Remembered dreams and also lack of recall. Vivid dreams. Violent dreams. Weeping, particularly during dreams. Mental dullness.

Generalities

Desire for rich foods and sweets like ice cream, cake and chocolate. Low energy and weariness or an increase of energy.

Vertigo

Light-headed and dizzy.

Head

Intensely painful headaches, worse in the temples on the left side, also in the right forehead. Headaches that extend to the neck. Constricted sensation in the head as if the head were in a vise or there were a band or hoop around the head. Pulsations, particularly in the temples. Dull headaches in the temples, or left temple headache is cured. Pressing head pain in the forehead. Shooting head pain.

Vision

Nearsighted vision is clearer and improved.

Ears

Ringed noises in the ear. Tinnitus. Pulsations in the ears.

Nose

Increased discharge from the nose that is greenish. Increased congestion. Epistaxis.

Face

Bleeding and cracking of the lips. Painful, sore lips. Swelling of the face.

Mouth

Aphthae and thick saliva.

Teeth

Aching and pain in the teeth. The teeth feel as if they were »fuzzy«.

Throat

Sore throat or tonsils with an increase in mucus.

Stomach

Nausea, associated with stomach pain that is relieved by eating. Fluctuating appetite. Heartburn. Decreased appetite. Burping.

Abdomen

Distension and flatulence. Flatulence worse after eating, also associated with distension. Full sensation. Soreness in abdomen. Rumbling.

Rectum

Diarrhea, worse after eating. Flatus during the evening or with diarrhea.

Stool

Hard stools shaped like small balls. Soft stools.

Bladder

Increased urge to urinate.

Genitalia, Female

Leukorrhea and itching. Increased sexual desire. Improvement of dysmenorrhea. Menses delayed.

Respiration

Difficult respiration, worse on inspiration and when climbing or at work.

Cough

Dry, tickling, spasmodic cough.

Chest

Sense of constriction and pain in the chest that is better when one is being fanned. Improvement of breast pain originating in the muscles of the rib cage. Palpitations worse on climbing or from anxiety. Eruptions of red pimples.

Back

Aching back pain, worse in the lumbosacral area and worse with motion. Stiffness in the cervical and lumbosacral areas. Red pimples in the cervical region.

Extremities

Pain and aching in joints throughout the body. Stiffness worse in the lower extremities. Eruptions and itching on the forearms and fingers, and on ankles and feet. Tingling and pulsations in the legs and toes.

Sleep

Difficulty or improvement in falling asleep. Restless sleep. Difficulty waking from a nap during the afternoon. Sleeping on the right side or curling up. Waking frequently. Waking with desire to urinate.

Skin

Itching that is voluptuous and without eruptions. Eruptions of rashes or pimples. Bruised sensation on the skin.

Terebinthina laricina

Important Proving Symptoms and Themes Noted by the Investigators

Sharp pains in the temple, ears, intestines and rectum. Improvement of normal postnasal discharge. Mental dullness. Facial eruptions. Throat pain. Nausea. Thirst. Abdominal pain.

Mind

Dullness and difficulty concentrating. Disorientation and confusion when spoken to. Resentful and blaming of others. Irritable over trifles. Sadness but did not cry. Uncontrollable weeping with self-pity. Delusion of causing accident that killed someone. Cheerful and jesting. Anxiety about the future or with breathing difficulties. Irritable. Industrious.

Generalities

Fatigue and weariness during the day or evening. Desires to be warm.

Vertigo

Dizziness with nausea.

Head

Sensation of bubbles in the middle of brain. Congestion in head. Desires heat on head during sleep. Dull ache in forehead. Sharp pain in temple. Left-sided pain behind the eye.

Eye

Itchy and dry. Bloodshot. Strained feeling.

Ear

Sharp intermittent ear pain that comes and goes. Ringing noises on waking. Scratching ear pain extending from throat. Throbbing ear pain.

Nose

Coryza with sneezing. Postnasal discharge decreased. Thin discharge.

Face

Eruptions. Eruption of rash-like pimples under the eyes. Pimples small and large. Dry lips that are chapped and cracked even when thirsty.

Mouth

Numbness of lips during nausea. Tongue thickness. Ulceration on the palate.

Throat

Constricted sensation. Sore pain that extends to the ear. Scratching sensation.

Stomach

Decreased appetite. Queasiness followed by urge to defecate. Loud gurgling. Mild burning sensation. Thirst that is unquenchable or at night. Nausea especially in the morning or after

eating, or with eructations that ameliorate. Acid stomach. Bubbling sensation. Distension. Burping.

Abdomen

Bloating from gas. Bloating with pain. Cramping pain with diarrhea. Knife-like pain in intestines on right side. Flatulence pain on waking.

Rectum

Straining with soft stool. Urgent defecation. Stabbing pain during stool.

Stool

Hard. Sticky. Watery. Explosive.

Urethra

Tingling and burning sensation while urinating.

Genitalia, Female

Cramps in the uterus on exertion.

Respiration

Difficult respiration. Shortness of breath with slight exertion. Nausea with shortness of breath.

Expectoration

Yellow sputum. Copious, thick sputum in the morning.

Chest

Accelerated heart rate while sitting.

Back

Left-sided sciatica that is aching.

Extremities

Tingling on soles or the fingers. Heaviness and weakness of the upper limbs. Left-sided sciatica that is aching in the hip and leg. Burning pain on the right foot.

Sleep

Sleeping soundly, like with a sleeping pill. Grogginess and disorientation on waking. Waking late or with difficulty. Sleepiness during the daytime, on waking, or with heaviness.

Chill

In the morning. Chill followed by a flash of heat.

Perspiration

Offensive odor even to himself. Perspiration on waking.

Thiimini hydrochloricum

Important Proving Symptoms and Themes Noted by the Investigators

Anxiety mentally and physically, and especially felt in the chest when breathing and in the stomach. Itching or tickling experienced in the eyes, ears, and throat and larynx. Sleep cycle is affected, with restlessness, difficulty falling asleep, or waking. Improvement of the normal symptom of flushes of heat. Dreams of sickness and health. Delusions about body parts. Dreams of premonition. Depression. Food desires for bread, milk, and sweets. Itching of the ear. Nasal discharge. Paroxysmal sneezing. Molar pain. Scratchy throat pain. Difficulty in swallowing. Tickling in the throat from postnasal drip. Dry throat. Increased or decreased appetite. Heart-burn or burning stomach pain. Nausea. Distention. Sharp gas pains. Flatus in the evening. Frequent urging for stool. Hard or soft stool. Sleep that is restless, has frequent waking, or difficulty falling asleep.

Mind

Anxiety. Cursing from physical pain. Delusions of size of body or parts of body. Dreams. Dreams about health, disease and sick people, hemorrhage or injuries. Dreams that are amorous, of homeland, naked and embarrassed, snakes, premonitions of the following day's events, or being a prisoner. Hurriedness or more impatience improves. Changeable moods. Depression with nostalgia and homesickness. Sensitive to light. Arguments within his own mind about silly things.

Generalities

Physical anxiety or irritability. Increased energy. Improvement of flushes of heat. Food cravings for bread, milk, sweets, and carbonated drinks. Aggravated by bananas or the sight of food. Trembling with nausea and hunger.

Head

Constriction like a band in occiput or temples. Heaviness or pulsation at the vertex in the evening. Drawing or dull pains. Sudden onset of headache or constant head pain. Sharp pains in forehead behind the eyes. Sore to touch. Throbbing as if the top of head would come off. Head pain with nausea.

Eye

Dryness and soreness of inner right canthus. Itching. Lacrimation. Aching and soreness of eye muscles when looking to periphery.

Ear

Pimple in meatus discharges clear fluid. Itching in inner ear.

Nose

Sinus congestion extending to chest. Discharge that is white or from the posterior nares. Left-sided epistaxis in the morning. Paroxysmal sneezing that improves.

Face

Aphthae on right upper lip.

Mouth

Aphthae on inside bottom lip. Dryness with thirst.

Taste

Bitter taste on tongue.

Teeth

Painful teeth. Sensitive to cold drinks or air. Molars painful, especially the lower. Toothache at night. Pinching pain.

Throat

Discharge from posterior nares. Dryness especially in the evening. Irritation. Tight restriction like the food won't go down. Pain that is raw or scratching. Difficulty swallowing. Throat tickle from postnasal drip. Tender lymph node under left ear but without swelling.

Stomach

Anxiety felt in the pit of the stomach. Appetite diminished. Heartburn after eating. Hiccoughs throughout the day. Indigestion. Nausea at the thought of food and accompanied by headache or flatus. Nausea with trembling. Burning pain after eating. Thirst for large amounts of fluids, particularly water.

Abdomen

Constipation with ineffectual urge after eating bananas. Distention. Flatulence that is sharp and painful. Gurgling and rumbling especially in bed before sleep. Sharp pain at navel. Pain extends to chest.

Rectum

Constipation with no urge or ineffectual urge and during menses. Diarrhea. Flatus especially in the evening or with stool. Urging frequent and then ineffectual.

Stool

Hard or soft stool.

Larynx and Trachea

Tickling in larynx.

Respiration

Short of breath and anxious.

Chest

Anxiety with shortness of breath. Congestion extending down from the sinuses. Constriction after smoking. Lung twinges similar to pleurisy.

Back

Rash on both scapulae that is fine and tiny. Left side of neck is sore and achy on turning head. Muscle tension in head and neck.

Extremities

Sharp pain and swelling of right knee, worse when walking. Hot and tingling sensation in forearms. Return of a large painful wart on the big toe. Sore shoulder pain, as if sprained.

Sleep

Difficulty falling asleep and also improvement of insomnia. Restless sleep. Sleepiness in the morning. Waking too early, frequently, or from thirst or warmth.

Perspiration

Profuse.

Skin

Fine rash on back. Painful and soft warts on the toe.

Thioctic acid

Important Proving Symptoms and Themes Noted by the Investigators

Strong sensations of heat, increased menstrual flow with gushing blood, forgetfulness, and the sensation of being giddy. Forgetfulness. Giddy sensation as if on drugs. Mentally jittery. Sensation of heat. Buzzing sensation in the body. Mild headaches that seem chronic. Nasal congestion. Heavy menstrual flow with gushing, red blood. Restless sleep. Itching skin.

Mind

Anxiety, especially about the future. Difficult concentration during headache. Dreams of robbers, pursuing criminals, running away, and of dancing. Exhilaration. Forgetful as if spaced out. Irritability. Jittery feeling. Sadness.

Generalities

Increased energy. Heat, flushes of heat at night or increased sensation of heat at night. Frequent pulse. Tingling of muscles that decreases on lying. Weariness.

Vertigo

Woozy sensation as if from a drug.

Head

Tight constriction of the scalp. Vacant feeling in the head as if spaced out and with a sense of disconnection from the body. Head pain worse on waking. Head pain on the left side.

Nose

Nasal obstruction on the left side in the a.m.

Mouth

Aphthae worse from being in the sun.

Teeth

Sensitive to the cold.

Throat

Sore throat pain on the left side when swallowing. Tight sensation of the throat.

Stomach

Mild nausea.

Abdomen

Improvement of flatulence after eating. Full sensation. Cramping pain before menses.

Rectum

Constipation with straining at each stool.

Genitalia, Female

Copious menses. Bright red menstrual blood.

Respiration

Shortness of breath as if the breath can't be caught or one can't take in enough air.

Chest

Tenderness and swelling of the breasts not associated with menses.

Back

Stitching back pain, like needles.

Extremities

Intense itching on the back of the hand, worse from scratching, and that makes falling asleep difficult. Perspiration of the hands and feet.

Sleep

Deep, long sleep. Restless sleep from heat.

Perspiration

Increased perspiration on the hands and feet. Increased odor to perspiration.

Skin

Itching, worse at night.

Trichinoyl

Important Proving Symptoms and Themes Noted by the Investigators

Cramping abdominal pain. Sores on the inner lips of the mouth. Nasal discharge from the posterior nares. Sleepiness in the afternoon that is sudden and overpowering, or unrefreshing sleep. Nausea with abdominal pain. Sore throat pain worse on swallowing.

Mind

Before menses, sensitive to criticism and weepy. Weepy during menses. Dullness of the mind with headache. Depressed thoughts about disappointed expectations in life.

Generalities

Decreased energy. Weariness in morning, especially on waking. Weakness and faintness after squatting down but better lying down. Warmth and warmth of bed aggravate. Influenza.

Head

Itchy scalp. Dull, throbbing head pain behind the eyes. Pressing head pain worse from light and noise.

Eye

Photophobia.

Ear

Stuffed as with cotton.

Nose

Clear nasal discharge, especially from the posterior nares. Watery discharge. Maxillary sinus pain or pain in the posterior nares.

Mouth

Aphthae on bottom inner lip and upper lip.

Teeth

Tightness of teeth, as when wearing dental braces.

Throat

Mucus in throat causing one to clear throat. Sore throat pain making swallowing difficult. Scratchy sore throat as from a cold or influenza. Throat pain better on drinking warm or cold drinks. Swelling of cervical glands.

Stomach

Nausea during pain and with pain in the abdomen or the pit of stomach. Nausea with pain from flatulence.

Abdomen

Sharp or cramping pain on right side or lower abdomen better on bending over double.

Genitalia, Female

Protracted menses that is 3 days longer than normal.

Back

Pain that is aching or tight and constricting in the lumbar region.

Extremities

Aching muscles in groin, hips, and feet.

Sleep

Sleepiness in afternoon or after eating. Sudden, overpowering sleepiness in the afternoon. Afternoon sleep or naps were unrefreshing. Sleeping on either side rather than on the back.

Urtica urens

Important Proving Symptoms and Themes Noted by the Investigators

Mental dichotomy: calm, relaxed, tranquil, euphoric, witty or detached, separate, unsympathetic, irritable at work, and fearful, with dreams of panic about survival. Itching of the face, ears, nose, and body in general. Also itching associated with leukorrhoea. Dryness of skin, face and eyes. Many nausea symptoms. Tightness, soreness, or weakness in the extremities. Closing of the throat, sensation of lump in throat, difficult inspiration, and gasping for breath.

Mind

Anger. Clairvoyant experiences. Aversion to company and estrangement. Difficult concentration with wandering thoughts. Confusion. Dullness as if too tired to think or dulled senses. Detached from self or the situation and indifference. Dreams. Dreams of killing or murder, of being betrayed or estranged. Fear of poverty. Irritability when working. Quarrelsomeness. Relaxed and peaceful as from drinking. Euphoric. Laughing and witty. Weeping from disappointments, but ameliorated when walking outside. Feeling of terror and fear of survival. Yelling.

Generalities

Energy increased with less need to sleep. Aversion to alcohol, spicy tea, or sweets. Lassitude during the daytime. Weariness after menses improves. Aggravated by physical activity. Warm on waking. Aching bones and sensitivity to pressure and touch.

Head

Pain in the forehead or temples. Dull head pain over the eye or at the temple. Throbbing pain on the forehead, temples, or left side, and on waking. Pains that are better from eating, lying, or from pressure. Head pain during heat.

Eye

Dryness or lachrymation from tiredness or of the left eye, making it difficult to keep the lids open. Burning pain or scratching sensation. Heaviness of lids.

Ear

Itching in the ear better from boring. Noises in the ear like humming or ringing with cold symptoms. Piercing pain causing them to gasp with pain.

Nose

Congestion of the nostrils on both sides. Dry and itching inside. Discharges that are watery or blood-streaked. Sneezing with coryza.

Smell

Odors noticed more.

Face

Aphthae or cracks on the lips. Pimples on the chin that itch. Itching on the chin or cheeks. Red discoloration about the eyes. Swollen face.

Mouth

Dryness of lips. Swelling of gums on the left. Ulcers on the edges of the tongue. Vesicles on the lips or tip of tongue. Fasciculations of the tongue. Sore tenderness of the tongue.

Teeth

Aching pain in the molars. Piercing pain in teeth when walking.

Throat

Swollen and tender left cervical glands. Sensation of a plug on swallowing. Thick, sticky, green mucus. Scratching pain. Sore pain on swallowing. Swollen sensation making it difficult to drink.

Stomach

Decreased appetite. Acid reflux. Full sensation. Many symptoms of nausea. Nausea alleviated by drinking cold milk, eating, warm drinks, or air or walking in open air. Nausea in the abdomen, after eating, or on motion. Thirst that is increased. Heavy sensation during the nausea.

Abdomen

Distention that is uncomfortable. Sensation of fullness or heaviness. Cramping pain from rumbling flatus or in the navel region. Sore pain in the navel region. Pain in the umbilical region. Pain that is pressing, sore, or cramping.

Rectum

Diarrhea with urging. Urging before stool or preceding diarrhea.

Stool

Acrid or burning stool. Hard. Loose. Frequent. Yellow.

Bladder

Burning pain before urination improves. Frequent waking to urinate or urging at night.

Genitalia, Male

Dryness or itching of the scrotum.

Genitalia, Female

Itching white leukorrhea.

Respiration

Sensation as if breath lost and unable to inspire deeply. Difficult inspiration. Sighing.

Expectoration

Yellow mucus.

Cough

Productive cough with expectoration. Cough from breathing deeply or mucus in throat.

Chest

Tight sensation above the nipples. Desire for deep breathing, as if the chest is numb.

Back

Pain between the spine and the scapula as from a pulled muscle.

Extremities

Clumsiness. Dryness of skin on hands and legs. Itching especially on the forearm, hand, patella, or legs that may be ameliorated by scratching. Painful tingling sensation down the front of thighs. Weakness of the right hip or left upper arm. Aching of the left upper arm extending to the elbow. Sore or bruised knee, calf, or hip. Sprained sensation of the hip. Pain in the calf or hip. Painful spasm in the hamstring with trembling. Pain from standing or ascending.

Sleep

Sleepiness in the afternoon or daytime and must nap. Difficulty falling asleep at night. Waking at 2 or 4 a.m. or from shocks.

Fever

Sensation of internal heat.

Perspiration

On waking. Intermittent during the day.

Skin

Dryness. Pimples or skin eruptions that are itching. Itching stinging.

Veronica officinalis

Important Proving Symptoms and Themes Noted by the Investigators

Increased physical energy in association with a notable increase of mental clarity. As well, there is an increase in mental anxiety. Irritability is also strong. Sore throat and a persistent bronchial cough were noted. Delusions. Irritability. Numbness in the gums as from anesthesia. Sore throat pain. Urgency to evacuate bowels followed by loose stool. Persistent bronchial cough. Stiffness especially in the low back and hips. Intense, vivid dreams. Sweating worse at night. Intensely itchy, red skin eruptions.

Mind

Affectionate. Anxiety. Delusions of body vibrating or that he has been smoking marijuana. Sense of exaggeration of distances. Dreams of horses, smoking cigarettes, snakes. Vivid dreams. Mental dullness. Ecstatic. Fear. Homesickness. Indifferent. Irritability. Alternating moods. Sense of being overwhelmed. Desire to play. Clarity of thoughts.

Generalities

Increased appetite. Increased energy and feeling of moving quickly. Aggravation from a delay in eating. Desires sweets. Sensation of heat. Itching. Lassitude, fatigue and lethargy. Restless in the afternoon. Tingling. Right-sidedness.

Vertigo

Dizziness and light-headedness.

Head

Dull right-sided head pain. Forehead pain extending to the temples. Sore head pain.

Eye

Heaviness of the eyelids. Sore eye pain on the outer right eyelid aggravated by touch.

Ear

Ringing noises in the ear. Painful sensation as if the ear is plugged and then opens on blowing the nose. Ear pain that is right-sided and sharp and sudden.

Nose

Nasal congestion but with increased irritation of the nasal passages. Frontal sinuses are clear in conjunction with a cold, cough, and sore throat. Violent sneezing. A rush of tingling in the sinuses beginning in the throat.

Face

Eruptions of pimples on the lower lip. Sore pain. Pale face.

Mouth

Sensation of dryness in the mouth as if it were full of cotton. Numbness in the mouth, particularly in the gums, as if he had received anesthesia. Vesicular eruption («bump») in the mouth on the left side of the tongue.

Teeth

Stitching pain in the teeth.

Throat

Sensitivity like a pressure on the thyroid. Irritation. Pain that is sore or raw. Sensation of pin-pricks the length of the throat. Tingling sensation.

Stomach

Appetite increased or decreased. Nausea. Burning pain on beginning to eat that is better from eructations. Increased thirst.

Abdomen

Abdominal distension. Cramping pain better from rubbing. Sharp pain.

Rectum

Constipation. Diarrhea. Offensive odor like spoiled eggs. Urging that is sudden or occurs after eating.

Stool

Loose stool. Offensive odor.

Bladder

Urinary stream is forked.

Genitalia, Female

Brown, mucus-like discharge at the time of ovulation. Copious or scanty menses. Sexual desire increased and decreased in women.

Larynx and Trachea

Fleeing, prickling sensation in the trachea.

Respiration

Difficult respiration with or after exertion.

Cough

Cough from irritation in the bronchi, deep in the chest.

Chest

Chest tightness. Burning pain while dreaming of smoking cigarettes. Palpitations with a pounding sensation.

Back

Back pain. Pain in the cervical region aggravated by cold. Pain in the thoracic region, and the sacroiliac, like sciatica. Stiffness that is painful. Pain on standing.

Extremities

Perspiration in the palms. Hip pain that is left-sided while the normal right-sided pain is gone. Stitching pain in the inguinal area when walking.

Sleep

Sleeping on the right side. Refreshing sleep. Sleepiness. Sleeplessness.

Chill

Chill from uncovering and after awaking in sweat.

Perspiration

Perspiration worse at night. Perspiration was followed by chills and cold sweats after uncovering.

Skin

Dry skin. Itching skin eruptions in the groin, or upper or lower extremities. Red eruptions that are raised. Eruptions worse in damp or in the evening.

Zincum aceticum

Important Proving Symptoms and Themes Noted by the Investigators

Many symptoms were focused in the upper respiratory tract, including allergies. Nasal congestion was present with either a stuffed, dry sensation or watery discharge. Itching of the eyes. Great thirst with a desire for water. Other common symptoms were sensation of heaviness or tightness in the chest, nausea, and painful sore throat.

Mind

Anxiety upon waking in the morning; concentration active; fastidious; forgetful; peaceful; sad; irritable in the morning; dreams in color; disgusting dreams, able to remember dreams.

Generalities

Increase of energy; physical exertion ameliorates; afternoon fatigue; lying ameliorates; pressure aggravates.

Generalities, (including food and drink)

Desires water, bread, fish, pizza, sweets. Both desire for and aggravation from salt. Cold food ameliorates.

Vertigo

Vertigo in general, a feeling of dizziness.

Head

Congestion; heaviness.

Head Pain

Pressing head pain, behind and over the eyes; forehead pain and left-sided pain; throbbing pain, especially over the right eye; throbbing in temples and vertex; pain as if in a vise; dull pain.

Eye

Itching. Burning, dryness; red eyes; pain as from sand, scratching, yellowness.

Ear

Sensation of contraction; discharges from the left ear; sensation of fullness, left-sided pain; throbbing pain.

Nose

Congestion, coryza, clear watery discharge, sneezing, and catarrh. Morning congestion, congestion alternating sides. Copious. Postnasal discharge that is thick. Dryness with a stuffed sensation inside the nose. Itching. Numbness. Tingling. Pressing pain.

Smell

Diminished.

Face

Eruptions; dryness of the nose; flushing; itchy lips.

Mouth

Ulcer, on lip and inside cheek; cracked on the left side; swelling.

Throat

Soreness, on swallowing; scratching; dryness; sensation of a lump; throbbing, scratching on swallowing; scratching, sensation like from sand; narrow sensation; pain that burns.

External Throat

Swelling of cervical glands.

Expectoration

Like cream; greenish in morning; hawking up of mucus; thick mucus.

Stomach

Increased thirst; nausea, in the afternoon, after vomiting. Increased appetite.

Abdomen

Cramping pain, from flatulence; pressing pain; gurgling.

Rectum

Constipation, during headache; flatulence.

Stool

Hard; loose.

Genitalia, Female

Cramping pain; uterine cramping before the menses; vaginal burning and itching; diminished menses; irregular menses.

Speech and Voice

Hoarseness.

Respiration

Short inspirations.

Cough

Morning cough; painful.

Chest

Sensation of heaviness in the chest; tightness around chest, like heart is gripped; heart palpitations; soreness of breast; cramping of chest muscles.

Back

Pain in lumbar region; eruptions of painful pimples in dorsal region.

Extremities

Awkwardness; bruising of the fingers, swelling.

Extremity Pain

Dull pain in the extremities.

Fever

Generalized feverish feeling.

Skin

Eruptions of pimples.

Zinc gluconate

Important Proving Symptoms and Themes Noted by the Investigators

Improvement of flatulence, neck constriction, fatigue during menses, restlessness, morning stiffness, nasal congestion, and taste. Eruptions of small pimples on chest and anus. Aching and cramps in the muscles and joints of the extremities. Skin itching without eruption. Numerous cold-type symptoms: ear pain, cough, agglutinated eyes, bleeding or chapped or cracked lips, dryness of lips or mouth, lassitude, restlessness, stiffness, numerous head pains especially in the forehead, hoarseness. Aversion to company, irritability, difficult concentration and dull, slow mind. Nasal congestion, coryza, discharges or postnasal drip, and sneezing. Throat pain that is raw, sore, scratching, and worse on swallowing. Major constipation with ineffectual urge, straining, or insufficient stool. Hard, dry, or sticky stools. Appetite increased or decreased.

Mind

Anger from trifles. Anxiety or anxious dreams. Argumentative. Cheerful in the morning but depressed and sad by the end of the day, or sadness on waking. Aversion to company. Concentration is difficult. Contented. Cursing. Delusions that everything will fail. Dreams that are unpleasant, of sick parents, of being pursued, of being shot. Repeating dreams or dreams that wake the person. Vivid dreams. Mental dullness on waking or with difficulty in finding the right word. Mental slowness. Dwelling on past events that were unhappy. Hurried in thought and in activities. Irritability. Improved mood before menses. Restlessness. Screaming at home or at work. Rapid or wandering thoughts.

Generalities

Dry sensation. Increased energy especially in the afternoon and evening. Fainting. Desires sour drinks, spices, and water. Feeling heavy. Lassitude in the evening or improves during the menses. Restlessness. Sore body and muscles. Stiffness or improvement of stiffness.

Vertigo

Dizziness. Fainting. Vertigo as if in the eyes or with nausea. Better when lying. Light-headed.

Head

Pain. Dull pain in the forehead above the right eye. Head pain better from walking in cold air. Congestive head pain better from pressure. Head pain on waking during the night. Sharp pain at the temple. Forehead pain above the eyes on the right, or behind the right eye, or between the eyes. Head pain on the forehead, either left or right side of the forehead or the upper part. Occiput alone, or occiput and forehead pain that extends to the eyes. Left temple head pain that extends to the eye. Pressing head pain between the eyes. Throbbing head pain on the left side or that drives one from the bed at night. Head pain as if in a vise.

Eye

Agglutinated eyes at the inner canthi in the morning. Heaviness of the eyes during headache. Itching, burning, or tearing of the eyes. Pain that is pressing behind the eye, or throbbing, or like a splinter.

Ear

Right-sided ear pain on swallowing. Sensation of fullness or being stopped up.

Hearing

Muffled sound as from a cold.

Nose

Nasal congestion with right-sided obstruction. Coryza from catching a cold. Discharges from the posterior nares, clear, viscid, watery, or yellow. Dryness of the internal nose. sneezing.

Face

Dry, bleeding, chapped, and cracked lips, especially the lower lips. Flushes of heat. Itching of the facial skin.

Mouth

Dryness of mouth and mucous membranes with thirst.

Taste

Bad. Diminished. Acute. Metallic.

Teeth

Right-sided lower molars are sore.

Throat

Mucus in throat. Pain with difficulty swallowing. Sore pain especially in the morning. Pain that is raw or scratching.

Stomach

Increased appetite, especially in the morning, or that is constant. Decreased appetite or appetite without desire. Burping that ameliorates. Nausea. Thirst especially in the evening or night.

Abdomen

Flatulence and belching or improvement of flatulence. Pain that is cramping, throbbing, or stitching. Rumbling associated with intestinal discomfort. Cramping pain better bending over double. Stitching pain during menses.

Rectum

Constipation with ineffectual urging for stool. Difficult stool that is hard or sticky. Straining at stool or insufficient stool. Stinging pain at stool as if the rectum is constricted. Eruptions of pimples about the anus. Offensive flatus. Slight bleeding after the stool.

Stool

Hard or soft and watery. Dark. Dry. Like balls. Large. Sticky.

Urine

Urine has a strong odor or is cloudy.

Genitalia, Female

Brown leukorrhea. Menses that are long or of short duration. Scanty menses. Spotting between the menses at ovulation. Premenstrual cramping pain improves. Decreased sexual desire.

Speech and Voice

Hoarseness in the morning.

Respiration

Difficult inspiration while talking. Snoring.

Cough

Dry, tickling cough.

Chest

Eruptions of small pimples on upper chest. Perspiration in the axillae.

Back

Constriction in the neck and thoracic region improves. Aching pain in the cervical region and back.

Extremities

Cramps in the calf in the evening. Heaviness of the upper and lower limbs. Itching of the skin especially between the left fingers or on the left heel. Restlessness. Weakness of the knee. Aching thigh, thumb joints, or toe joints. Burning and shooting sciatic pain in the thigh.

Sleep

Deep sleep or improvement of sleep. Difficulty falling asleep. Sleeping on the back. Waking that is difficult, from dreams, or frequent.

Skin

Eruptions of small pimples on the chest or around the anus. Skin feels dry like parchment or hidebound. Sensation of heat. Itching without eruption. Dryness and prickling sensation.

References

- [1] Dantas F, Fisher P (1998) A systematic review of homeopathic pathogenetic trials (provings) published in the United Kingdom from 1945 to 1995. In: Ernst E, Hahn EG (eds) *Homeopathy – a critical appraisal*. Butterwith-Heinemann, United Kingdom
- [2] Dantas F, Rampes H (2000) Do homeopathic medicines provoke adverse effects? A systematic review. *Br Homeopathic J* 89 [Suppl]:S35–38
- [3] Hahnemann S (1958) *Organon der Heilkunst*, 6th edn. Karl F. Haug Verlag, Ulm
- [4] Jonas W, Kaptchuk T, Linde K (2003) A critical overview of homeopathy. *Ann Intern Med* 138:393–399
- [5] Linde K, Clausuis N, Ramierz G, Mechart D, Eitel F, Hedges L, Jonas W (1997) Are the clinical effects of homeopathy placebo effects? A meta-analysis of placebo-controlled trials. *Lancet* 350:834–843
- [6] Riley DS (1994) A proving of *Fumaria officinalis*. *Homeopathic Links* 7:18–20
- [7] Riley DS (1994) Nicotinamide adenine dinucleotide (NAD): a proving. *J Am Inst Homeopath* 87:74–78
- [8] Riley D (1994) Contemporary drug provings. *J Am Inst Homeopath* 87:161–165
- [9] Riley D (1994) Homeopathic proving report: *Myosotis arvensis*. *Biol Ther* 12:254–260
- [10] Riley D (1994) The art and science of new homeopathic drug provings. *Homeopath Today* 14:10–14
- [11] Riley D (1995) *Geranium robertianum*, provings. *N Engl J Homeopath* 4:45–55
- [12] Riley D (1995) Proving report: *Veronica officinalis*. *Br Homeopath J* 84:144–148
- [13] Riley D (1996) Proving methodology. *Br Homeopath J* 85:122–123
- [14] Riley D (1996) Homeopathic drug proving – principles and practice. *Homint R&D Newsletter* 1:3–14
- [15] Riley D (1996) Proving report: *Potentilla erecta*. *Biol Ther* 14:186–191
- [16] Riley D (1996) Homeopathic drug proving protocols. *Proceedings of the 51st LMHI Congress*. Capri, Italy, pp 273–275
- [17] Riley D, Seipt A, Zagon A (1996) Homeopathic drug provings: symptom selection criteria and protocol guidelines. *J Am Inst Homeopath* 89:206–210
- [18] Riley DS (1997) *Extracting symptoms from homeopathic drug provings. Conference »Improving the Success of Homeopathy«*, London, UK
- [19] Walach H, Sherr J, Schneider R, Shabi R, Bond a, Rieberer G (2004) Homeopathic proving symptoms: result of a local, non-local, or placebo process: a blinded, placebo-controlled pilot study. *Homeopathy* 93:179

Appendix

Substance proved	Year	Potency	Subjects (Total, F/M)	Recruitment	Inclusion/Exclusion Criteria in Protocol ^a
1. Acidum oroticum	1993	12C globuli	17 15F/2M	Ad/Flyer	Yes
2. Coenzyme A	1993	12C globuli	17 9F/8M	Ad/Flyer	Yes
3. Fumaria officinalis	1993	12C globuli	17 12F/5M	Ad/Flyer	Yes
4. Mucosa nasalis	1993	12C globuli	17 13F/4M	Ad/Flyer	Yes
5. Myositis arvensis	1993	12C globuli	17 9F/8M	Ad/Flyer	Yes
6. Natrium oxalaceticum	1993	12C globuli	17 13F/4M	Ad/Flyer	Yes
7. Nicotineamide adenine	1993	12C globuli	17 13F/4M	Ad/Flyer	Yes
8. Sinusitisinum	1993	12C globuli	17 12F/5M	Ad/Flyer	Yes
9. Thiocctic acid	1993	12C globuli	17 12F/5M	Ad/Flyer	Yes
10. Veronica officinalis	1993	12C globuli	17 12F/5M	Ad/Flyer	Yes
11. Acidum ketoglutaricum	1994	12C globuli	17 11F/6M	Ad/Flyer	Yes
12. Bryonia alba	1994	12C globuli	22 16F/6M	Ad/Flyer	Yes
13. Bryonia dioica	1994	12C globuli	22 17F/5M	Ad/Flyer	Yes
14. Cardiospermum halicacabum (1)	1994	12C globuli	22 18F/4M	Ad/Flyer	Yes
15. Cardiospermum halicacabum (2)	1994	12C globuli	22 14F/8M	Ad/Flyer	Yes
16. Cartilago suis	1994	12C globuli	17 15F/2M	Ad/Flyer	Yes
17. Embryo suis	1994	12C globuli	17 16F/1M	Ad/Flyer	Yes
18. Funiculus umbilicalis	1994	12C globuli	17 13F/4M	Ad/Flyer	Yes
19. Geranim robertianum	1994	12C globuli	17 14F/3M	Ad/Flyer	Yes

Placebo controlled ^b	Outcomes per protocol with IRB approval ^c	Trial Design ^d	Randomization Ratio V / P ^e	Drop-out	Adverse Events	Funder
Yes 2	Yes	Parallel group	17:2	1	Discussed, No SUSAR ^f	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	2	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	2	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	2	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	2	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	0	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	0	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	3	Discussed, No SUSAR	Heel

Substance proved	Year	Potency	Subjects (Total, F/M)	Recruitment	Inclusion/Exclusion Criteria in Protocol ^a
20. Oxalis acetosella	1994	12C globuli	17 11F/6M	Ad/Flyer	Yes
21. Pankreas suis	1994	12C globuli	17 15F/2M	Ad/Flyer	Yes
22. Placenta suis	1994	12C globuli	17 14F/3M	Ad/Flyer	Yes
23. Symphytum officinalis	1994	12C globuli	22 19F/3M	Ad/Flyer	Yes
24. Zincum gluconicum	1994	12C globuli	17 15F/2M	Ad/Flyer	Yes
25. Acidum fumaricum	1995	12C globuli	17 11F/6M	Ad/Flyer	Yes
26. Agnus castus	1995	12C globuli	22 22F	Ad/Flyer	Yes
27. Bacterium coli	1995	12C globuli	17 12F/5M	Ad/Flyer	Yes
28. Calendula officinalis	1995	12C globuli	22 20F/2M	Ad/Flyer	Yes
29. Galphimia glauca	1995	12C globuli	22 16F/6M	Ad/Flyer	Yes
30. Glandula suprarenalis	1995	12C globuli	17 13F/4M	Ad/Flyer	Yes
31. Hepar suis	1995	12C globuli	17 11F/6M	Ad/Flyer	Yes
32. L-cystein	1995	12C globuli	17 15F/2M	Ad/Flyer	Yes
33. Luffa operculata	1995	12C globuli	22 14F/8M	Ad/Flyer	Yes
34. Mahonia aquaefolium	1995	12C globuli	22 16F/6M	Ad/Flyer	Yes
35. Manganum phosphoricum	1995	12C globuli	17 14F/3M	Ad/Flyer	Yes
36. Medulla ossis suis	1995	12C globuli	17 12F/5M	Ad/Flyer	Yes
37. Natrum pyruvicum	1995	12C globuli	17 13F/4M	Ad/Flyer	Yes
38. Nicotineamide	1995	12C globuli	17 12F/5M	Ad/Flyer	Yes
39. Potentilla	1995	12C globuli	17 12F/5M	Ad/Flyer	Yes

Placebo controlled ^b	Outcomes per protocol with IRB approval ^c	Trial Design ^d	Randomization Ratio V / P ^e	Drop-out	Adverse Events	Funder
Yes 2	Yes	Parallel group	17:2	2	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 2	Yes	Parallel group	17:2	1	Discussed, No SUSAR	Quigley
Yes 2	Yes	Parallel group	17:2	2	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group ^e	10:1	0	Discussed, No SUSAR	DHU
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	1	Discussed, No SUSAR	DHU
Yes 2	Yes	Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	4	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	3	Discussed, No SUSAR	Heel
Yes 2	Yes	Parallel group	17:2	0	Discussed, No SUSAR	Heel

Substance proved	Year	Potency	Subjects (Total, F/M)	Recruitment	Inclusion/Exclusion Criteria in Protocol ^a
40. Pyridoxinhydrochloride	1995	12C globuli	17 10F/7M	Ad/Flyer	Yes
41. Riboflavinum	1995	12C globuli	17 12F/5M	Ad/Flyer	Yes
42. Staphylococcus nosode	1995	12C globuli	17 11F/6M	Ad/Flyer	Yes
43. Streptococcus nosode	1995	12C globuli	17 9F/8M	Ad/Flyer	Yes
44. Terebinthina laricina	1995	12C globuli	17 14F/3M	Ad/Flyer	Yes
45. Thiamini hydrochloricum	1995	12C globuli	17 8F/9M	Ad/Flyer	Yes
46. Acidum cis aconiticum	1996	12C globule	20 9F/11M	Ad/Flyer	Yes
47. Acidum citricum	1996	12C globuli	20 16F/4M	Ad/Flyer	Yes
48. Acidum succinicum	1996	12C globuli	20 14F/6M	Ad/Flyer	Yes
49. Adenosinmonophosphate (AMP)	1996	12C globuli	20 15F/5M	Ad/Flyer	Yes
50. Adenosintriphosphate (ATP)	1996	12C globuli	20 16F/4M	Ad/Flyer	Yes
51. Anthrachinon	1996	12C globuli	20 17F/3M	Ad/Flyer	Yes
52. Barium oxalsuccinicum	1996	12C globuli	20 10F/10M	Ad/Flyer	Yes
53. Caulophyllum thalactroides	1996	12C globuli	22 13F/9M	Ad/Flyer	Yes
54. Citrullus colocynthis	1996	12C globuli	22 22F	Ad/Flyer	Yes
55. Cuprum formicum	1996	12C globuli	22 12F/10M	Ad/Flyer	Yes
56. Hydrochinon	1996	12C globuli	20 15F/5M	Ad/Flyer	Yes
57. Naphthochinon	1996	12C globuli	20 15F/5M	Ad/Flyer	Yes
58. Okoubaka aubrevillei	1996	12C globuli	22 16F/6M	Ad/Flyer	Yes
59. Oleum pinii	1996	12C globuli	22 18F/4M	Ad/Flyer	Yes

Placebo controlled ^b	Outcomes per protocol with IRB approval ^c	Trial Design ^d	Randomization Ratio V / P ^e	Drop-out	Adverse Events	Funder
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	0	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	3	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	17:2	1	Discussed, No SUSAR	Heel
Yes 20	Yes	Cross over, P to V	1:1	2	Discussed, No SUSAR	Heel
Yes	Yes	Cross over, P to V	1:1	5	Discussed, No SUSAR	Heel
Yes	Yes	Cross over, P to V	1:1	3	Discussed, No SUSAR	Heel
Yes	Yes	Cross over, P to V	1:1	0	Discussed, No SUSAR	Heel
Yes	Yes	Cross over, P to V	1:1	5	Discussed, No SUSAR	Heel
Yes	Yes	Cross over, P to V	1:1	3	Discussed, No SUSAR	Heel
Yes	Yes	Cross over, P to V	1:1	4	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	3	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes 20	Yes	Cross over, P to V	9:1	0	Discussed, No SUSAR	Heel
Yes 20	Yes	Cross over, P to V	1:1	4	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	3	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	0	Discussed, No SUSAR	DHU

Substance proved	Year	Potency	Subjects (Total, F/M)	Recruitment	Inclusion/Exclusion Criteria in Protocol ^a
60. Trichinoyl	1996	12C globuli	20 14F/6	Ad/Flyer	Yes
61. Urtica urens	1996	12C globuli	22 17F/5M	Ad/Flyer	Yes
62. Ascophyllum nodosum	1997	12C globuli	22 17F/5M	Ad/Flyer	Yes
63. Fucus vesiculosus	1997	12C globuli	22 15F/7M	Ad/Flyer	Yes
64. Glyoxal	1997	12C globuli	20 14F/6M	Ad/Flyer	Yes
65. Insulin-like Growth Factor-1 (IGF-1)	1997	6C liquid	25 19F/6M	Ad/Flyer	Yes
66. Methylglyoxal	1997	12C globuli	20 11F/9M	Ad/Flyer	Yes
67. Arteria suis	1998	12C globuli	22 19F/3M	Ad/Flyer	Yes
68. Human Growth Hormone (HGH)	1998	6X (20) 6C (20)	50 39F/11M	Ad/Flyer	Yes
69. Kaliumtetraiodo-bismutate	1998	12C globuli	20 11F/9M	Ad/Flyer	Yes
70. Zincum aceticum	1998	12C globuli	60 45F/15M	Ad/Flyer	Yes
71. Oleander	1999	12C globuli	60 43F/17M	Ad/Flyer	Yes

^a See methodology chapter for description of inclusion/exclusion criteria

^b The number indicates the number of placebo subjects during the medication phase if the subjects were randomized to verum or placebo. In the cross-over design, all subjects received placebo and verum

^c All data was collected in a journal kept by the subject. Subjects noted the baseline rhythm of their lives before taking homeopathic medication and then the symptoms associated with the administration of the homeopathic medication for a pre-defined period of time. The symptoms experienced after the administration of the medication are compared with symptoms noted during the pre-proving observation period and evaluated according to pre-defined symptom selection criteria outlined in the protocol. All subjects were interviewed regularly regarding the symptoms they were experiencing. All homeopathic drug provings conducted had IRB approval before any subjects were enrolled. Symptom selection criteria were adopted in 1996 and prior provings were re-analyzed.

^d Homeopathic drug provings are pharmacological trials on healthy subjects that follow good clinical practice Guidelines for clinic trials, and are similar to but different from a Phase I trial. In a homeopathic drug proving non-toxic doses were used and therefore lack the toxicological risks that in Phase I trials are determined by conventional pharmacokinetics. Most of these clinical trials were single center, with variable imbalanced randomization ratios, double-blind, placebo-controlled, and conducted between 1993 and 2001. The groups were either parallel groups with or without a placebo run-in, or utilized a cross-over design

Placebo controlled ^b	Outcomes per protocol with IRB approval ^c	Trial Design ^d	Randomization Ratio V / P ^e	Drop-out	Adverse Events	Funder
Yes	Yes	Cross over, P to V	1:1	5	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	0	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	3	Discussed, No SUSAR	DHU
Yes 2	Yes	Placebo run-in w/ Parallel group	10:1	2	Discussed, No SUSAR	DHU
Yes	Yes	Cross over, P to V	1:1	3	Discussed, No SUSAR	Heel
Yes 2	Yes	Placebo run-in w/ Parallel group	23:2 ^h	1	Discussed, No SUSAR	BioMed Comm
Yes	Yes	Cross over P to V	1:1	3	Discussed, No SUSAR	Heel
Yes	Yes	Cross over P to V	1:1	3	Discussed, No SUSAR	Heel
Yes 10	Yes	Placebo run-in w/ Parallel group	4:1 ⁱ	4	Discussed, No SUSAR	BioMed Comm
Yes	Yes	Cross-over P to V	1:1	2	Discussed, No SUSAR	Heel
Yes 6	Yes	Cross over P to V	12:1	5	Discussed, No SUSAR	Warner Lambert
Yes 30	Yes	Placebo run-in w/ Parallel groups	1:1 ^j	4	Discussed, No SUSAR	Ozelle

^e Randomization – subjects were randomly assigned to verum or placebo following simple randomization procedures using computerized random numbers by the manufacturer or sponsor in a variable randomization ratio as noted in the table. The verum and placebo were identical in appearance and consecutively numbered for each subject according to the randomization schedule known only to the manufacturer or sponsor. Each subject was assigned a number and received the corresponding labeled and prepackaged bottle. The allocation sequence was concealed from all investigators and stored in individual, opaque envelopes. A draft of the final report with all of the symptom extraction completed was submitted to the sponsor before the allocation concealment was revealed. The final draft report had the symptoms experienced by the placebo provers either removed or clearly identified as placebo symptoms in the database. The Materia medica reports only contain symptoms selected while taking or after taking verum medication

^f SUSAR (Suspected Unexpected Serious Adverse Reaction)

^g Placebo run-in, when utilized was added between the pre-proving observation phase and the medication phase which remained randomized by the manufacturer/sponsor following simple randomization procedures using computerized random numbers using the randomization ratio as noted in the table

^h Randomization process not described by sponsor, allocation concealment was as described above in footnote ^d

ⁱ Randomization process not described by sponsor, allocation concealment was as described above in footnote ^d

^j Randomization process not described by sponsor, allocation concealment was as described above in footnote ^d