

David S. Riley *Ed.*

# Materia Medica of New and Old Homeopathic Medicines

*Third Edition*

 Springer

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David S. Riley  
(Editor)

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David S. Riley

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### ***Dedication to Peter Fisher***

I still find it hard to believe that Peter Fisher died in 2018, the same year that my wife unexpectedly passed away. My first encounters with Peter in his professional life were at medical conferences and workshops in Europe and the Middle East. At the time he seemed larger than life—physician to the Queen, the clinical director of a London hospital, consultant to the World Health Organization, editor-in-chief of a medical journal, and fellow of both the Royal College of Physicians and the Faculty of Homeopathy. We discovered we shared an interest in classical music, gardening, medical writing, research methodology, and of course homeopathy.

A keen supporter of both evidence AND homeopathy he was remarkable for his determination to support homeopathy in the face of persistent criticism from the medical establishment. Peter was committed to research and published many articles, e.g. on fibromyalgia in the *British Medical Journal*, rheumatoid arthritis in *Rheumatology*, and patient reported outcome surveys. He participated in three Cochrane reviews. I was fortunate enough to collaborate with him on a systematic review research effort led by Robert Mathie for the World Health Organization that was published in *Homeopathy* in 2013. Peter was editor-in-chief of the journal *Homeopathy* for over 25 years.

His interest in homeopathic drug provings dates back to the 1990s, and in 2007 he co-authored a systematic review evaluating the quality of homeopathic drug provings. Peter had a wide range of long-term interests in the philosophy of medicine and research methodology, including issues related to efficacy versus effectiveness, risk of bias, health research reporting guidelines, and the role of placebos in medicine. Peter and I spoke infrequently about the methodology associated with homeopath drug provings and the importance of honoring the best of both worlds. I take some small comfort in that some his research on homeopathic drug provings appears in this book.

We met over the years, speaking at conferences or working on projects ranging from the LIGA conference to WHO workshops to the UAE in the Middle East. Thank you for the work you did to open doors for colleagues who walked along some of the same paths.

## Foreword to the 3rd Edition

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If you venture into the masterful writings of Samuel Hahnemann, you will quickly discover the paramount and foundational importance of carefully designed and conducted homeopathic provings. Hahnemann declared that provings, alongside a careful examination of toxicology of a potential therapeutic substance, were the essential tools of drug discovery that must be undertaken before a physician would consider the use of such a drug in humans. In his *Organon of Medicine* (1810, §§105–§109), he stated that the pathogenetic state generated by a new drug substance must be tested and carefully observed in multiple subjects to understand when such a new medicine should be selected for treatment of disease in a patient. While Hahnemann defined the purpose and necessity of this empiric drug testing process, researchers have continued to modify the methodology, for better or worse, since those first experiments over two hundred years ago.

In the first two editions of this book, David Riley provided us with a travel diary of his personal journey of over 20 years rigorously exploring the methodology of homeopathic provings. If one looks beyond the proving data itself, you will find the gradual refinement of the methodology through his experiments with balanced designs, cross-over studies, parallel unbalanced studies, and varying run-in designs. Riley, like those who preceded him, raised the bar for how to design and implement the most effective approaches to understanding the effects of new medicines. In fact, his homeopathic predecessors were the pioneers of current drug discovery designs. As early as 1885, the American Institute of Homeopathy published guidelines on the conduct of provings that included blinding of subjects, use of placebos, randomization, objective outcome measures, and capturing the demographic data of subjects. Riley has built upon the empiric roots of those pioneers by exploring the applicability of various proving designs. This experiential knowledge was instrumental in the development of the Proving Guidelines for the Homoeopathic Pharmacopoeia Convention of the United States (HPCUS) in 2013 and was followed by similar harmonized guidelines being adopted by the European Committee for Homeopathy and the Liga Medicorum Homoeopathica Internationalis. These guidelines carefully adhere to current good clinical practices, while maintaining the critical and unique features of homeopathic provings.

Here, in the extended third edition, we are treated to the fruits of these labors. There are now a total of 85 provings, including a series of ten new provings, conducted between 2012 and 2017 in accordance with the *HPCUS Proving Guidelines* (HPCUS 2015) using standardized methodologies and data analysis (Cerebrum suis, Cyanocobalamin (Vitamin B12), Discus intervertebralis suis, Hypophysis suis, Hypothalamus suis, Mucosa suis, Tuba uterina suis, Ubichinonum (Coenzyme Q10), Uterus suis and Vena suis. Of note, these recent provings were conducted by

different principal investigators including Ashley Ross, Todd Rowe, and Izel Botha, demonstrating the reproducibility and reliability of this harmonized methodology for conducting homeopathic provings.

The 1995/6 provings of *Acidum malicum* and *Acidum ascorbicum*, conducted with Fisher as Proving Director (Fisher 2001), are now also published in the third edition. These provings were re-analyzed by Ross, using the source data contained in the prover's journals to update and extend their materia medica. For a brief overview of the method used in the re-analysis process, please see the *Foreword to the 2nd Edition*. In addition, Ross re-analyzed five of the original provings by Riley which appeared in the first two editions using the newer guidelines (*Cartilago suis*, *Funiculus umbilicalis suis*, *Hepar suis*, *Medulla ossis suis*, and *Pancreas suis*).

The magnitude of the work is on par with other collections by such homeopathic greats as Swan, Julian, McFarland, Hering, and even Hahnemann. For me as a homeopathic physician, these provings stand out in several ways. First, the methodology is transparent and consistent with modern standards for human subjects research. Second, the design is consistent with the tenets laid down by Hahnemann and, therefore, highly translatable to clinical practice. Third, the outcomes of the provings are laid out in a classic format, and the number of symptoms generated in these provings is in line with most historical provings that have been clinically verified through many thousands of cases.

Some modern efforts for conducting provings, as reported by other authors, have deployed nontraditional, experimental designs and methodologies that vary from analysis of data from subjects who only think about the medicine, to the inclusion of symptoms generated by subjects who took placebo, to the reporting of highly speculative opinions of the investigators rather than simply reporting the observed and reported findings of the subjects. While such innovation may be interesting to the field, the reliability has not been established because the designs significantly deviate from the past works that have been well-verified. Inclusion of such data derived from unvalidated methods into the corpus of homeopathic clinical tools can potentially pollute the databases used for treatment selection. In the work presented here, one finds both the procedures used in the conduct of the provings, and the rigor of the analyses to be consistent with the foundational tenets laid down over the past several centuries. Therefore, the prescriber can feel confident about using these findings to guide treatment selection. Hopefully, these homeopathic data sets will become progressively refined as these medicines find wider use and increasing clinical verification over time.

Finally, a very important aspect of this body of work is that many of the earlier provings and all of those added to the current edition have undergone extensive peer review. This collection is likely the first such independently peer-reviewed set of provings. These reviews by the HPCUS are conducted by two separate panels: one to review the substance itself primarily to ensure the ability to manufacture the drug product accurately and safely and another to review the proving and/or clinical data provided by the prin-

cial investigator. Each panel employs upward of 20 subject matter experts including pharmacists, manufacturers, toxicologists, and clinicians. Having personally participated in more than 15 such panel reviews, I attest to the rigor and diligence of the process. Consistent designs, transparent study conduct, comprehensive safety protocols, and minimal processing of subject data made the reviews of these provings straightforward and efficient.

I offer an example of one review so that the reader might comprehend the breadth and scope of the work. The review panel noted that *Mucosa suis* was manufactured by a significantly different method than other homeopathic medicines. As a result, the reliability of the proving data was deemed to be indeterminate. To help improve the reliability and translatability of the proving data for clinical use of the substance, the panel requested at least three clinical cases demonstrating positive outcomes due to *Mucosa suis* treatment. A review of the cases found a high degree of correlation between the clinical outcomes and proving data, thereby providing sufficient verification to find the proving to be reliable.

Through these many years of diligent work, Riley has established several modern criteria for homeopathic provings that both maintain the all-important roots of the process and set forth a standard for design, conduct, and analysis that can be followed by other investigators. Adding new drugs to our homeopathic inventories will continue to expand the capabilities for treatment, but only if such drugs are first evaluated using valid, reliable, and rigorous methods such as those used in these provings. As a clinician for many years, I am often frustrated using repertories or materia medica that contain unreliable and speculative information that makes finding the best treatment more difficult. I am confident that the reader will find the data on these new drugs provided by Riley and his colleagues to be especially useful and dependable when selecting the best medicines for their patients.

### **Dr. Todd Hoover MD, DHT**

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## Foreword to the 2nd Edition

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One of the unique characteristics of homeopathy as an evidence-based medical system is the conduct of provings on healthy volunteers. Provings are sometimes compared to conventional phase 1 clinical trials in which the safety and pharmacokinetics of new chemical entities are investigated. While the conduct of a clinical experiment on healthy volunteers as part of the early stage of drug development is a common factor, from that point onward, homeopathic drug provings are a ›drug development pillar‹ unique to homeopathy.

Homeopathic provings were introduced by Hahnemann and have been conducted for over 200 years. It is fair to say that David Riley has been one of the most prolific late twentieth-century modernizers of homeopathic provings, and this is duly reflected in the first edition of his book, which was published in 2012.

During the last 5 to 10 years, we have seen what could be described as a ›twenty-first-century revolution‹ in the domain of proving methodology and conduct. For instance, the **Homoeopathic Pharmacopoeia Convention of the United States (HPCUS)** published its first detailed and extensive proving guideline in 2012. In recent years, the HPCUS proving committee, the European Committee of Homeopathy (ECH) proving committee, and the *Liga Medicorum Homoeopathica Internationalis (LMHI)* proving committee held several joint meetings, resulting in giant steps forward toward a global harmonization of proving guidelines. Much more detailed guidance is now available for all aspects of the conduct of provings, ranging from personnel qualifications and training, description of the investigational proving substance, design, data collection and record keeping, safety assurance, data analysis as well as legal and ethical aspects.

This significantly revised second edition of Riley's book is therefore particularly useful, because apart from incorporating many improvements as well as some additional substances, it also reflects the most recent developments in the domain of drug provings. This is immediately evident in the first chapter of the second edition by the more contemporary use of language: for instance, explicit reference is made to the need for Institutional Review Board (IRB) approval of protocols, as well as the Guideline for Good Clinical Practice (GCP) issued by The International Council for Harmonisation of Technical Requirements for Pharmaceuticals for Human Use (ICH) (1996). Also, explicit reference is made to the regulatory context in that homeopathic provings may be viewed as a special type of phase 1 clinical trials. The important topic of clearly defining mild and transient proving symptoms as specific for provings, while acknowledging the need for adverse event reporting and handling compliant with modern clinical research standards, is mentioned from the onset. This effectively sets the tone for this second edition: while provings are specific and unique to homeopathy, at the same time, provings are exper-

iments on human subjects which need to be embedded within the regulatory and legal framework of modern, evidence-based medicine.

The layout of the book has been improved further, and some changes are made in the way how the remedy pictures are reported. Notably, ›dream‹ symptoms are now listed under a separate header instead of being included in the ›mind‹ sections, and the ›generalities‹ now appear at the end of each chapter.

With regard to the listing and indexing of the provings, all substance names have now been consistently latinized. These are followed by the commonly used synonyms. As a useful new feature, the synonyms are also listed in Appendix 2 ›Register of synonyms‹ at the end of the book, enabling easy identification of the appropriate Latin names.

In terms of content, seven substances have been added: two provings conducted in the 1990s (Acidum fumaricum and Manganum phosphoricum), as well as five more recent provings conducted between 2002 and 2011 (para-Benzochinonum, Pelargonium sidoides, Levothyroxinum, Magnesium gluconicum, Magnesium oroticum).

Apart from these new provings, the materia medica of 12 provings published in the first edition have been updated and extended (Acidum cis-aconiticum, Adenosinum triphosphoricum dinatrium (ATP), Anthrachinonum, Arteria suis, Baryta oxalsuccinicum, Embryo suis, Glandula suprarenalis suis, Hydrochinonum, Mucosa nasalis suis, Naphthochinonum, Placenta suis, Trichinoylum). The significant advances in proving conduct and methods made during the last 5–10 years include improvements in the methods for ›symptom extraction‹ based on the ›raw data‹ in the prover diaries. Re-assessing and reworking the original diary data have enabled the extraction of a ›sharper‹ symptom picture for these substances. So, while the overall ›remedy picture‹ of these substances has remained the same, the ›resolution‹ has increased significantly. This is an important advance because of the successful individualization of prescribing in homeopathy hinges on matching the symptom picture of the patient with the ›remedy picture‹ of the homeopathic substance.

While some homeopaths argue that there are enough substances already available in the homeopathic materia medica, I am firmly convinced that the success of homeopathy will be determined by its continuing innovation, which includes the introduction of new substances in the materia medica. New substances will hopefully prove to be clinically useful for both existing and new medical challenges we are facing in this day and age. Riley's book is therefore an example of how we can pave the way for homeopathy's continued and increased success in the future.

### **Dr. Robbert van Haselen**

Chairperson of the Clinical Documentation Committee and Member of the Pharmacopeia Review Committee (PRC) of the Homoeopathic Pharmacopoeia of the United States (HPUS)

Director of the International Institute for Integrated Medicine (INTMEDI)

Director of the World Integrated Medicine Forum

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- Has lectured as well as presented research papers in several countries
- Currently in part-time private practice
- Former Representative for Homoeopathy on the Allied Health Professions Council of South Africa (AHPCSA) for 10 years
- Representative for Homeopathy on the Professional Board for Homoeopathy, Naturopathy and Phytotherapy (under the AHPCSA)
- Secretary for Research at Liga Medicorum Homoeopathica Internationalis (LMHI)



#### **Dr. Todd Rowe MD, MD(H), CCH, DHT**

- Part of the core Homeopathic Faculty of the Phoenix Institute of Herbal Medicine and Acupuncture (PIHMA), Arizona, USA
- Homeopathic practitioner for over 35 years
- Homeopathic educator for 25 years
- Board Certified in Homeopathy and in Psychiatry
- Author of books which include *Homeopathic Methodology*, *The Homeopathic Journey* and *The Desert World: A Homeopathic Exploration*
- Proving Director of 26 homeopathic provings
- Chief Formulation Officer at Genexa and Deseret Biologicals
- Past President of the American Medical College of Homeopathy (AMCH), Phoenix Arizona, USA
- Past President at the National Center for Homeopathy, USA
- Recipient of the Henry N Williams Professional Service Award and Healing Heart Award from the Gladys Taylor McGarey Foundation
- Ongoing involvement in national homeopathic community research including patient, practice and education surveys



# Homeopathic Drug Proving

David S. Riley

Homeopathic drug provings (HDPs) are a clinical research tool unique to homeopathy. They are used to gather qualitative information on the use of homeopathic medication in healthy subjects. This in turn guides prescribing with patients. HDPs offer a scientific method for new drug discovery, form part of the evidence base for homeopathy, and are sometimes compared with Phase I trials in conventional medicine. During the last 30 years, there has been a steady evolution in the scientific methodology used to conduct HDPs. It has been formalized by a number of organizations, including the Homoeopathic Pharmacopoeia Convention of the United States (HPCUS), the European Committee for Homeopathy (ECH), and the Liga Medicorum Homoeopathica Internationalis (LMHI). These organizations, independently and in joint meetings with experts, have created formal guidelines for HDPs aligned with the scientific recommendation for good clinical practice (GCP) and health research reporting guidelines. Contemporary HDP guidelines cover a variety of protocol-driven research parameters, including clinical trial design, investigator qualifications and training, the handling of the investigational proving substance, data collection and analysis, safety assurances and adverse events, legal concerns and ethics.

Protocol approval by an Ethics Commission (EC) or Institutional Review Board (IRB) is encouraged using protocols aligned with the principles outlined in the *Guideline for Good Clinical Practice (E6)* issued by The International Council for Harmonisation of Technical Requirements for Pharmaceuticals for Human Use (ICH) (2016). The ICH “*is unique in bringing together the regulatory authorities and pharmaceutical industry to discuss scientific and technical aspects of drug registration.*” Further, ICH strives “*to respond to the increasingly global face of drug development*” and “*to ensure that safe, effective, and high quality medicines are developed and registered in the most resource-efficient manner.*” IRB-/EC-approved HDP protocols address the distinction between mild and transient proving symptoms that are specific to homeopathy and adverse event reporting in clinical trials.

Homeopathic drug provings provide information on the symptoms associated with the use of homeopathic medications in healthy people that guide their prescribing to patients. In turn, the use of homeopathic medications is further clarified through clinical research (Mathie et al. 2013) and clinical practice.

The HDP results presented in this *Materia Medica* were conducted with IRB-/EC-approved protocols, explicitly followed GCP guidelines, and predetermined homeopathic symptom selection criteria. Subjects participating in an HDP ex-

perience a range of mild, temporary symptoms that are a key component in establishing a symptom picture for that homeopathic medication. The quality and range of symptoms are often not known prior to the HDP. The symptoms experienced in an HDP are organized into a pattern to facilitate evaluation by regulatory authorities and use by clinicians.

In the *Organon of Medicine* (1983), Hahnemann emphasized that an HDP was essential in determining the effects of a substance on the human being to “*correctly ascertaining the characteristic action of medicines on human health [...] [through] administering individual medicines experimentally to healthy people in moderate doses in order to ascertaining what changes, symptoms, and effects each in particular brings about in the body and the psyche*” [§108]. The *Organon* provides additional scientific directions on the methodology of an HDP [§§105–145].

The Similarity (Similia) Principle in homeopathy hypothesizes that homeopathic substances capable of causing symptoms in healthy subjects, can be used as medicines to treat similar patterns of symptoms experienced by patients when they are ill—there are examples of this in conventional medicine as well such as allergy desensitization therapy. Recognizing the symptoms of an individual when they are sick and matching those symptoms with the symptom pattern from an HDP, forms part of the foundation of homeopathy.

Proving symptoms are defined as those changes of the mental, emotional, or physical state of the subject that are associated with the administration of the homeopathic medication and are patterns of reaction not noted for the subject during the pre-proving observational period. Proving symptoms are generally temporary symptoms, lasting for several hours or days. In an HDP, symptoms recorded by the subjects may become components of the homeopathic symptom picture for that homeopathic medicinal product and are selected according to symptom selection criteria outlined in the protocol.

The HDPs reported in this *Materia Medica* lasted on average six weeks per subject. The medications were prepared in either a 12C, a 24X, a 30X, or—in one case (Ubichinonum)—a 30C potency and administered three times daily until the subjects developed symptoms, up to a maximum of seven days. No homeopathic proving medications were taken after a subject began to experience symptoms. During the post-administration, or observation phase, the provers continued with their self-observations and journaling, with the support of their assigned supervisor, for a duration of approximately four weeks. After an additional six-week follow-up period, the prover and supervisor had a so-called exit meeting to discuss the prover’s proving experience. In a case where a prover was still experiencing ongoing symptoms, the supervisor continued to follow up the prover until he or she was back to their normal state of health. Scientific research methods were incorporated into the protocols to reduce bias and increase transparency. The medications used in these provings were either verum or placebo, given to subjects according to a computer-generated randomized code, unknown to the investigators until the blind was broken at the HDP’s conclusion. Placebo controls ensured that neither the subjects nor the investigator knew which subject was receiving verum or placebo while the HDP was ongoing. All subjects who participated in these

HDPs were recruited via advertisements, selected using inclusion and exclusion criteria, and signed an informed consent approved by an IRB or EC.

The central investigational tool of these HDPs was a journal kept by each subject throughout the proving, beginning with the pre-proving observation period through to the end of the study. The subjects described the baseline rhythm of their life during the pre-proving observation phase and then went on to record the symptoms associated with the administration of the homeopathic preparation. The subjects met regularly with their supervisor during the HDP to review their journals and their reported symptoms.

Other groups have developed scientific recommendations for HDPs recommendations, particularly in the areas of blinding and controls, adverse events, and risk of bias (Higgins et al. 2019; Sterne et al. 2019; Teut et al. 2010; HPCUS 2015). Homeopathic recommendations for HDPs incorporated most of these recommendations. We believe that the HDPs in this *Materia Medica* address some of the methodological concerns regarding historical HDPs and form the basis for a more accurate and transparent role for homeopathy in healthcare.

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# Acidum alpha-ketoglutaricum

**Acidum  $\alpha$ -ketoglutaricum, Acidum ketoglutaricum, alpha-Ketoglutaricum acidum,  $\alpha$ -Ketoglutaricum acidum, alpha-Ketoglutaric acid,  $\alpha$ -Ketoglutaric acid, 2-Oxoglutaric acid, 2-Oxopentanedioic acid**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Mental dullness, forgetfulness, and irritability are prominent symptoms. Anger. Concentration difficult. Tiredness and fatigue. 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.

**Mind** Absentmindedness. Anger. Complaints from anticipating what might happen next. Anxiety; or improvement of anxiety, especially about the future. Anxiety felt in the stomach. Awkwardness. Hurriedness in occupation or movements. Drops things. Critical of others. Aversion to company. Aggravated by conversation or the talking of others. Difficulty in concentration while studying. Mental confusion. Contentment. Improvement of despair and silent grieving. Mental dullness. Fears of death or disaster. Forgetfulness. Hopefulness. Impatience. Indifference to loved ones. Introspective and reflective. Great irritability, especially toward family members, from noise or talking, on waking, during perspiration, 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.

**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, 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

Proving Director: David S. Riley



relaxes. Dull head pain in the forehead, temples, or sides. Sharp pain in the forehead or temples. Pain in the forehead above the eyes. Occipital pain that extends to the neck, 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. Left-sided temple pain. Pressing pain in the forehead, temples, on the 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.

**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—with or without a fluid discharge. Discharge clear and copious, primarily from the posterior nares, excoriating, thick or thin. 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. Dry throat at night. Increased mucus in the throat from the posterior nares. Numbness. Roughness. Burning pain at night. Painful sore throat. Throat pain better or worse from swallowing.

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

**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. Lancing 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 difficult to release or occurring during the stool. Improvement of hemorrhoidal itching. Sudden urging to stool, especially in the afternoon.

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

**Bladder** Sudden urging.

**Urine** Cloudy, pale urine.

**Female** Delayed onset of menstruation. Leukorrhoea 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 axillae with increased irritability.

**Back** Aching back pain in the cervical spine or in the dorsal region. Muscular tension on the sides of the neck relaxes. Soreness of the back and dorsal region, 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; tingling of the right knee that extends to the 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** Deep sleep in the daytime. Difficult or restless sleep. Difficulty in falling asleep or falling back to sleep during the night. Falling asleep early. Sleeping on

the right side. Sleepiness throughout the day. Sleeplessness. Waking from dreams, early, frequently, or after midnight. Weeping while sleeping.

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**Dreams** Dreams that are vivid or unremembered, amorous, frightful, full of anger, of being pursued; or nightmares.

**Chill** Chilly during sleep.

**Perspiration** Perspiration during sleep.

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

**Generalities** Increased energy. Heaviness of the body. Weariness and lassitude, or improvement of fatigue in the afternoon. Sudden weakness or weakness from heat of the sun. General aggravation from physical exertion. Flushes of heat. Relaxation of body but with alertness. Desire for cold drinks, fruit, juicy things, coffee, oranges, and sour things.



# Acidum alpha-lipoicum

**Acidum  $\alpha$ -lipoicum, Acidum thiocticum, alpha-Lipoicum acidum,  $\alpha$ -Lipoicum acidum, Thiocticum acidum, alpha-Lipoic acid,  $\alpha$ -Lipoic acid, Thioctic acid**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Strong sensation of heat. Forgetfulness. Giddy sensation as if on drugs. 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. Exhilaration. Forgetful as if spaced out. Irritability. Jittery feeling. Sadness.

**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 that is worse on waking. Head pain on the left side. Mild headaches that seem chronic.

**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.

Proving Director: David S. Riley

**Female** Copious menses. Bright red menstrual blood.

**Respiration** Shortness of breath as if the breath cannot be caught or one cannot take in enough air.

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**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.

**Dreams** Dreams of robbers, pursuing criminals, running away. Dreams of dancing.

**Perspiration** Increased odor to perspiration.

**Skin** Itching, worse at night.

**Generalities** Increased energy. Heat, flushes of heat at night, or increased sensation of heat at night. Frequent pulse. Tingling of muscles, better on lying. Weariness.



# Acidum ascorbicum

**Ascorbicum acidum, 3-Oxo-L-gulofuranolactone, Ascorbic acid, L-Ascorbic acid, Vitamin C**

*Peter Fisher<sup>†</sup> and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Fogginess of mind with difficult concentration and forgetfulness. Periodic absences, with dizziness. Irritability with easily-taken offense and argumentative disposition. Dull frontal headaches, with photophobia and blurred vision. Extreme prostration of body and mind, worse in afternoon and when attempting to concentrate. Feeling of coming down with a cold, with postnasal catarrh, constriction of throat, and croaking voice; worse from talking too much, better for warm drinks. Generally better in fresh air.

**Mind** Mental clarity, optimism and contentment. Feeling of euphoria with smiling and laughing. Improved concentration and memory. “Spaciness”, with difficult concentration; worse in the morning. Easily distracted and unable to focus. Fogginess of mind with forgetfulness and difficulty in following conversation. Periodic absences. Indecisive and fatigued. Irritability and sensitivity to the slightest contradiction. Taking offence easily and disposed to argue. Aversion to company, worse from consolation.

**Vertigo** Giddiness with nausea in the morning on waking, better for moving around slowly and having a light breakfast. Dizzy spells with a feeling of not “being there”—lasts a few seconds.

**Head** Mild, diffuse and intermittent headache. Dull headache like a band. Headache, frontal and behind eyes, with nausea, dizziness and photophobia. Headaches sharp, bursting, crushing and throbbing, extending into right eye; better for fresh air, rest, and in a dark room; worse in the afternoon, for stooping, noise, and light. Congestion and heaviness in head.

**Eye** Irritation under upper eyelid while watching television. Lacrimation. Redness of conjunctiva with photophobia. Eyes very tired, especially after computer strain with blurred vision; better for closing eyes. Eyes sticky on waking with crystalloid bits on eyelashes.

Proving Director: Peter Fisher<sup>†</sup> / Re-analysis of source data: Ashley Ross

**Vision** Vision blurred as if in soft focus.

**Ear** Right ear very itchy, slight watery discharge after rubbing it; worse for touch.

**Nose** Mucus from the back of throat and nose, slightly putrid, with a clear, bland, fluid discharge from the nose; worse when lying down, better for warm drinks.

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**Face** Sensation of heat in face. Large eruption on left side of cheek.

**Mouth** Sore area inside mouth producing a foul-smelling discharge, worse for pressure and touch.

**Throat** Sore throat with cough. Feeling of constriction in the throat, as if a ball were in throat.

**Stomach** Sudden nausea. Biting, gnawing pains in the stomach with hunger and weakness. Stomach upset in morning with loose stool.

**Abdomen** Stomach feels bloated, with burping, abdominal cramping, and rumbling; worse for walking, better for pressure and rest.

**Rectum** Very loud, explosive flatus in the morning while getting dressed. Constipation with small round dark stool like small walnuts.

**Urine** Passing large amounts of clear urine.

**Male** Increased sexual desire.

**Female** Herpetic eruption on right labium.

**Larynx & Trachea** Almost complete loss of voice. Croaking when having to speak, worse from talking too much.

**Cough** Irritating and productive cough; worse in the morning, producing yellow or green sputum.

**Expectoration** Yellow or green expectoration.

**Chest** Heart racing soon after meal in evening, and with mild exercise.

**Extremities** Relaxation of muscles and joints. Sudden excruciating pains in joints of legs, wrists, and ankles. Shooting pains and tingling in lower legs, feet, and calves. Tingling up the back of the left arm and twitching of the left elbow.

**Sleep** Sudden onset of yawning in the afternoon. Sudden waking from sleep due to unpleasant and vivid dreams.

**Skin** Rash of red spots spread evenly across the skin.

**Generalities** Extreme tiredness of body and mind. Feeling of exhaustion in the afternoon. Fluctuations of energy throughout the day; worse when trying to concentrate, better in the fresh air, when eating, or when warm. Feeling of coming down with a cold. Shivery and cold all day.





# Acidum cis-aconicum

**cis-Aconiticum acidum, cis-Aconitic acid, z-Aconitic acid, Achilleic acid, Citridinic acid, Equisetic acid, Pyrocitric acid**

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Tiredness, extending to fatigue and exhaustion including mental and emotional exhaustion, is an important feature. Mental symptoms such as poor concentration, confusion (especially on waking), and reduced cognitive function. Headaches, especially on waking in the morning; tend to be left-sided and to occur particularly over the occiput or temples. Earache, with a tendency to be right-sided and aggravating in the evening. A marked appetite, in some cases described as “voracious” or “insatiable,” even coming on soon after eating. Desire for ice cream, cheese, milk, chocolate, salt. Aggravation by milk, meat, or iced drinks. Aversion to sweets. A tendency to abdominal distension and flatulence, especially in the afternoons and evenings. Rashes, especially on the face, and cracking of the lips and corners of the mouth. Gums inflamed and painful. Nasal symptoms may be an important feature in the case—with obstruction, sometimes alternating with a discharge. Discharge copious, tending toward being greenish in color; may be accompanied by pain at the root of the nose.

**Mind** Irritability, with sensitivity to noise and the opinions of others. Aversion to company with impatience at the demands of relatives. Emotional sensitivity with feelings of agitation with internal restlessness. Mental exhaustion with difficult concentration, detachment, and apathy. Confusion as to location on waking. Aversion to daily affairs. Relaxed and in a good mood; contented with life.

**Head** Occipital headaches, extending forward. Headaches on waking; aching all day. Aching pain in the vertex; dull pains in left temple extending above and behind left eye, or down the left side of neck. Migraine, commencing on waking and progressing throughout the day, with vomiting and sleeplessness from the pain. Pains worse with noise, better on pressure.

**Eye** Tired and strained feeling in eyes, with photophobia, lacrimation, and slight burning in the evening as if irritated by contact lenses.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Vision** Vision is blurred, with difficulty focusing on distant objects and difficulty in recognizing familiar people. Blurry vision like trying to see while under water.

**Ear** Dull aching pain deep in right ear in the evening as if something were constricting.

**Nose** Burning pain at root of nose with burning and sensation of pressure on stooping. Catarrhal pains at root of nose and inner canthi, with alternation of discharge and obstruction. Sensation of irritation, with intense itching in root of nose and left nostril. Congestion of sinuses with dull pain over the left eye. Profuse discharge of clear, watery mucus or discharge of small amounts of greenish yellow mucus. Cracks in the corners of nostril.

**Face** Acne on forehead, with scattered eruption of small pimples. Dryness of skin of face, with chapping of both lips and cracking of right corner of mouth and corner of left nostril. Dark circles under the eyes, with sagging and wrinkles under eyes.

**Mouth** Mild inflammation of roof of mouth, with aching gums.

**Teeth** Sore pain from wisdom teeth.

**Throat** Dryness and scratching in throat, with difficulty in talking and mild pain on swallowing.

**Stomach** Voracious and insatiable appetite throughout the day. Desire to eat every few hours, with extreme desire for ice cream and chocolate. Decreased and capricious appetite. Notably increased thirst. Indigestion with mild nausea.

**Abdomen** Abdominal distension in the afternoon and evening, with offensive flatus and sharp pains in the right side of the lower abdomen.

**Rectum** Constipation with frequent and inefficient urge to pass stool.

**Stool** Stool is small, hard, stringy, and has offensive odor.

**Urine** Urine is darker and stronger smelling than usual, despite intake of normal volumes of fluid.

**Male** Difficulty in maintaining erections, despite strong desire.

**Female** Painful and scanty menses. Pain improves when menses begins.

**Chest** Waking with sharp pain in the region of the heart, and fear of heart attack.

**Back** Cramping pains in left side of neck extending into shoulder, trapezius muscles, and under left scapula. Muscle spasm between shoulders all night, better when stretching. Sharp, cutting pains in right shoulder.

**Extremities** Nocturnal cramping in calves, better on standing. Itching without eruption, of both lower legs below knee; must scratch until it is raw. Dry circular patches on forearms without itch.

**Sleep** Overpowering sleepiness. Tiredness in afternoon and during daytime, after slight exertion, with profound need for sleep. Fogginess of head, with poor concentration and difficulty in staying awake. Sleeplessness from headache and disturbing dreams with frequent waking.

**Skin** Dryness of skin or in patches.

**Generalities** Desire for healthy foods, biscuits, cheese, meat, milk with ice, salty things, and soup. Aggravated by milk, meat, or iced drinks. Aversion to sweets. Sensation of heat at night, with desire to uncover.



# Acidum citricum

## Citricum acidum, Citric acid

*David S. Riley*

**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.

**Head** Sensation of fullness. Lancinating pain; better when lying down, worse with motion or with stooping. Pain is localized in the temples. Pain also felt on the sides of the head, better for pressure. Pressing pain in the forehead as from sinuses. Throbbing, pulsating pain in the temples, 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. Painful, herpetic vesicles around the lips.

**Mouth** Dryness. Painful, herpetic vesicles in the mouth.

**Stomach** Nausea ameliorated in the open air, or with vomiting. Improvement of heartburn. Appetite increased.

**Abdomen** Cramping pain in the umbilical region, better from passing flatus or after stool. Cutting pain at midnight causing person to double over. Distension.

Proving Director: David S. Riley

**Rectum** No urging for bowel movement.

**Stool** Stickiness of feces.

**Bladder** Burning pain without urination. Ineffectual urge to urinate.

**Urine** Brown. Offensive odor.

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

**Cough** Dry, painful, hacking cough.

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**Chest** Sharp cramping pain aggravated by deep breathing. Stitching pain in the left side, worse on lying down. Rapid heartbeat as if running.

**Back** Improvement of aching pain in the cervical and dorsal regions. Cutting pain in the lumbar region.

**Extremities** Incoordination and awkwardness as if off balance. Drops things.

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

**Dreams** Dreams of running.

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

**Skin** Greasy and oily.

**Generalities** Feeling of heat off and on throughout the day. Flushes of heat, in the afternoon; or general sensation of heat with perspiration. Sluggishness of the body as if sick.



# Acidum fumaricum

**Fumaricum acidum, Fumaric acid, 2-Butenedioic acid, Allomaleic acid, Donitic acid, Lichenic acid**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Symptoms from this proving are noted for their effect on the upper respiratory system: hoarseness, dry cough, sore and raw throat, sneezing, catarrh, head heaviness, and difficult breathing. Many varied food desires. Vertigo. Headaches. Nausea.

**Mind** Anxiety or improvement of anxiety about finances. Angry and hurried. Sulky and indifference with aversion to company. Active concentration. Fear that something bad is about to happen or of being injured. Irritability without reason. Mild and quiet during stress. Sensitive to others. Shrieking during an ill mood or able to scream with anger. Talking in sleep. Rapid thoughts as from drinking coffee.

**Vertigo** Light-headed. Vertigo while standing.

**Head** Headaches, worse in the forehead. Pressing headaches, better by eating. Heaviness of the head. Pimples above the eyebrow. Fullness on the forehead and vertex. Pressing head pain in the forehead and vertex. Waking with headache.

**Eye** Thick discharge with lachrymation. Sleeping with the eyes open. Lacrimation and itching from the right eye. Twitching of left eye.

**Vision** Blurred vision with vertigo.

**Nose** Sneezing. Catarrh extending to the frontal sinuses associated with a post-nasal drip from allergies.

**Face** Acne or pimples on the chin. Tingling sensation on the face and lips.

**Mouth** Dryness with thirst.

Proving Director: David S. Riley

**Taste** Alternations of the sensation of taste in the mouth. Metallic taste in the mouth.

**Throat** Sore throat, worse when swallowing. Raw sensation in the throat. Heaviness in the throat. Sense that there is a lump in the throat. Raw, painful throat. Scratchy pain. Swollen sensation. Weakness of throat when talking.

**Stomach** Nausea, worse before or after eating, while fasting. Increased thirst. Diminished appetite. Burping.

**Abdomen** Distention of the abdomen. Painful flatulence, worse in the evening.

**Rectum** Constipation with straining or improvement of constipation. Flatus in the morning. Ineffectual urging.

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**Stool** Hard or small stools. Flakey stools, difficult to eliminate. Explosive stools. Elongated stools. Loose stools.

**Bladder** Bladder pain before and during urination.

**Urethra** Sharp pain in the urethra during urination.

**Urine** Blood in the urine.

**Female** Gushing vaginal discharge. Increased frequency of menses. Improvement of painful menstrual cramps.

**Larynx & Trachea** Hoarse, weak, or lost voice. Difficult speaking as from weakness, worse after talking.

**Respiration** Breathing difficult during exertion.

**Cough** Dry cough with allergies.

**Expectoration** Thick and yellow from allergies.

**Chest** Sharp chest pain behind and under the sternum. Sense of pulsation in the region of the heart. Palpitation on going to sleep. Pressure as a weight on the chest. Sensation of emptiness in the chest.

**Back** Pain in the sacroiliac joint on the right side. Twisting, pressing pain in the sacroiliac joints; worse while standing, better with motion.

**Extremities** Swelling in the fingers, especially the joints. Weakness of the lower limbs.

**Sleep** Sleeping on the left side. Restful sleep. Waking frequently or with the desire to urinate.

**Dreams** Dreams of giving birth, flying, clairvoyant events, cutting injuries, forests. Vivid dreams.

**Generalities** Desire for strong tasting food, salt, cheese, sausages, yogurt, and sweets. Feeling of weakness, or relaxation that leads to sleep. Excessive physical irritability as from coffee.





# Acidum malicum

## Malicum acidum, Malic acid, DL-Malic acid

*Peter Fisher<sup>†</sup> and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Sad and introspective brooding, with changeable mood and anger at imagined slights. Tired and lethargic with poor memory and difficult concentration, better for sleep. Dryness of skin and mucous membranes. Itching and painful tingling of mucus membranes with overwhelming sense of dryness, especially of the mouth, not relieved at all by drinking. Extreme thirst. Aphthous mouth ulcers. Complaints markedly worse for motion.

**Mind** Irritable and bad tempered, especially on waking. Changeable mood with aversion to company and a desire to be alone. Anxiety, with a lack of confidence and sensitivity to criticism. Anger at imagined slights, with brooding and sadness. Depression with poor memory. Forgetful, with lethargy and difficult concentration. Energetic, alive feeling with improved concentration and acuity of vision.

**Vertigo** Feeling of dizziness with nausea in the morning on waking, worse for motion and better for eating.

**Head** Frontal headache with nausea and tiredness. Footsteps reverberate in the head, worse from motion and stooping. Dull, boring, or pulsating pains in forehead, temples, and occiput. Head symptoms are better for sleep and pressure, worse for eating food. Catarrhal headache. Perspiration of scalp at night.

**Eye** Dryness. Eyes itchy as if an eyelash were in the eye. Photophobia. Eyelids encrusted and difficult to open fully. Puffiness of eyelids on waking. Eyes feel tired and sore.

**Nose** Nasal congestion, with sneezing and discharge of clear, watery mucus. Nose feels blocked with need to blow nose frequently; worse in a stuffy atmosphere and when lying down, better for hot drinks and being outdoors.

Proving Director: Peter Fisher<sup>†</sup> / Re-analysis of source data: Ashley Ross

**Face** Small dry and red patches around hairline, with small pimples on forehead, chin and around the mouth. Cold sores in corner of mouth and lower lip. Tingling, itching sensation with blistering. Numbness of left side of face with formication, extending downward. Skin itchy and painful, worse for scratching. Dry skin around mouth.

**Mouth** Aphthous mouth ulcers inside lips and around tongue. Soreness of gums with bleeding after brushing. Very dry mouth with a bitter taste and extreme thirst. Tongue feels enlarged, with numbness and tingling at tip.

**Throat** Very dry and sore throat as if sandpapered and raw. Pains extending into the ear, better for hot drinks.

**Stomach** Extreme thirst.

**Abdomen** Flatulent distension with passing of noisy and offensive flatus. Cramping pain in lower abdomen and groin with dizziness and nausea. Nausea.

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**Rectum** Constipation, with difficulty passing stool. Urgent desire to pass loose, offensive stool. Diarrhea with nausea.

**Stool** Small round and “pebbly” stool. Greenish stool with sensation of heat in abdomen.

**Bladder** Frequent passing of small amounts of weak urine with no pain. Irritability of bladder with burning on micturition.

**Female** Menses early and prolonged with cramping in lower abdomen and lower back; better for heat and pressure, worse for movement.

**Chest** Premenstrual heaviness, swelling and tenderness of breasts; worse for the slightest movement.

**Back** Pain in lumbar spine as if someone’s fist were pressing into the spine. Pain radiates around to abdomen or extends into the legs. Blotchy white and red rash on neck, extending to jawline and in front of left ear.

**Extremities** Numbness and formication. Aching and tension in muscles of back, shoulders and arms. Pain in soles of feet, thumbs, knees, and left elbow joints.

**Sleep** Frequent waking from sleep. Anxiety on waking and fear that someone is present. Sleepless from pains.

**Dreams** Bad dreams of death, being pursued, and bursting into flame. Pleasant dreams of journeys in countryside.

**Skin** Dryness. Redness and blotchiness. Diffuse and sudden itching as if something were crawling under skin, worse for heat. Scars become red and itchy.

**Generalities** Weariness. Tired and lethargic throughout the day. Feeling as if getting a cold. Sudden flushes of heat, followed by chill. Aversion to usual bathing. Desire for sweets, fatty foods, and salt. Aversion to fruit. Dryness, itching, and irritation of skin. All complaints markedly worse for motion, better for open air, pressure, and lying down.



# Acidum oroticum

**Acidum oroticum monohydricum, Oroticum acidum, Orotic acid, Orotic acid monohydrate, Vitamin B13, Pyrimidinecarboxylic acid**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Increased energy and a general physical irritability. Feelings of contentment. Irritable and anxious. Sadness. Headaches. 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. Aversion 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. 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.

**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.

Proving Director: David S. Riley

**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.

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**Abdomen** Flatulence, especially in the hypochondria. Flatulence that is worse with distension after eating. Abdominal pain. 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; better from releasing flatus.

**Stool** 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.

**Male** Excessive masturbation.

**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** Burning chest pain after dinner.

**Back** Improvement of soreness and stiffness in the lumbar region. Stitching pain on motion extending 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.

**Dreams** Amorous dreams. Pleasant dreams. Dreams of buildings or houses, airplanes, money, water, murder.

**Perspiration** Offensive perspiration in the axilla.

**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. Desire for cold drinks, fruit, pickles, and vegetables. Aggravation from eating ice cream and rich food. Flushes of heat or chilliness. Increased physical irritability and hurriedness. Tense.



# Acidum succinicum

Succinicum acidum, Succinic acid, Amber acid, Butanedioic acid

*David S. Riley*

**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 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 lower left molars or upper left teeth.

**Mind** Anxiety about health of loved ones. Fear of leaving home. Irritability when demands are placed upon the person. Sensitive to body odors.

**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. Lacrimation. 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.

Proving Director: David S. Riley

**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. Upset stomach with the desire to vomit.

**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.

**Female** Spotting at time of menses but without flow of blood.

**Larynx & Trachea** Hoarseness in the morning.

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**Chest** Waking with chest pain under right breast that is sharp and deep on inhalation. Hard heartbeat. Boil-like pimples on chest.

**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 toward morning. Improvement of nighttime waking to urinate. Waking from sleep with laughter.

**Dreams** Dreams of being pursued by robbers or chased by wild animals. Vivid dreams.

**Skin** Boil-like pimples.

**Generalities** Tendency to take cold. Desire for cold drinks, especially tea, for fruit, rich foods, or vegetables. Aversion to sweet drinks.





# Adenosinum monohydrogen phosphoricum (cAMP)

Adenosinum cyclophosphoricum, Adenosine monohydrogen phosphate 3'5', Cyclic adenosine monophosphate, Adenosine monophosphate, 5'-Adenylic acid

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Alternations in sleep. Improvement of symptoms that are normally experienced such as: snoring, difficulty in falling asleep and poor sleep, and sneezing in cold air. Vivid dreams. Fatigue. Desire for burnt meat or milk. Dull headaches. Head 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. Leukorrhea. Menstrual pain. Menstrual bleeding too short. Rash on chest. Premenstrual breast tenderness. Back pain before menses. Difficulty to fall asleep or waking from sleep.

**Mind** Anguish. Nail biting. Self-confidence improves. Time passes too slowly. Sadness before menses.

**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.

Proving Director: David S. Riley

**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 toward the ears.

**Stomach** Gurgling, rumbling, and churning as if turning over. Movement of flatus. Improvement of nausea after eating or stool. 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. Cramping pain or pain 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 stool.

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**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.

**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. Improvement of premenstrual breasts and soreness and swelling.

**Respiration** No snoring for several weeks.

**Chest** Cracking in whole of sternum. Rash on chest. Acrid odor in axilla.

**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 waking from sleep. Improvement of sleep. Waking from dreams or from warmth. Sleepiness in afternoon. Sleeping on abdomen.

**Dreams** Dreams vivid, remembered, numerous. Dreams of scorpions, of work.

**Skin** Dryness of skin that causes cracking in fingers.

**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. Symptoms aggravated by tobacco.



# Adenosinum triphosphoricum dinatrium (ATP)

**Adenosine triphosphate, Adenosine triphosphate disodium, Adenosine-5'-triphosphate disodium**

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Anxiety, preventing sleep; associated with apathy, distractibility, and difficulty in concentration. Sometimes feels the anxiety in the stomach. Very intense, brief episodes of headache (10–15 minutes) between eyes. Fantastic, vividly colorful, pleasant dreams. Pressing pains (in ears, temples). Sudden manifestation of symptoms, e.g., headache or urge to urinate. Sensations of heat with flushing of cheeks, head, and forehead. Desire for fruit, sweet things. Intense thirst. Symptoms feel worse in the afternoon.

**Mind** Anxiety with excitability, indecision, and restlessness. Angry with causeless irritability, worse before menses. Aversion to company. Difficulty in concentrating and indifference to their duties. Sensitive to the opinions of others. Impatient. Alternating moods. Contentment. Calm and confident in the future.

**Vertigo** Vertigo in the afternoon, worse when standing, with sensitivity to artificial light.

**Head** Flushes of heat on rising from sitting. Tingling in the forehead. Frontal headaches in the afternoon, between eyes. Pressing pain in temples.

**Eye** Fluttering of eyelids. Sensitivity to indoor lighting.

**Ear** Deep itching in left ear, better by boring with finger. Crackling noises in ears, with Eustachian catarrh and pressing pain.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Nose** Postnasal catarrh. Coryza with obstruction and clear discharge. Discharges are bloody, excoriating, yellow, or green; worse in morning on waking.

**Face** Tingling in forehead. Sensations of heat with flushing of cheeks, head, and forehead.

**Mouth** Aphthae on tip of tongue. Dry tongue on waking.

**Taste** Slimy and sour.

**Throat** Discharge from posterior nares with greenish mucus. Dryness of throat and tongue on waking. Roughness and burning pain down center of throat, worse from swallowing, with pressing pain extending into ears. Severe burning pain that extends to ears when swallowing.

**Stomach** Appetite increased at night. Anxiety in stomach. Extreme thirst for water.

**Abdomen** Heartburn and cramping in the abdomen in the afternoon.

**Stool** Frequent urge to stool in the morning. Soft stool.

**Bladder** Sudden and urgent desire to urinate. Pain in bladder after urination. Nocturia.

**Female** Itching and dryness in vagina. Heaviness or fullness in uterus. Sexual desire increased.

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**Cough** Dry cough in morning on waking, with phlegm in throat. Hawking up of yellow and brownish mucus.

**Back** Aching pain in sacrum extending to the groin. Soreness between scapulae.

**Extremities** Weakness and lethargy of the joints with aching soreness of all joints as if with the flu, worse in left shoulder.

**Sleep** Sleeplessness from thoughts of deceased relative. Frequent waking. Restful sleep, despite waking.

**Dreams** Remembered dreams. Beautiful and vivid dreams of old friends and relatives. Colored dreams.

**Fever & Chill** Fevers and chills at night with perspiration that soaks the sheets.

Adenosinum triphosphoricum dinatrium (ATP)

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

**Generalities** Energetic and active. Symptoms feel worse in the afternoon. Sensation of warmth with flushes of heat and tingling internally. Desire for sweets, worse in the evening. Desire for ice cream, fruit, salt, pungent things. Weariness and malaise as if influenza. Swollen sensation.



# Agnus castus

Common chaste tree, Lilac chaste tree, Abraham's balm, Wild lavender, Monk's pepper tree, Hemp tree [*Vitex agnus-castus* L.]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** Frequent 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 affect both the uterine and intestinal systems.

**Mind** Anger, alternating with weeping. Biting nails. Concentration difficult. Delusions that mind and body are separated, one is odd-looking and unattractive. Despair; as if in a dream. Irritability. Irritability before menses. Dullness during menses. Disturbed emotions before menses. Aversion to company before menses. Fearful before menses. Sadness before menses. Sensitivity before menses. Forsaken and isolated feeling. Indifference. Reproaches self. Desire for sympathy. Amorous thoughts. Tranquility. Weeping before menses; weeping during menses, causeless.

**Vertigo** Dizziness on moving the head quickly, particularly when lying in bed.

**Head** Constriction like a band or hoop. Pain drawing, tightening; 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.

Proving Director: David S. Riley

**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 and during menses. Flatulence. Hardness after eating. Pain, burning, cramping. Cramping of the colon. Cramping with diarrhea. Cramping of the hypogastrium, lancinating on the right side; also dull and pressing, throbbing.

**Rectum** Constipation. Offensive flatus. Relaxed anus. Urging for stool suddenly.

**Stool** Frequent.

**Female** Stitching pain in labia; burning of the labia. Coldness of the vagina. 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). Menses sour, pungent offensive menstrual flow. Dysmenorrhea. Menses flow shorter than usual. Aching of uterus and vagina. Uterine cramping, especially during menses, also before menses. Uterine contractions like a pulling sensation; sense of prolapse of the uterus. Ovarian pain at ovulation and during urination. Increased sexual desire.

**Urethra** Cold, contracted feeling with pain on urination.

**Urine** Dark yellow.

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**Respiration** Difficult after exertion.

**Chest** Painful sore mammae, especially before the onset of menstruation. Right- and left-sided soreness, swelling of the mammae. Awakes after midnight with rapid heartbeat and shortness of breath.

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

**Extremities** Awkwardness. Red eruptions on the thigh. Stiffness of the fingers and joints. Aching of joints and elbow. Generalized neuralgic pain; in the groin. Tearing in the hip while sitting; tearing in the joints.

**Fever & Perspiration** 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.

**Dreams** Dreams, amorous, of angry quarrels, that breasts appear bruised, nightmarish, prophetic.

**Generalities** Desire for open air in the morning. Desire for sugar. Sensation of heat; influenza-like feeling. Faintness. Motion or rubbing aggravates. Weakness, before eating, before menses, with nausea. Weariness, during menses, in the morning.



# Anthrachinonum

## Anthraquinone; 9,10-Anthracenedione

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Notable effects on the energy systems: sleepiness and apathy, as well as an unusual capacity for work. “Distant” and detached, with a marked sentimentality and nostalgic tendency. Inability to concentrate, a tendency to make mistakes in writing and an emotionally unbalanced response to past memories (whether in reality or within dreams). Sexual desire increased in females, with improved feeling of femininity, easy orgasm, and feelings of optimism. The characteristic pain sensation is one of cramping; this is most notable in the lower extremities and abdomen. Profuse discharges, whether this be a watery and explosive diarrhea or copious, heavily clotted menses. Desire for both sweet and salty.

**Mind** Impatient with scattered thoughts and an inability to focus or complete tasks. Feeling sluggish and force themselves to concentrate. Difficulty concentrating on numbers and calculations. Emotionally detached, as if an observer, with amused and sarcastic attitude to what others are doing or saying. Feels friends are inconsiderate and taking advantage of the person. Self-conscious about own weight. Sentimental and weeping when hearing beautiful music, viewing beautiful landscapes or thinking of the past. Mood alternates between happiness and crying. Making mistakes in writing, using wrong words and omitting letters. Feeling confident and self-assured, with decreased irritability and a greater sense of well-being.

**Vertigo** Dizziness around noon, as if person had low blood pressure. Sensation of floating for a few seconds on rising from sitting, better when eating.

**Head** Sudden loud noise inside head on falling asleep, which startles and wakes from sleeping. Dull pain in left occiput. Frontal headache with prickly pains in the evening. Throbbing headache over whole head, with pressure in temples, better when lying and closing eyes. Eruption of fine red bumps on right jaw and chin as if a rash, but without itching or burning.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Vision** Difficulty focusing eyes after reading.

**Ear** A very painful, pustular eruption in right auditory meatus. Sharp pain in ear in the early morning and evening before bedtime.

**Nose** Sensation of dryness in nose, with persistent need to blow nose. Bland, green mucus only after blowing nose.

**Mouth** Small vesicular (aphthae) sore on tip of right side of tongue. Sensitivity of gums, as if swollen; worse from pressure.

**Face** Eruption of a red rash or pustules on the chin.

**Throat** Burning in throat, with dryness in posterior pharynx and thirst.

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

**Abdomen** Abdominal discomfort, with shooting pains from flatus throughout the day. Abdomen bloated with large amounts of offensive flatus and cramping, especially in lower abdomen. Sensation of queasiness in lower abdomen with loss of appetite for food or drink. Abdominal pains after coitus, and before and during passing of frequent and explosive offensive, watery diarrhea. Pains better when lying and after passing stool.

**Rectum** Rectum is irritated and burning with sensation of pressure and tearing. Increased flatus in the evening. Constipation with ineffectual urging and straining.

**Stool** Inactivity of rectum with hard, knotty stools.

**Bladder** Increased frequent urination, especially at night.

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**Female** Menstrual period shortened with scanty flow, or protracted and profuse with passing of large bright red clots. Sexual desire increased, with improved feeling of femininity, easy orgasm, and feelings of optimism. Sharp pains in vagina extending backward toward the rectum.

**Respiration** Tightness in throat and chest preventing deep inspiration.

**Expectoration** Thick, greenish phlegm with a bad taste is decreasing.

**Chest** Chest tightness.

**Back** Pain in lower back from constipation and physical exertion. Painful and itching herpetic eruption on back.

**Extremities** Weakness in upper limb with tiredness from warm weather. Weakness of left leg, as if it were hanging from the knee. Cramping of muscles of inner thighs and calves, especially left. Soreness of right knee with slight swelling. Aching pain and tightness in lower calves with tenderness of calves and biceps. Aching in all muscles and joints.

**Sleep** Tiredness in the evening.

**Dreams** Dreams of cleaning. Dreams of loved ones and friends from past with whom person has had no contact. Confrontational dreams in which they are standing up for themselves. Slips back into the same dream after waking to urinate. Unable to remember dreams.

**Skin** Skin dry and itchy, especially around neck and upper shoulders. Skin appears more red and older than usual.

**Generalities** Notably increased physical energy enabling achievement of many chores without usual tiredness. Unable to sleep before midnight from surge of energy. Desire for sweet and salty foods, hamburger, and ice cream. Extreme tiredness with weakness and laziness. Exhausted after effort, with difficulty in completing any task.



# Arteria suis

## Pig artery, Porcine artery

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Mind symptoms such as anxiety, irritability, and difficulty in concentration. An affinity for head-related symptoms such as head pain, particularly in the forehead, or in the center of forehead, boring in nature. Catarrhal congestion of head with clear nasal discharge. Skin eruptions which tend to be itchy and red; occurring on abdomen, hands and wrists, dorsum of feet. Compelled to scratch until raw. Right-sidedness of complaints.

**Mind** Very irritable and cranky, with hypersensitivity to odors. Anxiety associated with mild headache, nausea, and upset stomach. Anxiety causing person to take deep breaths to relax. Having difficulty concentrating and not wanting to talk to anybody during a headache.

**Head** Headache like a shot of cold to center of forehead; or headache as if a drill between the eyes, with difficult concentration and disinclination to talk. Sinus headaches in the afternoon and evening. Headache in left frontal region in a spot above the eye or left side above the ear.

**Eye** Dryness. Pain upon closing the eyes.

**Nose** Congestion of sinuses, with sneezing and copious nasal discharge. Clear or thick green mucus. Burning in septum of nose.

**Face** Acne with itchy pimples on cheeks, chin, and forehead. Hives on face and neck. Aching pain and tenderness of jaw and teeth.

**Teeth** Generalized pain.

**Throat** Pain in throat on swallowing. Throat feels sore, rough, dry, and scratchy.

**Stomach** Achy and nauseated after eating malt.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Abdomen** Rash on abdomen, around the waist and lower abdomen and extending to right hip. Diffuse red rash, very itchy with watery discharge and sensitivity to rubbing of clothing. Compelled to scratch until blood breaks through skin.

**Female** Severe uterine cramping and aching in legs before onset of menses. Painful menses.

**Cough** Dry cough.

**Chest** Sharp pain in ribcage below right breast. Takes deep breaths to try to relax.

**Back** Sharp and constant pain in the middle of the back, on the right side of spine.

**Extremities** Cramp-like pain on dorsum of feet. Diffuse red rash on hands, wrists, and dorsum of feet. General muscular weakness, with heaviness and lack of coordination while walking in the evening.

**Dreams** Anxious dreams.

**Perspiration** Acrid.

**Skin** Diffuse rash with great itching occurring on several parts of the body. Scratching until starting to bleed. Tendency to be right-sided.

**Generalities** Weariness in the afternoon. Flu-like sensation after nausea, mild headache, and low energy.



# Ascophyllum nodosum

(North Atlantic) Rockweed, Norwegian kelp, Knotted kelp, Knobbed wrack, Knotted wrack, Egg wrack, Sea whistle, Yellow tang [*Ascophyllum nodosum* (L.) Le Jolis]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Feeling of sadness, despair and aloneness. Feeling of isolation. 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. Premenstrual constipation.

**Mind** Sadness. Confusion (about street directions). Despair; feels alone in the world. Remembers dream and the sadness that is causeless. Sadness remembering the past. Sensitive to criticism. Fear; fear about own health; fear from heart pain.

**Head** Constriction or tightness like a band. 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 not ameliorated by eating. Stomach churning; eructations. Nausea. Cramping pain, better from eructations and when passing flatus. Diminished thirst.

**Abdomen** Pain and distension, better when passing flatus. Sensation of fullness in the hypogastric region. Cramping pain with urging for stool.

Proving Director: David S. Riley

**Rectum** Premenstrual constipation. Diarrhea. Offensive flatulence. Urging before stool.

**Stool** Hard, mucus-filled.

**Female** Leukorrhea that is 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.

**Extremities** Aching legs, left-sided, in the calves, or extending to the abdomen. Foot pain from localized pressure, better for walking. Shooting pain, in hip and shoulder area. Throbbing pain.

**Sleep** Sleepiness with heaviness of the body.

**Skin** Blisters, herpetic eruption with burning pain.

**Generalities** Symptoms better with cold bathing, worse from standing. Internal coldness or flushes of heat. Weariness. Desire for juice.





# Bacterium coli nosode

**Colibacillinum nosode, Colibacillinum cum Natrium muriaticum, Escherichia coli in isotonic sodium chloride solution, Escherichia coli nosode**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Bloody discharges from the nose, the vagina, and with stool. Mental dullness. Increased physical energy. Pressing head pain. Eruptions on the face. Appetite is decreased or increased. 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 places or undertaking anything new. Anxiety while driving. Critical and complaining about others or oneself. Active concentration. Delusions of being poor. Dwelling on past relationships. Feeling alone and isolated. Giggling and laughing at silly things. Loquacity. Indifference. Irritability toward the family, or love for the family. Procrastinating. Relaxed. Thoughts that are clear or persistent. Mild and tranquil.

**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 eyes. Allergy symptoms of itching and lachrimation 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 ears, as if pressurized, better from blowing the nose.

Proving Director: David S. Riley

**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. Yellow postnasal drip or postnasal drip in the morning. Pain 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 cheeks. 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** Metallic, bitter, and chalky taste.

**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, worse on talking. Scratching pain. Tingling sensation.

**Stomach** Appetite is decreased or increased. Eructations. Gurgling. Nausea, worse in the afternoon, evening, and after eating. Nausea associated with heart palpitations and throat spasms, nausea during vertigo, or on waking. Burning stomach pain, better 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 stool. Frequent stool, but normal. Orange stool. Stool in small, hard pieces. Loose stool. Urging even after stool.

**Bladder** Frequent urination. Tenderness in the bladder.

**Urine** Urine smells moldy. Copious amount.

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

**Chest** Breast soreness and tenderness, worse during menses. 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 is unrefreshing. Difficulty in falling asleep or in waking.

**Dreams** Dreams that are remembered. Vivid and colored dreams, dreams of adventure.

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

**Generalities** Increased energy. Sensation of strength. Desire for and aversion to sweets and coffee. Desire for citrus fruit or fish. Aversion to cheese. Lack of vital heat, better from warmth. Chilliness. Feeling generally better when becoming warm. Sense of physical strength or physical relaxation.



# Baryta oxalsuccinicum

**Barium oxalsuccinicum, Barium oxalosuccinate, Barium oxalosuccinic acid, Oxalosuccinic acid barium salt**

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Mental and physical prostration with confusion and difficult concentration. Introspective brooding, with sentimentality and weeping. 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. Catarrhal inflammation of throat with sensation of a lump. Loss of appetite with extreme thirst. Inactivity of rectum with constipation, flatulent distension of abdomen, and ineffectual urging and straining to pass small stool. Sticky and yellow discharges. Desire for cold things, for fruit, sweets, cold water, pungent foods, and milk.

**Mind** Mental fatigue and confusion of mind. Mind feels burnt out, with reduced capacity to conduct business affairs. Making mistakes and finding it difficult to concentrate on conversation and comprehend reading. Slowness of speech and thinking. Worse from mental exertion. Want of self-confidence with sadness and timidity. Feeling incapable and small. Anger and irritability on waking and at work. Anxiety, with irritability about health and fears for future financial security. Sentimental and reflective on past friends, relationships, and events. Weeping, from sad stories and self-reflection. Introspective and disinclined to conversation. Delusion of being more intelligent and capable than others.

**Head** Hair feels stiff. Headaches in evening or on waking, at vertex and occiput. Pressing pain behind eyes. Heaviness of head with headache as if in a vice.

**Eye** Dryness of mucus membranes of eyes. Irritation of eyes. Bloodshot with sensation of swelling and aching pain, worse bending forward. Yellow mucus crusting on eyelashes. Twitching of left eye.

**Nose** Dryness of mucus membranes of nose. Epistaxis, especially left-sided. Paroxysmal sneezing in the evening. Obstinate obstruction of right nostril in the morning. Sticky, yellow mucus discharge.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Face** Lips dry and chapped. Crack in middle of upper lip. Redness and flaking of skin of nose and upper cheeks. Pimples around the nose.

**Mouth** Dryness of mucus membranes of mouth.

**Teeth** Aching in molars, with sensitivity of lower teeth to heat and cold.

**Throat** Inflammation of throat; worse on left side, on swallowing, and on waking, better toward evening. Throat feels raspy and constricted. Hoarseness of voice in the morning. Sensation of a lump in the throat. Hawking of yellow mucus.

**Stomach** Decreased appetite, due to distension or feeling of fullness, or insatiably increased. Extreme thirst for cold drinks.

**Abdomen** Flatulent distension of abdomen, with burping. Indigestion with vomiting at night. Nausea on waking. Bloating and heaviness in abdomen with flatulence, worse in the evening. Pain in region of umbilicus and hypogastrium, better after stool.

**Rectum** Constipation without urge. Inactivity of rectum, with difficult and ineffectual passing of small stool.

**Stool** Perianal itching in the morning or after stool. Stool like marbles, or stool hard at first, then soft. Frequent passing of large and pasty stool. Stool sticky and sweet-smelling, containing yellow mucus.

**Urine** Urine remains yellow, despite drinking large volumes of water.

**Female** Menses early and of short duration, heavy with painful cramping. Spotting before menses. Sexual desire increased.

**Larynx & Trachea** Huskiness, or hoarseness in the morning.

**Chest** Pain in left side of chest, with anxiety; worse from deep inspiration. Sensations of pressure, and as if heart were turning in chest. Dry, barking cough in the morning before 09h00, and again in the evening (20h00–23h00). Deep hacking cough, as if lungs were tickled, with expectoration of yellow mucus in the morning.

**Back** Aching back pain on waking, as if muscles were strained. Pain in lumbosacral region, worse when sitting.

**Extremities** Stiffness and prickling pain in knees. Soreness under the patella. Feet perspiration. Itching eruption between fingers. Brownish discoloration of nail of great toe.

**Dreams** Pleasant dreams of loved ones, old friends, and past events. Amorous and sexual dreams. Dreams of incomplete and unsuccessful efforts.

**Perspiration** Offensive.

**Skin** Dry and itching, without eruption. Itching of palm, axillae, arms, and under neck.

**Generalities** Decreased energy and fatigue. Lassitude and inactivity with frequent yawning. Dryness of mucus membranes. Desire for fruit, especially melons, sweets, cold water, pungent foods, and milk. Discharges sticky and yellow.



# Benzochinonum, para-

p-Benzochinonum, p-Benzoquinone, 1,4-Benzoquinone, para-Benzoquinone, para-Quinone, Quinone

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Increased energy and alertness, as if having drunk coffee. Irritability and hypersensitivity to people and noise. Right-sided headache in temples, with photophobia. Severe headache in center of forehead, as if “third eye were pried open” or something wished to escape. Copious coryza with uncontrollable and paroxysmal sneezing, with itching and clear or thick, tallowy discharge. Hardness and tenderness of right parotid gland after eating. Restless sleep, with anxious dreams and frequent waking. General amelioration from exposure to hot, steamy environments.

**Mind** Mental hypersensitivity to noise and voices, with irritability to others’ actions and demands. Anxiety and hyperactivity, with fidgeting and rapid progress of thoughts from one to another. Feeling very alert, as if having drunk coffee, with sensation that time passes too quickly. Mental stupefaction and heaviness on waking, as if having overindulged in alcohol.

**Vertigo** Slight dizziness with light-headed sensation in the top of the head in the afternoon; worse on brisk walking, better when lying down.

**Head** Mild headache with piercing pain in right temple and occiput as if eye were strained, with photophobia and desire to close eyes. Severe headache in center of forehead, like someone was trying to pry third eye open or “something were inside that wanted to come out of it.”

**Eye** Redness of left eye, with coryza and persistent watering of the eye.

**Vision** Blurring of vision in right eye.

**Nose** Sinus congestion with pressure in maxillary sinuses and thick yellow mucus; worse in warm room, while sleeping. Itching inside nose, with uncontrollable paroxysms of sneezing (in early morning) with constant discharge of clear, thin mucus; better in hot, steaming shower, worse outside. Epistaxis on blowing nose.

Proving Directors: David S. Riley, Stephen Messer / Re-analysis of source data: Ashley Ross

**Face** Hardness and tenderness to touch of right parotid gland, immediately after eating.

**Throat** Scratchiness of throat, with weariness and right-sided earache after waking. Accumulation of clear or cloudy mucus in nasopharynx; better after drinking. Left-sided tonsillitis, with pressure extending into left maxillary sinus; better when drinking warm drink and in warm steam.

**Stomach** Diminished appetite, with increased thirst for hot drinks.

**Bladder** Frequent passing of increased volumes of pale urine.

**Female** Burning sensation in genitals after urination.

**Chest** Sharp pain under right breast, with shooting pain up and down chest, brought on during movement. Sensation of tightness in chest muscles bilaterally.

**Back** Stiffness of right side of neck, better after hot shower. Aching pain under left shoulder blade. Pain in lower back from extended sitting, as if sprained. Alternate itching and pain in the middle of back.

**Extremities** Dull ache in left bicep with heavy feeling in left arm, worse when walking outside. Throbbing pain in lateral side of right knee, with sensation as if a band were around the knee; worse when bending or sitting, better when rubbing and on hard pressure. Soreness of right knee from exertion, better at rest. Throbbing pain with cramping in both upper thighs and feet. Soreness of left ankle joint. Spontaneous bruising over left knee.

**Sleep** Focused and alert all day, but difficulty falling asleep. Body feels restless, with racing thoughts and feelings of anticipation. Frequent change of position and inability to quiet the mind.

**Dreams** Anxious dreams, with frequent waking after midnight.

**Skin** Formication and itching all over body, especially head and buttocks, without eruption; temporarily better from scratching, worse when lying down and outdoors in warm air.

**Generalities** Energy level is increased. Acute sensitivity to temperature.





# Bryonia alba

**White bryony, European white bryony, Black-berried bryony, Wild hop, False mandrake, Tetterbury [*Bryonia alba* L.]**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Irritability and impatience are prominent mental symptoms. Increased energy at night in bed. Many dull headaches that are in the forehead or behind the eyes, 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. Dreams of robbers, violent dreams of murder, and of animals or insects. “Strange, Rare, Peculiar” symptom: pain turning eyes to the left with a left-sided nasal discharge.

**Mind** Anger, impatience, and irritability; but better humor when ill. 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.

**Head** Headaches, worse in the forehead and 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, worse from motion of the eye.

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

**Nose** Clear and thin discharge, worse on the left side. Watery discharge. Burning pain. Sneezing in the morning. Congestion.

Proving Director: David S. Riley

**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, 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 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.

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

**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. Improvement of sore pain in the lumbar region or pinching pain in the cervical neck. Stiffness and pain on the left side of the neck; pinching pain, extends to the jaw. Neck pain that extends to the shoulder. Stiffness on the left side of neck extends to the jaw articulation. Cervical pain extending to the occiput.

**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 of the left thigh or of the wrist. Stitching pain in the left patella or the upper arms.

**Sleep** Deep sleep.

**Dreams** Dreams of robbers, violent dreams of murder, and of animals or insects. Dreaming during daytime naps.

**Perspiration** Musky perspiration odor.

**Skin** Dry, itching eczema.

**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.



# Bryonia dioica

Red bryony, Red-berry (red-berried) bryony, English mandrake  
[*Bryonia dioica* Jacq. (*Bryonia cretica* L. subsp. *dioica* (Jacq.) Tutin)]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** Irritability. Work: thoughts of business, aversion to mental work, and dreams of 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 no desire to drink. Desire for spicy foods. Nausea and burping. Diarrhea, constipation, or gas. Increased or diminished sexual desire in females. 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. Irritability from dreams or trifles. Sensitive to odors. Aversion to mental work, dreams of work, or thoughts of business. Must restrain self from screaming. Slow mental processes.

**Vertigo** Light-headedness with nausea.

**Head** Pulsating pains in the forehead, or left side; 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, in the evening, or from motion. Sharp lancinating head pain in the temples or on the sides. Forehead pain above the right eye or extending backward. 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.

Proving Director: David S. Riley

**Nose** Epistaxis of bright red blood, worse on the left side. Coryza from the posterior nares and with sneezing. Discharges that are clear, 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 with little desire to drink, or thirstlessness. Heartburn. Burning stomach pain, much worse after eating and extends to the throat. Pain that is cutting in the pit of the stomach causing to double over, which ameliorated the stomach pain. Hunger pains. Nausea from odors or in waves. Nausea ameliorated by motion.

**Abdomen** Flatulence, 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. Sore pain 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. Sticky stools.

**Bladder** Pressing bladder pain.

**Urine** Musky odor.

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

**Larynx & Trachea** 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, 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. Difficulty in falling asleep and sleeplessness in the evening. Laughing during sleep. Starting from dreams.

**Dreams** Many vivid dreams. Sexual dreams. Frightful, strange, anxious dreams. Dreams of animals: biting, dogs, alligators, or rats. Dreams of water. Dreams of work.

**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.

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



# Calendula officinalis

**Common marigold, Garden marigold, Pot marigold, Marigold**  
[*Calendula officinalis* L.]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Increased physical and mental energy. Improvement of mental focus, intensity, or productivity. Eruptions on the face, as pimples and aphthae of the lips. Swelling inside the nose, of breasts, fingers, labia, and knees. Raw, burning sensation of vagina and anus. Perspiration of the feet and body with or without odor.

**Mind** Anger with oneself for being irritable and wants to be alone. Cannot worry even when trying to worry. Critical of people without being able to stop it. Concentration that is improved or decreased, especially in conversations. Improvement of mental focus, intensity, or productivity. Confusion when trying to coordinate mind and body or during fatigue. Delusion that head is lower than body. Feeling daring and adventurous. Giddy and silly behavior and talk. Irritable with self and other people. Desire 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.

**Vertigo** Vertigo when walking up, looking up, or while in bed so person could not sit up.

**Head** Coldness of the head which requires a hat to be worn. Pain: pressing at the temples and extending above the eyes. Throbbing at the right occiput, 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. Stinging or sore pain, worse from pressure. Redness of the left eye.

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

Proving Director: David S. Riley

**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. Aphthae on lower lip that causes swelling and yellow discharge. Pimples on the cheek or by the right side of mouth, which are painful; or improvement of complexion of cheeks and chin.

**Mouth** Dryness.

**Taste** Food less tasty 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.

**Female** Painful or late menses. Sensitivity of the vagina with sexual fantasies and excitement. Swelling of the vaginal lips. Rawness and burning in the vagina.

**Larynx & Trachea** 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** Aching, dull, or throbbing back pain. 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. Frequent waking, with the desire to urinate, or from hunger. Weeping after waking from a nightmare. Waking to take off the bed covers.

**Dreams** Dreams that are remembered, vivid dreams, or nightmares. Dreams that continue after waking.

**Perspiration** Offensive perspiration, especially of the feet.

**Skin** Improvement of acne rosacea.

**Generalities** Feels like catching a head cold. Sudden loss of energy; or increase of energy, 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. Flushes of heat or chilliness.



# Cardiospermum halicacabum

Balloon vine, Heartseed [*Cardiospermum halicacabum* L.]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Prominent mental symptoms, especially irritability, forgetfulness, and anxiety. 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. Absentminded, difficulty concentrating. Weeping without knowing why or what they are crying about. Restless mind, busy mind. Irritability toward own 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. Impatience. Sensitive to noise.

**Vertigo** Vertigo, especially with exertion.

**Head** Pulsating pain throughout the head in various locations, particularly noticeable in the forehead. Pulsations in the temples, occiput, sides, and forehead. Dull head pain. Heaviness and constricted feeling in the head that is 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, located at the vertex; worse when the head is warm, better from pressure. 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 that is worse on waking or better from heat.

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

**Vision** Blurry vision.

Proving Director: David S. Riley

**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.

**Stomach** Nausea; worse after eating, better walking in open air. Nausea may also be accompanied by anxiety, or occur 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, in the evening and at night, and 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** Constipation. Diarrhea, worse on waking in the morning. Flatus, improves or is offensive. Ineffectual 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.

**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 leukorrhoea. Dysmenorrhoea improves. Difficulty with orgasm.

**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.

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

**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** Restlessness before sleep or during sleep. Restless sleep with frequent waking. Sleeplessness.

**Dreams** Many vivid and remembered dreams, some pleasant and some unpleasant. Dreams that continue after going to sleep. Dreams of friends or parents.

**Skin** Eruptions that are allergic in nature. Eczema. Urticaria. Redness. Gooseflesh.

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



# Cartilago suis

## Pig cartilage, Porcine cartilage

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** The remedy is characterized by heaviness, dullness, and lethargy. Despondency and disconnection from the world, with ruminating sadness, dampened energy, and slow penetration of stimuli. Anxiety and fear of calamity and catastrophe. Marked affinity for muscles and joints, with restlessness of limbs, aching in joints with clicking and sensation of popping on exertion. Prickling and stitching pains. General aggravation in the afternoon. Marked craving for melons.

**Mind** Mentally disorganized and confused. Feels sad, despondent, and weepy, with ruminating thoughts of the past sad events and dead family and friends. Feels worthless and black, with morbid thoughts of killing oneself. Fearful and anxious, as if something terrible were to happen. Fearful awakening from nightmares of need to hide and protect oneself from falling into a chasm or being blown away by strong winds. Imagines the earth is in darkness and catastrophe and one must find security in stability and hiding. Feels heavy and disconnected from the world with disinclination to move and aversion to company. Mind is foggy and dull, with difficulty focusing, as if thoughts cannot penetrate. Feels drugged, uncoordinated, and like moving in slow motion. Emotionally and physically anxious, with mental restlessness. Feels unsafe in car, as if they would be hit and imagines her or his head going through the windshield. Angry and irritable, with gritting of teeth or heightened sensitivity to noise. Impatient and listless.

**Vertigo** Feels light-headed, dizzy, and slightly nauseated. Need to stop dancing because they feel light-headed and losing their balance.

**Head** Tingling and buzzing in head, as if sparkling with static electricity in occiput and vertex. Forehead tingling as if pins and needles. Dull headache in vertex and forehead, settling behind eyes; worse in the afternoon. Sudden and extreme frontal headache on waking and in afternoon, as if head would explode from the throbbing and pressure. Heavy feeling in head, with prickling in arms and feet and lassitude.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Eye & Vision** Eyes feel heavy, with slight throbbing and blurring of vision in right eye.

**Ear** Left ear feels clogged up and it seems as if there is a veil between person and external noise. Itching in right ear.

**Nose** Itching deep in nostrils, not ameliorated by boring. Congestion of sinuses with a lot of mucus. Discharges sometimes bloody, sometimes thick and viscid.

**Mouth** Extremely dry mouth and pharynx in the morning on waking.

**Taste** Metallic taste in the mouth.

**Throat** Throat is sore on rising in the morning; feels as if something were caught in throat. Dryness and obstruction in throat.

**Stomach** Hunger in the afternoon with disappearance of appetite on commencing eating. Unquenchable thirst that is not relieved with fluids. Mild nausea. Burning feeling in epigastrium and above umbilicus, extending upward into chest; worse for bending forward, even slightly.

**Abdomen** Uncomfortable, loud rumbling, gurgling, and growling in abdomen during daytime. Cramping in lower abdomen in the afternoon. Abdominal distension and accumulation of painful gas in the evening; worse in the lower left quadrant. Abdominal cramps followed by tightness at the base of the skull.

**Rectum** Sensation of obstructed flatus, with unsuccessful attempts to pass small, soft stool. Sudden urge to pass soft stool immediately after eating.

**Stool** Slight constipation with very dark stool. Stool loose, soft with blood on stool or clots of blood, and mild tenesmus.

**Bladder** Hourly urge to pass smaller than usual amounts of urine.

**Female** Itching of the vulva. Short menstrual cycle.

**Chest** Uncomfortable sharp, needle-like cramping on surface of right chest around lower edge of sternum. Sharp pain below ribs on left side of chest. Pains come on suddenly and intensely and then fade, to return a few minutes later, with sensation as if experiencing a heart attack. Painless fluttering of heart in afternoon, as if it quickened suddenly and then skipped a couple of beats. Painful soreness of nipples and nipples are erect; worse for touch.

**Back** Improvement of back pain before menses.

**Extremities** Uncoordinated and dropping or misplacing objects. Restlessness of arms and legs on going to sleep; must keep moving or flex muscles to prevent urge to jump out of one's skin. Aching in joints of arms and legs: aching in wrists, elbows, and hips, with clicking and sensation of popping on exertion and stretching of joint. Sharp pains in knees on rising from squatting, with soreness under right patella. Tired heaviness of both arms, with muscular soreness and general feeling of lethargy and undue gravity of limbs.

**Sleep** Feels very sleepy in the afternoon, with sensation of heat and prickling in skin, feet, hands, and inside of mouth. Feels listless and "boggy" in the late afternoon with heaviness of body and mind. Overwhelming sleepiness and listlessness on waking.

**Dreams** Anxious dreams of catastrophe: needing to hide in an earthquake, falling into a chasm created by the earth being split in two, being pulled away in a tornado.

**Perspiration** Perspiration, worse in the afternoon.

**Skin** Sensation of internal warmth and prickling in skin.

**Generalities** Feels tired and lethargic, as if one's energy were dampened. Extreme tiredness in the late afternoon, with extreme lassitude, heaviness of head and body, and heaviness and weakness of extremities. Strong desire for melons.



# Caulophyllum thalictroides

**Blue cohosh, Blueberry root, Leontice, Papoose root, Squaw root, Blue ginseng, Yellow ginseng [*Caulophyllum thalictroides* (L.) Michx.]**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Many symptoms commonly 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, ears, 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. Dullness. Irritability before menses. Optimistic. Sadness as from a dream, before menses, or on waking. Wandering thoughts. Weeping easily.

**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** Postnasal drip. Congestion. Coryza. Brown or green discharge. Clear and viscid discharge from the posterior nares. 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.

Proving Director: David S. Riley



**Mouth** Aphthae.

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

**Stomach** Improvement of indigestion. Queasiness. Dull pain.

**Abdomen** Distention and cramping pain before or during menses. Nausea.

**Stool** Frequent. Loose.

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**Bladder** Urging that wakes person at night, or increased urination during the daytime.

**Urine** Bright yellow.

**Male** Sharp, shooting pain in the right testicle, better from a warm bath.

**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. Voice hoarse, rough, or husky, with or without sore throat.

**Cough** Sudden deep cough from the chest. Cough on waking. Dry, irritating cough. Cough from postnasal 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.

**Dreams** Strange dreams.

**Fever** Feverish and achy.

**Perspiration** Night sweats. Cold sweat during the day.

**Generalities** Decreased energy. Desire for chocolate or to smoke tobacco. Influenza, feeling ill, or lassitude. Feeling generally worse before menses. Pain and soreness in the muscles.



# Cerebrum suis

## Pig brain, Porcine brain

*Todd Rowe*

**Important Proving Symptoms and Themes Noted by the Investigators** Concentration and memory impairment. Lack of mental acuity and focus. Intuition and foresight. Grief from loss, felt in the heart. Chaotic thinking. Increased socialization. Delusion of being a teenager. Increased competitiveness. Avarice. Emotional sensitivity. Irritability, hostility, and aggression. Increased sexuality and amorousness. Sensation of falling. Blushing. Dreams of stool, disgust, and dirt. Vertigo experienced as a feeling of displacement and unsteadiness. Frontal and occipital pain, worse on waking. Diminished or insatiable appetite. Gluttony with insatiable food desires. Binge eating of sweets. Bulimia. Thirstlessness or extreme thirst. Abdominal cramping and distension. Constipation with straining. Aching pain in lumbar region. Grinding, tearing pain in knees, worse on right side. Cervical tension. Difficult sleep with frequent waking and restlessness. Sensations of pressing, pulling down, separation, and cramping. Dryness, worse on skin, hands, mouth, and lips. Hot, worse from heat. Hot flushes. Lassitude, worse on waking. Obesity, or weight loss. Right-sided symptoms. Symptoms worse in the morning. Injuries to extremities. Upper respiratory infections and allergic rhinitis.

**Mind** Lack of mental clarity, mental acuity, and focus. Ambitious. Feeling of increased competition. Impaired concentration and memory. Amorousness. Lasciviousness and satyriasis. Anxiety with sinking sensation in the heart, better for pressure on the head. Panic attacks. Avarice. Blushing with heavy weight on heart. Competitiveness. Delusion of being a teenager or juvenile. Delusion of being lost. Fear of heart disease. Fear of invasion of territory. Grief felt primarily in the heart, from separation, and loss. Irritability. Anger, worse before menses, alternating with sadness. Aggression. Sometimes feels need to hide from others. Emotional sensitivity and easy weeping. Gluttony and binge eating. Bulimic tendency. Desire to be part of a herd or pack. Feeling of chaos. Fear of losing material possessions. Sensation of separation and breaking of connection. Concerned about the need to take care of young (children); need to work as a team. Thoughts of the past.

Proving Director: Todd Rowe

**Vertigo** Vertigo experienced as a feeling of displacement and unsteadiness, worse when standing, in the morning, with artificial light.

**Head** Heat on waking. Frontal and occipital pain; worse on waking, better for cold applications. Headache as from a band. Migraine.

**Eye** Agglutinated. Itching. Lacrimation. Twitching.

**Vision** Blurred vision.

**Ear** Eruptions behind ears.

**Nose** Allergic rhinitis. Nasal congestion. Fullness. Obstruction. Discharge alternating with obstruction. Dryness on waking. Sinus problems. Sneezing. Viscous nasal discharge.

**Face** Blushing. Itching. Dryness of lips. Chapped lips. Cracking in the corners of the lips. Pulsations in lips at night. Numbness around mouth.

**Mouth** Dryness.

**Taste** Offensive taste.

**Teeth** Pressing pain in molars.

**Throat** Dryness. Itching. Burning pains. Scraping. Swelling. Tickling.

**Stomach** Diminished appetite with weight loss. Diminished thirst with related dehydration. Nausea, better for eating. Ravenous appetite with binge eating. Bulimia. Sour eructations. Dehydration. Fullness. Indigestion. Pain, better when lying. Thirstlessness. Extreme thirst for cold drinks. Vomiting.

**Abdomen** Abdominal distension, worse during menses. Severe abdominal cramping, worse during menses and in the morning, better after stool. Rumbling. Pustular eruptions.

**Rectum** Constipation with straining. Diarrhea with flatus.

**Stool** Hard. Offensive.

**Bladder** Dark and offensive urine. Frequent urination at night.

**Kidney** Kidney pain on urination.

**Male** Strongly increased sex drive.

**Female** Itching that is voluptuous. Leukorrhoea. Menses dark, thick, and clotted. Menstrual cramps, worse in the morning, before menses with nausea. Sexual desire increased.

**Respiration** Upper respiratory infections.

**Chest** Heaviness of the heart. Inflammation, pneumonia. Oppression. Pain in mammae before menses. Palpitations. Sinking sensation in heart.

**Back** Band sensation. Pain in lumbar region, aching. Stiffness, better for warmth. Cervical tension, better when stretching.

**Extremities** Swelling of the hands. Dryness of hands with cracking. Numbness of knee. Tingling in knee. Pain; worse in knees, in kneecap, with grinding and tearing, especially on right side. Sciatica, as if a string were attached from the gluteus to the ankle, a line with a burning sensation. Rheumatic pains. Tendency to injuries.

**Sleep** Prominent sleeplessness. Difficulty in falling asleep. Restlessness. Unrefreshed sleep. Frequent waking.

**Dreams** Dreams of stool, urine, dirt, animals, wolves, confusion, broken glass, falling, babies and children, flying to the moon, grief. Chaotic dreams. Dreams with feeling of disgust.

**Fever & Chill** Fever alternating with chill.

**Perspiration** On waking.

**Skin** Dryness of skin. Itching.

**Generalities** Sluggishness. Swelling. Stickiness of discharges. Tendency to dryness, especially with chapped lips, dry skin, and constipation. Sensation of falling. Strong desire for sweets, chocolate, cheese, farinaceous food, fat, milk, salt, and tomatoes. Aching pain in muscles. Cramping pains. Fibromyalgia. Hot, worse from heat. Hot flushes. Lassitude, weariness and fatigue; worse on waking. Sensations of pressing, pulling down, cramping, and detaching/separation. Symptoms tend to be better in open air and for pressure, but worse in the morning. Obesity. Right-sidedness of symptoms.



# Coenzymum A

## CoA, Coenzyme A

*David S. Riley*

**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, impatience, and alternating moods. Sleep disruption. Restless sleep from dreaming. Vivid and colorful dreams. Itching and irritation in the eyes. Metallic taste in the mouth. Increased thirst. Persistent thirst despite drinking. Abdominal distention with flatulence. Soft stools. Back pain in the morning.

**Mind** Anxiety after midnight. Difficult concentration. “Déjà vu” experiences. Irritable and impatient. Alternating and changeable moods. Sadness without cause. Sensitive. Unsympathetic.

**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 (mouth ulcers) on left inner cheek. Dryness in the mouth, better in the evening. Decreased salivation.

**Taste** Metallic taste in the mouth.

**Teeth** Sensitive to brushing.

Proving Director: David S. Riley

**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. Persistent thirst despite drinking.

**Abdomen** Abdominal distension, especially in the morning. Flatulence or improvement of flatulence. Cramping pain.

**Rectum** Periodic diarrhea.

**Stool** Soft stool.

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

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**Bladder** Improvement of night-time urination.

**Urine** Strong odor to the urine.

**Chest** Cutting pains in the left ribs or at night. Chest pain, worse with motion, 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. Sleep disruption. Restless sleep from dreaming.

**Dreams** Dreams of babies, cooking, going to the theater, tattoos, or the former spouse. Very vivid dreams. Colorful dreams.

**Perspiration** Offensive odor. Night perspiration on chest and back.

**Skin** Dry skin.

**Generalities** Desire for sweets and chocolate, eggs, fried foods, and potatoes. Heat sensation. Itching. Generally feels better in open air. Bone pain. Weary and fatigued on waking in the morning.



# Colocynthis

**Colocynth, Bitter apple, Bitter cucumber, Bitter gourd**  
[*Citrullus colocynthis* (L.) Schrad.]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Prominent features include: irritability, headaches, abdominal cramping and distension, diarrhea. Premenstrual irritability and sadness, often expressed with weeping. Menses diminished or exacerbated. Painful menses, characterized by strong uterine cramping. Menses ends abruptly in fewer days or without postmenstrual 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. Fear one has forgotten something important. Fear 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.

**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, firstly 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 appear monthly. Eruptions of pimples, pustules, or acne on the chin or cheeks. Greasy and shiny skin early in the menstrual cycle.

Proving Director: David S. Riley

**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. Heartburn that extends upward. Nausea. Pain that is sharp or that 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; better for lying on the side. Pinching pain with uterine contractions and pulsations. Pain that extends to the thigh.

**Rectum** Constipation with hard stool. Sudden diarrhea, or diarrhea in the morning. Strong urge with cramping at stool.

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**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.

**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.

**Larynx & Trachea** 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.

**Dreams** Dreams of buildings or water.

**Fever & Chill** Fever with chills as if a cold is coming on.

**Generalities** Tendency to catch a cold during menses. Weariness or lassitude, especially before menses. Decreased energy before the onset of menses. Generally feels worse before menses. Desire for milk, corn, meat, nuts, peanut butter, fried potatoes, and sweets. Flushes of heat or sensation of heat. Restlessness and must sway from side to side when standing. Aching pain, especially in the joints.



# Cuprum formicicum

## Copper diformate

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** 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. Repeatedly singing the same song.

**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 pains 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 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. Pain before menses. Pain in the right iliac region.

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

**Stool** Increased frequency and loose.

Proving Director: David S. Riley

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

**Cough** Dry and hacking.

**Expectoration** Frothy and white.

**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. 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. Talking nonsense in sleep. Somnambulism.

**Dreams** Anxious dreams of being bitten by deadly snakes but surviving.

**Fever** Clammy sensation and shakiness in the afternoon with fever.

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**Perspiration** Perspiration during fever.

**Generalities** Influenza. Weakness. Fatigue and lethargy, as from low blood sugar.



# Cyanocobalaminum

**Cyanocobalamin, Cobalamin, Vitamin B12, Anti-pernicious anemia factor, Crystamine**

*Izel Botha*

**Important Proving Symptoms and Themes Noted by the Investigators** Great sensitivity to sound, smell, light, touch, taste, and temperature, associated with anxiety and suspicion as if a threat is coming. Mentally peaceful and instinctive with no need or ability to control impulses. Frontal headaches with throbbing pressure, or the sensation as if a heavy band is across forehead just above eyebrows; left-sided burning headache in temple. Abdomen feels bloated with a tight and delicate sensation of trapped gas bubbling in gut and a gnawing, pulsing pain. Dull ache in liver area. Stabbing pain on left side of abdomen, just under ribcage and in lower abdomen above pubic bone. Nausea, without impact on appetite. Ache in lower lumbar area, described as a pulling pain or tightness. Numbness in extremities accompanied by nausea. Dryness of lips, finger tips, and skin. Eruptions including pimples on jaw line and crotch, cold sore on left lower lip, and itchy spots or hives on left palm or back of left hand. Itching on back of left hand, much worse for scratching. Forearms itching bilaterally; better for scratching. Modalities: better when lying still, for drinking (cold) water, in cool air, being alone, for quiet, for pressure and warmth of touch, for stretching, bending forward, for massage, passing wind, and after stool; worse in stuffy or hot rooms, for heat, strong smells, fussing from others, noise, sitting down, after eating, when stomach is folded/moved, going up/down stairs, for exposure to cold weather. Mainly left-sided symptoms.

**Mind** Peaceful. Cheerful. Ability to concentrate on one thing at a time. Difficulty to rush. Following one's instinct. Industrious. Easier to communicate with. Increased self-awareness, increased happiness, and increased resilience. Self-assured. More resolved, confident, and empowered. Reflective. Feeling more energetic. Attention to detail. More relaxed and doesn't feel the need to control. Little control of impulses regarding eating, alcohol, and smoking. Smoking large amounts. Anxiety as loss of control is evidence of imperfections. Suspicious or afraid of other people. Feels protected at home, as if a threat is coming. Loss of usual energy and spiritual connection, as if the world was all going out of balance. Sensitivity to sound, smell, light, touch, any sensation, and especially temperature.

Proving Director: Izel Botha

Sensitivity to comments “you are totally left-brained” or “I thought you were cross with me.” Better for a cuddle and being listened to, able to talk.

**Head** Throbbing or pressure on the top and all over forehead. Left-sided headache, shooting pain from neck toward left eye; worse when lying on affected side. Burning pain. Headache in temples. Unpleasant sense of fullness in head when bending forward. Tension in temples, from grinding teeth in the night. Sensation as if a small clamp or heavy band is across forehead just above eyebrows; worse with warmth, better when sitting in sunshine.

**Eye** Dryness of eyes. Left eyelid twitching uncontrollably.

**Ear** Ear feels bruised. Sharp, hot pain in ear hole, radiating down right side of neck and into throat; worse with movement of head. Ear feels hot, better with pressure.

**Nose** Nasal passages feel clear like breathing in fresh air or when smelling menthol eucalyptus continued throughout the day; replaced with congestion and clear mucus in the evening, worse in left nostril, cold air.

**Face** Lips very dry, and bleeding with skin flaking off; worse being out in the cold all day. Licking lips. Cold sore on left side of lower lip. Pimple on jaw line. Face itchy around the sides and chin.

**Mouth** Small mouth ulcer on left inside lower lip.

**Taste** Breath has “sickly sweet” smell, no change in taste. Stale taste in mouth even after brushing teeth again. Unpleasant metallic taste. Water tastes worse than usual. Sour taste at the back of mouth. Flavors taste intense and sharp and distinct.

**Throat** Heaviness in throat and pain on inhalation. Throat feels hot and gravelly, slightly raw (as if sandpaper rubbed on it).

**Stomach** Stomach and esophagus burning. Aversion to anything acidic to eat or drink, worse when eating. Feeling slightly greedy—like “I want to eat more even though I am full.” Feeling better after eating and drinking. Eating normally although not much desire for food. Feeling too full. Feeling nauseous and shaky/tingly all over; better when getting up and walking on the level or a bank (incline), when stomach is folded/moved. Seasickness. Mouthwatering, full of (tasteless) saliva. Cramps, better in fresh air, walking around. Nausea doesn't put person off from eating. Nausea in (upper) gastrointestinal tract and head after lunch; better when lying still, for drinking cold water, in cool air, in quiet, being alone; worse in stuffy or hot rooms, for heat, strong smells, noise, fussing from others, with food, milk, oily fish. Feeling constricted with urge to take scarf and coat off, associated with vertigo and weakness. Burping on empty

stomach. Gnawing, pulsing pain in sides (i.e. flanks). Stomach churning and cramping.

**Abdomen** Bloating feeling—taut and delicate, and sensation of gas bubbling in gut but not being able to escape; worse after eating, for gassy drinks, and for tight trousers. Dull ache in liver area. Stabbing pain on left side of abdomen, just under ribcage and in lower abdomen above pubic bone; worse when sitting down and after eating, e.g., wheat/coconut biscuit; better with pressure and warmth of touch, passing wind and stool. Stomach and intestines feel like “pulling together”, cramping [contracting], colicky; better at rest and in warmth/for warm drinks, sitting down, passing more wind.

**Rectum** Constipation and wind, worse at night. Passing soft stool with much smelly wind/flatulence, burping (non-smelly). Runny diarrhea; better after passing stool. Sensation of burning during and after stool in rectum (right side, internally). Itching around anal area.

**Stool** Receding stool. Stool strong smelling, “eggy” smell.

**Urine** Urgency to urinate, copious urine; worse after tea. Hurriedly passes hot urine. Body cold, shivering. Urine smells very strong. Clear urine with slight cloudiness.

**Female** Increased vaginal discharge. Feeling of and desire for intimacy, more amorous with partner; better for cuddling and increased touching. Odd vibrating sensation inside vagina whilst walking in the afternoon, a sort of buzzing feeling.

**Chest** Discomfort in a band around ribs, as if bra is too tight; better after yoga; worse sitting up; much worse when hungry, better while eating, but much worse again a while later, on rising. Left breast painful with burning pain; warm, stabbing, quick. Shooting, stabbing pain through left nipple into breast, better with warmth of touch and pressure. Breast looks slightly larger in size.

**Back** Aching in lower lumbar area with pulling pain, tightness, in a fixed area; better when stretching, bending forward, from massage. Left neck sore, better from hard pressure and massage. Developing itching on whole back while in bed. Sensation of prickly skin all over.

**Extremities** Tingly feeling in finger tips and body (“fluffy”). Burning and tingling sensation around head (across the back) and hands. Numbness on waking in middle toes on left foot, right arm, and right hand; numbness in little finger; numbness in left hip extending to top of thigh on rising, worse when going up or down stairs. Numbness in extremities accompanied by nausea. Right hand feels “full of water.” Sensation of prickly skin all over, worse for heat. Itchiness: a spot on left palm; forearms on both sides, better when scratching; back of left hand with one or two small “hives,” much worse for scratching; around knuckles, worse on left hand. Skin of finger tips peeling. Pimple on crotch.

**Dreams** Dreams of taking the wrong train. Dreams of feeling anxious, inadequate, insecure, and of not being in control of a situation. Dreams of friends in the dark, could not see their faces. Dreams of a wonderful and charming friend who makes person to forget all about worries. Dreams of a machine slicing/cutting people into pieces and protecting partner from it. Dreams of being pursued by people that were trying to kill them and they knew that they had to prepare to die. Dreams of argument with mother. Dreams of parents. Profound and renewing dreams. Dreams of a mysterious (energetic) connection, of seeking answers from within the context of belief. Dreams of having an allergic reaction [anaphylactic], of head/scalp being swollen and feeling soft, of needing medical investigation in colon. Dreams of travelling on a boat with gorgeous outside views. Dreams of an incredible house which was beautiful, filled with gifts, and also some money. Dreams of finding the perfect instrument.

**Generalities** Desire for fresh fruit (mango, lemonade, grapes), sugar or sweet foods, unhealthy food, chips, chocolate, breakfast cereal, coffee, fizzy drinks, ginger beer, whiskey (increased alcohol intake), beer, and liquorice. Aversion to hot drinks and coffee. Lack of energy and feeling weak. Feeling too hot with covers, too cold without. Hot during eating. Feeling cold in the night. Waking up in a cold sweat; sour smell, especially chest between breasts but general. Mainly left-sided symptoms.



# Cysteinum

## L-Cysteine

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Affinity to the digestive tract with nausea, strong urge to have a bowel movement as well as diarrhea, stomach pains, increased thirst for large amounts of cold drinks, flatus, ineffectual urging. Irritability. Sick feeling. Vertigo. Dull headaches. Eye pain. Coryza with copious, clear discharge. Sneezing. Back pain and stiffness. Feeling generally worse in the morning.

**Mind** Irritability, especially in the morning or when ill. Awkwardness and dropping things. Absentminded, 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. Jealousy. Talkative and desire to talk and joke. Delusion that bugs are crawling in circles on the back. Answers hastily or incorrectly. Aversion to company. Difficulty concentrating. Weakness of memory. Quiet disposition. Rapid thoughts. Timidity.

**Vertigo** Vertigo, worse from motion or from standing. Accompanied by fainting sensation.

**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, e.g., from forehead to the ears, neck, occiput, vertex, or teeth. Head pain that is 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. Throbbing of the forehead.

Proving Director: David S. Riley



**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. Discharge is clear. Discharge 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. Eruptions of small boils or pimples above the eyes. 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 person had eaten herbs.

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

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**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. Burning stomach pain, with cramping and eructations. Gurgling in the morning. Vomiting of undigested food, green bile, or sour contents. Painful stomach after vomiting.

**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. Strong urge to have a bowel movement. Urging that is ineffectual. Straining at stool, or improvement from normal need to strain.

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

**Female** Thin vaginal discharge. Menses is too short.

**Larynx & Trachea** 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.

**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 and 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, thighs, and upper limbs; itching as if covered with bugs or ants. Sharp pulsations felt in the toes. Weakness of the upper limbs. Aching in the shoulder, worse with motion, especially on raising the arm. Aching occurs as illness comes on. Shooting pain in the upper limbs, arms, and calves. Stitching pains in the toes.

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

**Dreams** Dreams of insects, in particular bees. Vivid dreams.

**Fever** Paroxysmal fevers without perspiration.

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

**Generalities** Feeling generally worse in the morning with weakness, weariness, lassitude, pain. Sick feeling in general with a feeling of collapse. Energy is increased, especially at 5 p.m., or decreased. Desire for bacon, eggs, and fish. Aching pain, especially on waking. Sense of physical relaxation.



# Discus intervertebralis suis

## Pig intervertebral disc, Porcine intervertebral disc

*Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Hypersensitivity to all sensory impressions (physical pain, the slightest noise, bright lights, and music). General irritability and intolerance, with anxiety about animals, the plight of others, and one's own health. Aversion to company, with desire for solitude, and aversion to answering the questions of others. One-sided headaches; better for pressure and closing eyes, worse for mental exertion, motion, and noise. Pulsating pains, with the sensation of accumulating internal pressure which will cause bursting outward. Catarrhal inflammation of frontal and maxillary sinuses with difficult expulsion of thick yellow mucus. Ravenous and insatiable appetite, with indistinct desires and sensation of a hole in the epigastrium which cannot be filled. Extreme tiredness and weakness. General right-sidedness, worse in the morning on waking and from motion.

**Mind** Feeling of calm and relaxation, with renewed confidence, focus, and a positive attitude. Contented with self, with uncharacteristic disinclination to express anger at others, as if person has no control over their own feelings. Feeling mentally stimulated, with clarity of mind, determination, and ambition to do great things. Feeling oneself beautiful and wishing to dress up in bright colors and display one's confidence and beauty. Hypersensitivity to external and internal impressions, especially physical pain, bright light, noise, and music. Heightened awareness of body mechanics, posture, and flow of energy within body. Extraordinary awareness of one's posture and alignment of physical frame, with sensation that bones were not set properly and that small changes in posture have profound effects. Feeling that music permeates person and influences him or her to move more slowly, as if body had been touched by music for the very first time. Insomnia and irritability at the sound of the clock ticking resulting in need to remove the battery to resume sleep. Affectionate, sentimental, and sensitive to animals and the plight of others. Hypochondriacal anxiety about one's health. Self-reproach and brooding over expected errors. Irritability and impatience toward children and friends, with snappiness and disinclination to answer questions and engage in conversation. Intolerant of contradiction, and feeling compelled to express one's view. Aversion to company with desire to be alone. Dullness of

Proving Director: Ashley Ross

perception with distortion of sense of time. Weakness of memory, as if drugged. Feeling completely exhausted, detached, and isolated from family and friends. Homesickness, with anxious thoughts of the future.

**Head** Dull right-sided occipital headache, with sensation as of a band around back of head, extending forward into ear and above right eye; worse for light, cold, and mental exertion; better for closing eyes and warm applications. Throbbing pains in temples and behind the eyes, better for pressure and cold applications. Aching frontal headaches in evenings, with sensitivity to noise; lasting until sleep. Intense, debilitating headache in the afternoon, worse for motion, mental exertion, and noise. Headaches accompanied by short waves of nausea. Left-sided pulsating headaches, arising from stiffness and tension in neck extending forward to left eye; better for pressure. Intense, pounding headache with sensation of heat and burning in vertex, as if head would burst, extending into temples, with heavy, bruised sensation and increased sensitivity to all sensory impressions.

**Eye** Dryness and irritation, with white mucus and crust in right inner canthus, in the morning on waking; better for rubbing. Sensation as if right eye were enveloped in a blanket of warm air. Yellowish discoloration of the lower half of both eyes.

**Vision** Blurring of vision with lacrimation.

**Ear** Catarrhal irritation of right ear and throat.

**Nose** Nasal and sinus congestion in the morning on waking, with thick, yellow mucus which is expelled with difficulty. Continuous, clear mucus dripping from left nostril, with irritation in nostrils, sneezing, chilliness, and lacrimation. Inflammation of frontal and maxillary sinuses, with burning pains in throat as if hot coals were being swallowed.

**Face** Increased oiliness of the skin, with small pimples on forehead, sides of nose, and cheeks. Sensation that right side of face were being pulled, with a sharp pain behind right eye. Painful pustules on right side of face, with pain extending into neck and sensation as if something would burst in right ear. Sensation of heat with perspiration, as if hot air were pushed out from the inside; better from fanning. Dry lips with thirst.

**Mouth** Painful sensitivity of gums on brushing teeth, as if bruised. Aphthous ulcers.

**Teeth** Increased awareness of teeth, with feeling that they do not fit into mouth. Pain in left upper molar.

**Throat** Sensation as if a thorn were stuck in right tonsil, with stinging sensation extending into right ear on swallowing. Pains temporarily better from warm drinks.

**Stomach** Intense and frequent thirst, not relieved by drinking. Ravenous and insatiable appetite, with indistinct desires and sensation of a hole in pit of stomach. Decreased appetite with general aversion to food and nausea. Heartburn, waking person from sleep, with sensation of fire extending from epigastrium into throat. Extreme nausea on waking; better for eating, worse for motion.

**Abdomen** Cramping pains in abdomen with irritability; better for bending forward with light pressure, worse for motion. Sensation of butterflies in abdomen, with bloating relieved by eructations and passing of wind. Cutting pains in lower abdomen, as if person had diarrhea.

**Rectum** Irritation and itching in anus, from protruding hemorrhoids which are swollen and painful; worse when standing for long periods and walking. Prickly pains radiating up rectum toward lower back.

**Female** Painful dysmenorrhea with tearing pains radiating into lower back. Copious menses with thick and heavy clots, drawing pains in pelvis, as if uterus would fall out, and soreness of entire body; worse for movement and physical exhaustion. Menses late, or stopping prematurely. Restless sleep from the pains, better for warm applications.

**Larynx & Trachea** Voice sounding nasal or loss of voice.

**Respiration** Tightness of chest on waking with irritation in throat and dry, non-productive cough.

**Chest** Sharp, stabbing pains in the region of the heart with palpitations. Dull pain and tightness on left side of sternum. Pimples in chest area and desquamation of skin over the breast.

**Back** Fibromyalgic pain in neck and back. Joints painful due to stiffness, as if bones were locked, and muscular spasm; worse lying on back, for initial or excessive movement; better for rest or keeping part immobile, and hot shower. Pain in neck, worse on flexing the neck. Extraordinary awareness of one's posture and alignment of physical frame, with sensation that bones were not set properly, and that small changes in posture have profound effects. Sciatica-type pain in lower back extending into the legs; worse for sitting, standing for long periods, or leaning forward. Eczema on back of neck with mild itch that does not need to be scratched.

**Extremities** Pain in tendons of left shoulder and left knee on waking. Dull, aching pain in right shoulder, extending into hand, with weakness of arm. Tingling sensations in arm. Boring pains in lower extremities, extending into hips, knees, and ankles; better for warmth. Trembling sensation in limbs, as if muscles were fatigued. Shooting pains in ankles, extending upward to knee, hip, and lower back; better for cold applications. Burning sensation in palm of right hand and

soles of both feet, worse for becoming warm. Pain in second joint of left thumb, as if sprained; worse for movement. Intense itching of feet on entering a warm bath.

**Sleep** Tiredness in early evening, with tendency to wake too early, around 04h00–05h00. Sleep interrupted by anxious and vivid dreams, profound thoughts, or physical discomfort. Restless sleep with difficult respiration whilst lying on back and alternating sensations of heat and chills.

**Dreams** Vexatious dreams of reproaches by others, anger at others' misdeeds, and sensitivity to the callousness of others. Dreams of misfortune, catastrophe, and need to do great deeds on behalf of others. Nostalgic dreams of past events and places, own family, and past friends. Dreams of need to stay in one place and not move.

**Chill** Chills and shivering, especially in bed at night.

**Skin** Urticarial eruptions with itching and burning, better for cold applications. Small and painful pimples on various parts; worse for touch, better for hot applications.

**Generalities** Influenza with profound weakness and lassitude. Body feeling old, with total loss of appetite and notable catarrhal congestion; worse for lifting head, better for lying. Increased energy and sensitivity to external influences. Desire for chocolate, orange juice, popcorn, and meat. Complaints predominantly worse on the right side, worse in the morning on waking and for motion, better for warmth.



# Embryo suis

## Embryo totalis suis, Pig embryo, Porcine embryo

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Sense of confidence and bodily strength, with relaxation from exercise and physical exertion. Sense of floating, as if body and mind were six inches off the ground. Sensation of increased density over right eyebrow, toward center of head, the size of a golf ball and emanating heat toward the forehead. Extremely dry tongue and palate, with numbness and hypersalivation. Metallic-sour taste in mouth. Difficult respiration, as if an extra diaphragm were in throat. Burning pain in solar plexus, followed by numbness of the lower face/mandible. Sympathetic weeping and anxiety for children and the suffering of the vulnerable.

**Mind** Confident and satisfied with what they are to achieve. Sense of appreciation and gratitude for what is possible. Sense of well-being and calm. More emotional than usual; easily upset by demands of others and weeping about the suffering of others. Lethargic and spacey, without feeling tired, with weakness of memory for names of things and where they were going. Forget what they were doing. Aversion to company; desire to be left alone to indulge in their misery. Impatient and jumpy. Difficulty grasping objects. Sensation as if floating six inches off the ground.

**Vertigo** Vertigo with sensation of light-headedness.

**Head** Dull headache with pain behind eyes, extending downward into bridge of nose. Constant pressure in forehead and pounding pain in temples. Aching pain in vertex and temples, with sensation of pressure on bridge of nose, forehead, and back of neck; better with pressure. Morning headache with nausea. Sense of increased density over right eyebrow, extending back toward the center of the head, with sensation of heat through to forehead. Heaviness of head with burning in eyes.

**Eye** Dryness of eyes in the morning. Eyes feel heavy and sensitive to light until late afternoon. Numbness of lower face.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Ear** Itching in auditory meatus. Ears feel stuffed, with slight ache and popping on yawning. Pain that is aching, or shooting in the left ear.

**Nose** Catarrhal inflammation of nasal passages and sinuses; needs to blow nose every 3–4 hours and on going to bed. Pain at root of left nostril and in maxillary sinuses, better with pressure. Copious and persistent thick green mucous draining in clumps.

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

**Mouth** Extreme dryness of tongue and roof of mouth, with soreness and occasional numbness of tongue. Tongue and roof of mouth feel as if they were burnt on something hot. Tongue has white coating. Intermittent bouts of profuse salivation. Lips tingly and numb.

**Taste** Sense of taste is altered; somewhat metallic tinged with sour.

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

**Throat** Throat feels dry and sore, with dryness of mouth and inflammation of Eustachian tube. Sharp pains in throat; worse when swallowing, better when drinking water. Throat is sore and scratchy, with gravelly hoarseness of voice and sensation of rawness; worse while talking. Difficult respiration with sensation that an extra diaphragm were in throat.

**Stomach** Appetite diminished, with sense of fullness and mild nausea. Insatiable hunger, despite feeling full. Appetite fluctuates, with persistent thirst. Mild heartburn, with burning in solar plexus, followed by numbness in lower face and mandible.

**Abdomen** Abdomen feels bloated, with rumbling flatus and sensation of tightness in left flank.

**Rectum** Waking with sudden urge to pass stool.

**Stool** Stool is soft and watery. Several slippery and sticky dark stools in afternoon and evening. Difficulty and straining to pass small and hard stool in morning.

**Bladder & Urethra** Pain that is burning and extends through the urethra and occurs even when not urinating.

**Urine** Strong odor that is offensive.



**Female** Sexual energy re-awakened and vigorous. Warm sensation around labia and pudendum. Stuffiness about genitals with dryness and numb sensation. Full sensation on external genitalia and vagina. Light, yellowish-white viscous discharge. Slight burning sensation inside urethra; worse during urination.

**Larynx & Trachea** Hoarseness. Throat is sore and scratchy, with gravelly hoarseness of voice and sensation of rawness; worse when talking. Difficult respiration with sensation that an extra diaphragm were in her throat.

**Cough** Morning cough; coughing up “old” green mucus. Dry, hacking cough in evening, with some expectoration of phlegm before going to bed.

**Expectoration** Some expectoration of phlegm before going to bed.

**Chest** Constricted feeling in my upper chest, ascending into throat, with temporary sense of panic.

**Back** Tension in muscles of neck, pulling at the occiput. Mild pain and stiffness in left dorsal region, over area of kidney. Aching lower back pain, especially to left of spine; worse when arching forward. Pains are sharp; worse with pressure, better with massage.

**Extremities** Uncoordinated and drops things. Aching calves and leg pain at night. Cramps in the legs and calves at night.

**Sleep** Fitful sleep, with frequent waking to urinate, or sleeplessness from thoughts about one’s children and their future.

**Dreams** Dreams of having a baby or of close family and loved ones. Distressing and horrific dreams of the amputation of the limbs of a child or the unnecessary suffering of others. Sympathetic dreams that they are holding loved one in arms and weeping.

**Perspiration** Cold sweats at night on waking from a sequence of nightmares. Waking with dripping chest and thighs.

**Skin** Unusual dryness of skin, with prickling sensation as if pins and needles.

**Generalities** Persistent feeling of coldness all day, with progressive increase in temperature toward evening. Sensation of cold and heat throughout the day. Body feels strong and fluid, like it could deliver whatever is required of it. Energy levels are extremely high, as if able to run a marathon. Pulse feels fast. Motivated to exercise, which relaxes one and reduces pulse.



# Fucus vesiculosus

Sea wrack, Bladder wrack, Dyers fucus, Paddy tang, Red fucus  
[*Fucus vesiculosus* L.]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** General appetite 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 partner in an aggressive/sexual mode; bites the pillow instead. Rudeness to a waiter. Bursts into tears.

**Vertigo** Dizziness while walking.

**Head** Congestion, heat, and pulsating sensations. Head pain at the base, on the right side, behind the eyes, and in the forehead, especially the temples. Sore, pressing, and shooting pain that radiates and extends to the neck. Head pain ameliorated by moist heat and brushing the hair.

**Eye** Agglutinated, heavy, burning, and tired.

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

**Nose** Clear, watery, and bloody discharges. Maxillary sinus pain. Paroxysmal sneezing.

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

**Mouth** Soreness and putrid odor.

**Teeth** Soreness.

Proving Director: David S. Riley

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

**Stool** Soft, watery, frequent. Greenish-gray.

**Bladder** Stitching pain.

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

**Male** Increased sexual desire.

**Urethra** Stitching pain.

**Larynx & Trachea** Hoarseness.

**Cough** Dry, asthmatic (tight, worse expiration), and painful.

**Expectoration** Yellow mucus.

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**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.

**Dreams** Dreams of having hand cut off with a knife. Dreams of sleeping next to bears.

Fucus vesiculosus

**Perspiration** Cold sweat.

**Generalities** Decreased energy. Desire for broccoli and oranges. Influenza. Flushes of heat. Excessive physical irritability. Generalized muscle pain. Exhaustion, especially in the morning. Generally feels better with motion.



# Fumaria officinalis

**Beggary, Common fumitory, Earth smoke [*Fumaria officinalis* L.]**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Mental symptoms predominate: mental confusion and great difficulty in concentrating, feeling of a lack of mental clarity, sadness and alternating moods, fears. Vivid dreams. Fatigue and weariness. Throat tightness. Sharp abdominal pains. Cramping abdominal pain. Flatulence and distention. Diarrhea and loose stools. Skin eruptions. Worse at 4 p.m.

**Mind** Anxiety when alone or about the future. Aversion to company. Difficult mental concentration as if things are moving slowly. Sadness. Cursing. Delusions that the body and thoughts are separated, of being in an earthquake, that they are about to be injured by their friends, or of being watched. Discontented and discouraged. Excitable. Hurried. Irritable. Melancholic. Changeable moods. Self-critical. Aware of time passing. Peaceful and calm but feeling depressed. Desire to weep, or weeping from slight emotion.

**Head** Tightness in the forehead. Head pain extending to the neck, then radiating to the temples. 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. 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.

Proving Director: David S. Riley

**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 as if being about to have diarrhea. Flatus like rotten eggs.

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

**Bladder** Increased frequency of urination.

**Urine** Strong odor.

**Male** Nocturnal seminal emissions.

**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.

**Dreams** Dreams of dead bodies, fighting, rape, or swimming. Vivid dreams.

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

**Generalities** Desire for sweets, in particular chocolate. Chilliness. Heaviness of the body. Lassitude and fatigue. Lying aggravates. Lying on the left side ameliorates. Light, particularly sunlight, aggravates. Generally worse at 4 p.m.



# Funiculus umbilicalis suis

## Pig umbilical cord, Porcine umbilical cord

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Feeling spacy and ungrounded. Dullness of mind with difficulty keeping track of conversations and things. Constrictive and pressing pains, better for external pressure. Thick and sticky or tenacious discharges. Dryness of mucous membranes and skin. Sharp, cramping abdominal pains with bloating in the evening. Knotted sensations (in chest and abdomen). Dreams of one's children or of childhood memories. Desire for rich or fatty foods. General lack of vital heat, better for external application of heat.

**Mind** Feeling of spaciness, as if being in a dreamlike state, throughout the morning. Feels slow and unable to concentrate, as if having been awake for 24 hours, and feeling of being helpless to keep up with the world. The mind is dull and foggy, with forgetfulness of where person has left things and difficulty in following conversations. Feeling ungrounded and lazy, as if one could spend the entire day staring at a wall. Irritable and argumentative, with a short temper and capricious mood. Feeling of exhilaration with loquacity; words rush out and person needs to remind him- or herself to calm down. Delusion of having conversations with God during intermittent awakening in the early morning hours.

**Head** Pulsating frontal headache, extending to right or left temple and above eye; worse in the morning on waking. Stabbing sensations over right eye. Fogginess of head, with pain behind eyes; better for external pressure. Squeezing sensation across top of head, as if wearing an iron cap. Pain in vertex, as if having received a strong blow, with nausea. Pulsating pain in occiput; worse on the left side or on alternating sides. Tingling sensation in scalp.

**Eye** Redness of eyes associated with headache. Burning eyes.

**Ear** Ears feel plugged. Burning and itching in auditory canal. Throbbing in right ear on lying on affected side.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Nose** Constant accumulation of mucus in nose and sinuses, with frequent sneezing and clear, sticky discharge. Constant inclination to blow nose. Obstruction of right nostril on waking.

**Face** Face mildly swollen around the eyes on waking. Heat in the face. Cheek pain as from sinuses.

**Mouth** Burning sensation in lips and tongue. A whitish-yellow coating on the tongue. Dry mouth, with sore welts around inside of gum, not improved by drinking.

**Throat** Soreness of throat on swallowing, with sensation of rawness and enlarged cervical lymph nodes. Throat feels dry and scratchy. Accumulation of mucus, worse for swallowing. Thick and tenacious mucus; generally clear with slight yellow tinge on waking.

**Stomach** Increased thirst, as if being dehydrated. Ravenous hunger, as if person were going to starve. Voracious appetite, with inability to stop eating, even though they were full. Persistent inclination to eat and drink throughout the day. Decreased appetite and thirst, with sensation that they were full after eating even the smallest amount. Nausea in the morning on waking and after eating.

**Abdomen** Anxiety in abdomen, with cramping and sensation that stomach was tied in a knot. Sharp, cramping pains in lower abdomen and epigastrium in the evening and at night. Abdomen bloated and gassy after dinner; flatus with a sweeter smell than normal.

**Rectum** Constipation with ineffectual urging.

**Stool** Stool is hard, small, and green or dark in color; hard at first followed by soft and clay-colored stool. Stool is covered in mucus.

**Urine** Urine is darker than normal; dark yellow toward orange, as if a lot of vitamins had been taken.

**Female** Increased libido despite being very tired and without energy. Menses thick and flowing at night when lying down. Terrible menstrual cramps, preventing activity; better for external application of heat. Sharp feeling in labia, as if the skin were chapped from dryness.

**Respiration** Expiration seems impeded, as if the chest were knotted. Breathing is interrupted, as if breath were intermittently being held.

**Chest** Small, red blotches on the chest. Sensation that heart was beating hard in chest.



**Back** Occasional twinge in center and right side of neck; sensation of a hot spot at back of neck, as if someone were holding a hot instrument no larger than a pencil eraser in one spot. Unrelenting gripping pain in upper neck and shoulders. Aching in neck, better when lying down with the head supported.

**Extremities** Tingling and pulsating in hands. Coldness and numbness in fingers of right hand, as if fingers had gone to sleep. Stiffness and swelling of joints of fourth and little fingers of right hand. Soreness in joints, particularly left knee. Causeless soreness of both calves. Redness and heat of back of left hand. Dryness and cracking of knuckles.

**Sleep** Exhaustion and tiredness throughout the day, with yawning and no relief from drinking coffee. Wakes frequently in early hours of morning, with no difficulty getting back to sleep after waking.

**Dreams** Many and varied dreams of hunting and being hunted. Dreams of haunted house, blood, commotion, losing one's teeth, and childhood home. Dreams of family, particularly of own children, and telephone conversation with mother. Dreams of burning one's child's clothes, which turn out to be one's own (clothes). Dreams of people becoming tiny as they approach the person.

**Skin** Urticarial eruptions without itching. Dry, cracking of skin.

**Generalities** Marked decline in energy in midafternoon with urge to take a nap. Unreasonable coldness on going to bed, with lack of vital heat. Desire for rich foods, high-fat or fried foods, hot, spicy foods, oranges, meat, and white wine.



# Galphimia glauca

Golden thryallis, Gold shower, Shower of gold, Rain of gold  
[*Galphimia glauca* Cav.]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** Dryness and itching of the mucous membranes. Excoriating discharges from nose and burning discharges from eyes. Sneezing. Eruptions and ulcerations of the tongue and cheeks. Abdominal distension or sensation of fullness with epigastric discomfort. Sensation of being too warm; in general, symptoms are worse with the sensation of being warm.

**Mind** No anxiety when speaking in front of people. Feeling lonely. Feeling unfortunate. Irritable toward family. Calm and relaxed. Weeping without cause.

**Vertigo** 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. Sore pain in and around eyes. Redness of lids or conjunctiva. Scratching sensation.

**Nose** Coryza with excoriating discharge, 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 cheeks. Sensation of thick skin.

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

Proving Director: David S. Riley

**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, with nausea, and in daytime. Nausea 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, 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. Constant urging or urging before stool.

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

**Bladder** Frequent and copious urination.

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

**Larynx & Trachea** Indistinct or hoarse voice from mucus in the larynx.

**Back** Itching on back. Rash between the scapulae. Stitching pain in the neck and down the back or in the left hip. Aching in the neck.

**Extremities** Itching rash on legs, shins, and calves. Heaviness and fatigue of the legs and thighs. Sore knees. Stitching pain in the feet or hips.

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

**Dreams** Dreams that are vivid, anxious, or of dead relatives.

**Perspiration** Perspiration on neck and back.

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**Skin** Dryness. Itching on becoming warm.

**Generalities** Sensation or flushes of heat, especially at night. Heaviness of the body. Excessive physical energy. Generally feels worse before menses. Desire for fruit and salty food. Aching pain.



# Geranium robertianum

**Herb Robert, Red robin, Robert's geranium** [*Geranium robertianum* L.]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Anxiety associated with bad dreams. Rapid heart rate. Great anxiety. Irritability. Vivid dreams. Head pains that are sharp and pressing. Nausea. Increased flatulence. Aching in the back or the extremities.

**Mind** Troubled by anxiety, worse on waking in the morning, after midnight, in association with bad dreams. Busy. Irritability and restlessness. Self-reproachful. Aversion to company, especially of friends. Concentration difficult. Dullness when exerting the mind. 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.

**Vertigo** Light-headedness with a feeling of being 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 that is 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** Lacrimation. Improvement of allergy symptoms such as lacrimation, burning pain, redness, and scratching sensation. Eyes feel as if wide open.

**Ear** Full, pressing sensation in both ears.

Proving Director: David S. Riley

**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 with unquenchable thirst.

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

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

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

**Rectum** Increased flatulence, especially while at stool. Constipation. Diarrhea in the morning. Painful diarrhea. 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, worse during urination.

**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. Increased or decreased sexual desire.

**Respiration** Difficult inspiration, or painful inspiration with anxiety.

**Chest** Pain on inspiration that is burning under the sternum or stitching in the breast. Rapid heart rate with palpitations. Perspiration in the axilla that smells of musk. Weak sensation. Fluttering.

**Back** Aching back pain that extends from the neck to the shoulders. Improvement of aching pain in the lumbosacral region. Pinching under the right scapula. Back pain that is worse on turning the head.

**Extremities** Heaviness of the lower limbs. Stiffness of the left hip. Tension in the hand joints or stiffness of feet. Weakness of the shoulders. Aching of the extremities and joints: shoulder, elbow, hand, fingers and finger joints, wrists, knees, back of feet, 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.

**Dreams** Vivid dreams that are remembered. Dreams of amorous situations, death of relatives, kangaroos, urinating, business and work.

**Perspiration** Musk-like odor.

**Skin** Eruptions all over the body. Eruptions that peel. Acne and pimples during menses. Itching. Itchy, dry, eczema all over the body.

**Generalities** Increased energy in the morning or improvement of fatigue at noon. Desire for chocolate, juicy fruits, and melons. Aversion to sour and 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. Weariness.



# Glandula suprarenalis suis

## Pig adrenal gland, Porcine adrenal gland

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Sensation as if a subtle form of webbing or connective matter were disengaging from the inside. Sensation as if looking at everything through a glass, or like watching oneself in a movie. Sensation as if a heightened electrical amperage were being run through body, and that one were vibrating at an increased rate. “Effervescent” tingling in muscles, like bubbles popping all over the surface. Marked irritability with explosive anger and intolerance of others, with desire to commit violent deeds. Right-sided temporal headaches extending from temple to temple, as if a rubber band were stretched across the forehead. Sudden tension in solar plexus, as if there were a lump, from fright. Strong odor of urine and menses.

**Mind** Feeling of sadness, estrangement, and discouragement at the end of the day. Fogginess, absentmindedness, and stupefaction on waking. Forgetfulness and poor concentration, as if mind had not returned from sleep. Sensation everything were viewed through glass, as if watching oneself in a movie. Tired and apathetic. Irritable and angry at everything. Explosive aggression, with desire to destroy walls with fists and see heads explode. Averse to touch and presence of others. Extremely intolerant and selfish. Feels disorientated and fearful, as if some vague unknown thing were lurking. Panic that no one understood or cared. Sensation of heightened electricity in body, as if one were vibrating at an increased rate. Waking with fear, as if had fallen with no place to land. Very unsettled but cannot identify its source. Increased confidence. Jovial and celebratory, with simultaneous sense of humor and meaning. Vision of a woman he had loved many years previously who had died and was now coming into a golden light, with sensation of a subtle form of webbing or connective matter disengaging from his inside as she moved.

**Vertigo** Light-headedness, with visual hallucination of the color lavender or purple.

**Head** Heaviness of head with dizziness, as if having a cold and all concentration being bound up in a dark place within one’s head and impossible to direct out-

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

ward. Frontal headaches, as if a rubber band were stretched across from one temple to the other. Throbbing pressure in head on waking. Pain extends from right temple to occiput and a spot above the right eye. Sharp pain in temples, as if a nail were driven into head, shooting from one side to the other. Pressure in both temples; intermittent stabbing pains, like electrical impulses.

**Eye** Aching pain in sockets, with burning in eyes. Eyelids feel heavy, as from tiredness.

**Ear** Slight pressure in ears, with itching and excretion of soft, golden wax.

**Nose** Sudden and paroxysmal bouts of sneezing, accompanied by soreness of nose, a clear, running mucus, lacrimation and a general feeling of tiredness. Pinched soreness of nose, with extreme sensitivity to smell. Stuffiness of nose in morning, with profuse discharge, as if drowning, on bending head forward.

**Smell** Experiences strong odors as overwhelming and repulsive.

**Face** Hard and painful pimples on forehead and chin. Tension of upper jaw, with soreness over cheekbones. Dry, prickly sensation on lips and around mouth and chin.

**Mouth** Excoriation of inside of lips.

**Taste** Tastelessness of food.

**Teeth** Toothache, worse with pressure.

**Throat** Scratchiness of throat with hoarseness in speech.

**Stomach** Nausea while travelling in a car, with headache, apprehension that something will happen and a sick feeling in the stomach. Decreased appetite, with easy satiety. Either ravenously hungry or sated after a single mouthful.

**Abdomen** Sensation of a knot in the solar plexus, as if someone had hit them. Dull, persistent pain, as if strong pressure was applied. Sensation of a lump in solar plexus from fright, with increased pulse and immediate tightness in abdomen. Cramping and churning in abdomen, as if diarrhea were imminent with grumbling in bowel. Cramping before stool, with distension of lower abdomen.

**Rectum** Strong urge to pass stool, especially in the evening, with no real action, or urge to go again soon after.

**Stool** Explosive and poorly formed stool in late afternoon and evening, with flatulence and offensive odor. Stool is dry and painful, or loose, greenish-black or of lighter color, with sensation of heat and burning on passing.



**Bladder** Frequent urging to urinate at night or after drinking.

**Female** Severe menstrual cramping. Menstrual flow is lighter and of shorter duration. Strong odor of menses.

**Respiration** Feeling of congestion and tightness in chest, with tickling, dry coughing and sneezing; worse with smoke.

**Cough** Nonproductive cough.

**Chest** Palpitations in chest, with burning and pounding of heart and sense of fear. Vehement palpitations after lunch, with tiredness and desire to lie down. Sensation of pinching in heart, with heaviness in the chest, as if a padded bar were pressing down like a weight. Sharp, stabbing pains in left side of chest, as from anxiety.

**Back** Sharp pain at tip of coccyx, shooting up the left side of sacrum while sitting. Stiffness between spine and right scapula.

**Extremities** Icy cold feet on going to bed. Aching pains in hip, preventing sleep. Effervescent bubbling and tingling in right foot and upper arms. Relaxation of muscles of jaw and hips, extending downward into toes.

**Sleep** Dreamlike euphoria on going to bed. Deep need for physical rest, but fighting sleep. Overwhelming sleepiness during the day. Waking before midnight and lying awake for a long time. Floating sensation of dreaming, as if in a coma.

**Dreams** Very active and vivid dreams of rescuing a molested child, talking through a blue fog, and swimming.

**Perspiration** Perspiration smells like peaches.

**Generalities** Enthusiastic and bounding energy. Irregular and rapid heartbeat, speeding up as if had drunk caffeine. Sudden flushes of intense heat with perspiration. Feeling feverish, sluggish, and tired. Desire for all forms of dairy, carbonated drinks. Aversion to cheese, spicy foods and alcohol.



# Glyoxalum

## Ethanedial, Oxalaldehyde

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Nasal obstruction. Throat pain, worse 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.

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

**Eye** Dryness or increased lachrimation. Heaviness of eyes 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.

Proving Director: David S. Riley

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

**Skin** Vesicular eruptions on perspiring parts.

**Generalities** Increased energy or decreased energy in the afternoon.



# Hepar suis

## Pig liver, Porcine liver

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Agitation, irritability, and impatience. Anger and sensitivity toward loved ones. Urge to clean and create order. Feels hung over and foggy in the morning on waking. Photophobia with bloodshot eyes. Thirstlessness. Nausea and vomiting in the morning, and abdominal distension and discomfort in the evening. Postprandial sleepiness. Putrid and dark stool, passed with difficulty and straining. Concentrated and deep-colored urine. Feeling of dirtiness with increased awareness of body odor. Desire for chillies, pickles and beer.

**Mind** Agitated and scatterbrained, as if having drunk too much coffee. Hyperacuity of senses, with irritability and impatience. Disposed to start from sounds, with rapid speech and loud outbursts. Morose mood, with anger and sensitivity to comments of loved ones. Feelings of insecurity, sadness, and loss, as if being helpless to prevent the death of a loved one. Urge to clean and to create order; busies oneself with errands and projects.

**Head** Dull frontal headaches in the morning on waking, with “hung over” and “foggy” feelings settling above the eyes. Occipital headaches extending forward into the temples, with tension in neck, worse when bending head forward. Buzzing sensation in occiput extending forward toward ears at night, with sensation of disembodiment. Sensation of fullness in the head.

**Eye** Dryness and itching of eyes, as if dirt were in them, with photophobia. Aching pain inside and behind eyes, with appearance of being bloodshot. Pressure behind eyes and sensitivity of canthi.

**Vision** Visual hallucinations while reading; sees the wrong word.

**Ear** Sensation of pressure under the ear, as if blood vessels were being pressed. Sensation of fullness in ears.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Nose** Obstruction of nose and sinuses during daytime, with need to blow nose. Catarrhal swelling with inability to discharge mucus. Epistaxis in the morning.

**Face** Small pimples and blackheads at hairline, with general sensation of oiliness of face as if face were dirty.

**Mouth** Discharge of clear mucus from nose and throat, with itching of soft palate. Painful swelling of gums, with tenderness and pain on brushing.

**Taste** Offensive and metallic taste in mouth on rising.

**Teeth** Teeth sensitive to brushing and to the cold.

**Throat** Sharp irritation in right nasopharynx, as if grit or sand were lodged, with pain on swallowing or touch. Follicular tonsillitis, with mild cervical lymphadenopathy.

**Stomach** Marked thirstlessness. Nausea, with vomiting and eructations in the morning, and abdominal distension and discomfort in the evening. Decreased appetite during daytime, with light-headedness.

**Abdomen** Anxiety in stomach with cramping pain in lower abdomen and pelvis. Knotted sensation in abdomen with bloating and constipation.

**Rectum** Constipation without bowel movement or with difficult and strained passing of hard stool.

**Stool** Stool is very dark or green, with putrid odor.

**Bladder** Increased frequency of urination, without discomfort.

**Urine** Urine is concentrated with deep yellow color and sweet odor, most noticeably in the morning.

**Male** Coldness of male genitalia; testicles and glans penis are very cool to touch.

**Female** Menses more heavy than normal. Itching just inside of labia on waking, as if she had a yeast infection.

**Cough** Hard and raw cough with burning and ripping in upper chest.

**Expectoration** Copious expectoration of thick white or yellow mucus in the morning.

**Chest** Anxiety and sensation of tightness in the chest, with increased awareness of accelerated beating of heart within entire space between shoulders, back, and anterior chest wall.

**Back** Muscular tension in upper back, especially between shoulder blades; back pain with cough.

**Extremities** Papular rash on backs of both hands. Stitching pain behind the knee. Sore, bruised sensation in the right knee. Twitching in the right leg.

**Sleep** Sleepiness after eating.

**Dreams** Anxious dreams of water and flooding, with need to save loved one. Beautiful and colorful dreams of flowers and nature. Fantastically vivid and surreal dreams in distorted and bizarre colors, of being alone in nature, of following a familiar stranger, and of seeking a loved one in a medieval castle.

**Skin** Itchy bumps in various parts, as if having been bitten by insects; relieved by scratching briefly. Skin feels dirty, with increased awareness of body odor.

**Generalities** Causeless euphoria, as if having taken MDMA (Ecstasy). Profound loss of energy, as if one had lost connection with one's source of energy completely. Desire for hot and spicy foods, chillies, pickles, and beer.



# Hydrochinonum

## Hydroquinone, Quinol, Benzene-1,4-diol

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Marked distractibility with poor concentration, especially when driving and reading. Frontal headaches, pressing in nature, extending into the temples; with throbbing pains in the late evening (21h00–22h00). Oral symptoms, including an extremely dry mouth, with painful gums on brushing teeth and tenderness of the left side of the tongue. Pain and swelling in throat, extending into left ear. Difficult respiration on exertion. Catarrh. Notable decrease in appetite, with satiety after a few mouthfuls, with queasiness and pain and notable bloating of abdomen. Abdominal pain is characteristically clenching. Extremely restless sleep, with frequent waking in early hours of morning. Dreams are vivid and colorful, or nightmarishly dark and aggressive. Dreams of being taken prisoner and falsely accused of crime. Desire for meat, cooked (grilled) cheese. Left-sided complaints, particularly of mouth, tongue, and teeth.

**Mind** Weird feeling in morning as if in a fog. Loss of concentration while driving, as if in a trance, and losing place while reading, with jumbling of words and confusion. Distraction, with weakness of memory for what they were about to do. Awkward and clumsy. Dropping things and making mistakes. Depressed feeling, with sense of being ignored or looked down upon. Anxiety and irritability, at the slightest thing and with hypersensitivity to caress. Confident, “can do” feeling, with resilience and absence of any anxiety.

**Head** Pain shooting through whole head. Head feels clogged and fuzzy, with lack of balance, as if intoxicated. Pressing pains in forehead, extending to temples and sides of the head. Throbbing pains in the late evening (21h00–22h00). Hair is wet and matted from nocturnal perspiration of scalp.

**Eye** Photophobia, with squinting of eyes. Black rings under eyes, with tiredness and weakness.

**Vision** Objects appear hazy, as if through opaque glass.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Nose** Dryness of nose and nasal passages, with epistaxis of bright red blood from right nostril. Stuffy head cold, with some blood on blowing nose in morning.

**Hearing** Ringing in ears in the morning, while reading.

**Mouth** Dryness of mouth with sensation that the tongue is swollen and too big for the mouth. Indentation of teeth on tongue. Gums and tongue are sore from intense dryness of mouth. Pain in left side of tongue, with tenderness. Soreness of gums when brushing teeth, without bleeding. Shooting pains in teeth on biting. Sharp pain in incisor on drinking cold water.

**Taste** Sick taste in mouth, bitter, with offensive breath.

**Teeth** Stitching pain while eating.

**Throat** Constriction and swelling in back of throat, with itching and irritation of left side extending up toward ear. Throat is sore, swollen, and dry. External throat feels swollen.

**Stomach** Decreased appetite, with easy satiety. Hunger disappears after a few bites. Queasiness with tightness in epigastrium and feeling that stomach is clenching in on itself. Sour stomach with acidic eructation in the morning.

**Abdomen** Distension of abdomen in the late afternoon. Dull cramping pains in front of abdomen, and into middle of the back.

**Rectum** Copious flatus at night, with diarrhea. Difficulty passing even soft stool, with sensation that passing is incomplete.

**Stool** Sudden and explosive. Watery stool.

**Female** Menses stops suddenly, followed by swelling of fingers, face, and breasts; then menses begins again shortly thereafter. Painful, aching menstrual cramps.

**Larynx & Trachea** Voice hoarse and husky, tends to be lost in the evening.

**Cough** Loose cough, with sensation of mucus slamming into chest.

**Chest** Severe burning sensations in the trachea and into the lungs on exertion, with chilliness after exertion. Congestion on chest with tightness and occasional pains. Difficult expectoration, with inability to successfully hawk up mucus. Mucus must be swallowed. Increased perspiration in armpits.

**Back** Stiff soreness of central and lower back; worse on twisting or any sudden movement, better in heat.



**Extremities** Soreness of finger joints after lifting. Aching in calves, worse after going to bed. Tightness of hamstrings. Itchy red spots behind both knees. Eczema of hands, with dryness and flaking, especially of palms; worse when putting hands in water.

**Sleep** Restless sleep with tossing and turning and flood of disjointed thoughts. Frequent waking from sleep in early hours of morning with difficulty getting back to sleep. Wakes exhausted, unrefreshed, and with increased aches. Many dreams with frequent waking.

**Dreams** Nightmares and anxious dreams. Dreams are fragmented, dark and aggressive. Dreams of war and fighting. Dreams of being falsely accused and taken prisoner. Dreams of being shackled and whipped. Electric jolts. Colorful and vivid dreams. Dreams that grandfather has had a stroke and dies.

**Perspiration** Perspiration during sleep that mats the hair and soaks the pillow. Perspiration in general.

**Generalities** Left-sidedness. Desire for cold cereal for breakfast, meat in general, cheese (grilled, e.g., as on a cheeseburger).



# Hypophysis suis

**Glandula pituitaria suis, Pituitaria glandula suis, Pig hypophysis, Pig pituitary gland, Porcine hypophysis, Porcine pituitary gland**

*Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Extreme sensitivity to all impressions: mental anxiety and foreboding, increased acuity of hearing, and sensitivity of skin. Notable aversion to company with “desire for solitude” and “indifference to all daily activities.” Making mistakes in speech (lisp and loss of articulation) and spelling, with clumsiness. Dull or pressing frontal and occipital headaches, with numbness and formication, and a notable pressing behind the eyes. Increased hot secretions (tears and saliva), worse at night. Disturbances of appetite and thirst: most notably an increase in appetite, which is insatiable (‘eating like a pig’), and unquenchable thirst. Suppression of menstruation. General and diffuse muscle and joint pains, most notably in the lumbar spine. General cold sensitivity with a desire for and amelioration from heat. Most symptoms are worse in the morning (on waking).

**Mind** Sensitivity to all external impressions. Intense sensitivity and aversion to touch and noise, with irritability at trifles. Sadness and ready tendency to weep, from kind words or slightest insult. Aversion to all people with intolerance and disposition to anger. Aversion to company, with no desire for any social interaction. Desire to escape and withdraw from society. Poor concentration with clumsiness and marked indifference to usual activities. Making mistakes in speech and spelling, with slurred speech and tendency to transpose words and letters. Anxiety, with feelings of foreboding and panic, with palpitations.

**Vertigo** Light-headedness in the morning, as if room were spinning, with desire to sit; worse during exercise, ascending stairs, riding in a car; better when closing eyes.

**Head** Congestive headaches, in the morning on waking, with sensation as if eyeballs were being pushed out. Dull, throbbing pains, with numbness of forehead and heaviness of head, as if head were filled with water. Pains worse in light, bending forward, coughing, sneezing, and on movement; better after sleep and in

Proving Director: Ashley Ross

a warm room. Pressure around temples, extending backward through vertex into neck. Frontal headache, with formication of scalp, as if sinuses were congested, with pressure on bridge of nose. Headache commencing at 19h00. Tight sensation in nape of neck, with throbbing in occiput, radiating forward into temples, or upward into vertex, as if a rod were being driven into the head. Sensations of heat in face, with perspiration of forehead.

**Eye** Eyes sensitive to sunlight, with redness and a feeling of itchiness in both eyes. Itching in canthi, better with cold applications. Aching pain in both eyes with burning and sensation of sand in eyes. Photophobia with feeling as if eyes were strained, and desire to close eyes. Streaming lachrimation, especially at night, with hot tears and no disturbance of vision. Crusting of edge of right eyelid during sleep, with puffiness of eyes on waking. Stringy mucus, especially in the morning, with stickiness of eyelid. Loss of eyebrows and eyelashes.

**Vision** Flickering vision, with halo of light at bottom of visual field.

**Ear** Aching pain in right ear, with blocked sensation as if changing altitude. Painful on sneezing. Itching in ears, with pain on sneezing and decreased hearing. Ringing in ears, with bubbling, cracking noise in right ear.

**Hearing** Hypersensitivity of hearing and irritation from slightest noise.

**Nose** Tickling and itching of nose with watery nasal discharge, sniffing, and swallowing of postnasal mucus. Spasmodic sneezing in the morning on waking and in the evening before bed. Thin, clear discharge, feeling cold as it runs down inside of nose and nasopharynx.

**Smell** Hypersensitivity of smell, with nausea from the smell of food.

**Face** Fever blister on lip, with itching and burning.

**Mouth** Painful ulcer on the tip of the tongue. Ulcers along edge of teeth on hard palate, red and inflamed. Excoriation of mucous membrane of mouth, with shedding of mucosa. Increased flow of hot saliva, with need to spit out.

**Taste** Bitter taste in mouth.

**Throat** Dryness of throat, with sticking pains as if splinter were stuck in throat and sensation as if raw inside. Sensation of a lump in throat, with sensation of swelling impeding breathing and provoking cough. Choking sensation, with tickling in throat; better with warm drinks and spicy foods. Right-sided tonsillitis, worse when swallowing.

**External Throat** Enlargement of cervical lymph nodes.

**Stomach** Foul and putrid eructations. Ravenous and insatiable appetite with insatiable thirst and intense dryness of mouth. Constant hunger, even immediately after having eaten, as if starving, especially in the evening and in the morning on waking. Decreased appetite, with easy satiety. Nausea at the thought or smell of food. Desire for salty, sour, and spicy foods.

**Abdomen** Hollow feeling in abdomen, with grumbling and growling of stomach as if dying of hunger. Comfort from eating “like a pig,” eats large quantities throughout the day. Heartburn with bloating. Painful distension of abdomen. Cramping pains in abdomen on waking, as if diarrhea. Tight, pressing pains under ribs, and tight, pulling pains in lower abdomen, as if pelvic muscles were being pulled upward toward stomach. Sharp, poking pain in left inguinal area. Pain in appendix area during sleep.

**Rectum** Acute diarrhea in the morning on waking, painless.

**Stool** Explosive passing of a small amount of fetid, sour, rotten stool. Painful diarrhea alternating with constipation.

**Bladder** Increased frequency of urination, unrelated to the amount drunk. Pelvic discomfort with slight burning on urination.

**Urine** Urine darker and stronger-smelling than usual.

**Female** Menses scanty; reduction both in amount and duration. Premature cessation of menses; or complete suppression of menses. Intensely painful periods, as if person were about to die. Grasping, poking pain in uterus as if uterus were being squeezed tightly, radiating to the right, with nausea; worse when walking, standing up straight; better when sitting. Cramps and shooting pains in ovaries.

**Larynx & Trachea** Hoarse and cracking voice.

**Respiration** Air passage seems to close up and air can't get in or out. Tight feeling in chest as if one cannot breathe in enough. Tightness over sternum, like chest being oppressed or compressed. Feeling of pressure, as if lungs compressed. Asthmatic breathlessness from slightest exertion; breathing becomes shallow and rapid and pulse begins to pound.

**Cough** Dry, nonproductive cough; worse at night, better in warm room.

**Chest** Soreness of muscles of chest, with sensation as if head would explode and ribs would break with cough. Palpitations with anxiety, with pounding of heart felt throughout the body, causing shaking with each beat. Sharp pain in left side of chest. Heart feels hollow and chilly.

**Back** Neck pain with stiffness and muscular tension in trapezius muscles. Pain across trapezius muscles, below scapular and down erector spinae muscles. Tightness and splinter-like pains in back. Excruciating pains in lower back, with extreme emotional sensitivity, crying, and feeling as if broken. Sore muscles; worse with touch and movement, better with firm pressure from a fist. Muscles shaking and trembling. Fear of dying from the (back) pain. Tosses about in fits and crying from pain, as if being punished. Exhaustion from the pain. Shooting pains in coccyx.

**Extremities** Aching in all joints: right wrist as if strained, left elbow feels bruised, aching joints of left hand, joints of left thumb as if bruised, bruised pain in right elbow. Intense, sharp pains in right leg, extending to ankle and foot; worse at rest. Stiffness of legs in the morning on waking. Pulling pains in hands and feet, with trembling of hands and sharp, electric pains in fingers extending upward into elbow.

**Sleep** Exhaustive tiredness and sleepiness.

**Dreams** Dreams of violence, war, death, and being pursued. Strange, bizarre dreams with startling and confusion on waking. Dreams of danger and water. Feeling of helplessness. Dreams of being an undercover detective or wealthy, materialistic person. Wonderful spiritual dreams of old buildings, books, and world religions.

**Chill** Feeling chilly, mostly at night, with desire for warmth. Alternate flushes of heat and chills.

**Perspiration** Decreased perspiration.

**Skin** Skin sensitive, dry, and rough. Dryness of skin between fingers and around bed of nail. Ringworm-like eruption on side of breast and right hip. Intense itching with small vesicular eruption and prickling sensation in skin; better with scratching. Increased tendency to bruise. Hyperpigmentation of skin, as if having been in the sun and being two shades darker afterward. Goose flesh.

**Generalities** Feeling chilly, mostly at night, with desire for warmth. Alternate flushes of heat and chills. Sensation of heat on cold day, with desire to uncover. Pulse full and slightly raised, in the morning. Generally feeling unwell, as if having influenza. Muscles aching all over; worse with movement, better at rest and with hot baths. Intolerant of usual hot shower, but desire for warm shower. All complaints generally worse in the morning. Aversion to alcohol and cravings for meat, sugar, sweet foods, spices, and salt. Blood pressure elevated, with increased pulse and respiration.



# Hypothalamus suis

## Pig hypothalamus, Porcine hypothalamus

*Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Increased perception, with a particular sensitivity to negative emotions. Contentment with what cannot be changed and realization of need to cherish the preciousness of life. Delusion of self and surroundings being enlarged, coupled with awareness of constriction and increased pressure. Uncontrollable mania, with loquacity and frenzied cleaning and organizing. Profound tiredness and irritability with disconnection from the world. Sudden and extreme tiredness and physical weakness. Sharp pains in temples, extending to above eyes, with nausea, burning soreness of the eyes, and intense photophobia. General feelings of fullness and heaviness. Burning, itching, and dryness of mucus membranes (ears, eyes, mouth, throat, rectum, and skin). Episodes of sudden hypoglycemia. Sensations of head, with numbness and formication. Menses early, copious, and painful. Pains are generally sharp, stitching, or pulsating. Copious perspiration, particularly of hands and feet. Dreams of dead friends and relatives. General modalities include worse for light, motion, noise, and cold exposure, and better for pressure and warmth.

**Mind** Feeling of positiveness and sense of resolution and acceptance of what cannot be changed and needs to be cherished. Thoughts of loved one who had died and the impact of death on self. Perceptive and sensitive as if person were operating at another level in which one is sensitive to subtle energies and negative emotions. Delusion that one's surroundings are enlarged, or that the room is closing in on oneself, which induces a sense of euphoria. Internal feeling of busyness, with compulsion to clean, organize, complete tasks, with incessant and unbridled talking. Distortion of perception such as seeing things that are not there or being mesmerized by movement and light. Difficult concentration with distractibility, procrastination and confusing of words when speaking. Feeling "out of sorts" with causeless irritability and annoyance at one's surroundings. Anxiety about own health. Feeling of disconnection, with intolerance of the feelings of others. Desire to watch action movies and horror movies.

**Vertigo** Head feels fuzzy and tired, as if person were hypoglycemic. Feeling of dizziness with difficult breathing and sense that heart slowed down.

Proving Director: Ashley Ross

**Head** Sharp pain in left temple, extending forward to below eyebrows and into the eyes. Pains shift from one side to the other. The headache is associated with extreme fatigue, burning and dull aching of the eyes, and nausea; worse for light, noise, and motion of the eyes. Pulsating pains across the entire head, as if the arteries were constricting and relaxing; worse when rising up or running. Feeling of fullness and heaviness in the head, with congestion of sinuses and sensation of immense pressure deep within skull. Intermittent shooting pains above eyes, as if person were pounded by a hammer; better for lying on the cooler side of the pillow. Occipital pain, with weakness and urgent need to sit down; worse on stooping forward, better for external pressure and bending head backward.

**Eye** Painful and watery eyes, associated with headache. Dryness, redness and itchiness of eyes; better for rubbing. Increased awareness of eyes; with photophobia and sensation of sand under lids, as if the cornea were being scratched. Aching pain in outer canthus of right eye.

**Ear** Dull pain and itching in ears.

**Nose** Sensation of dryness and sharp burning in nose, worse when inhaling air. The nostrils feel raw and are red on the inside, with a clear mucous discharge. Catarrhal congestion of the sinuses with a mild headache. Frequent sneezing with watery nasal discharge. Epistaxis in the morning, rousing person from sleep.

**Smell** Sensitivity to strong odors.

**Face** Dryness and cracking of lower lip.

**Mouth** Dryness of mouth, tongue, and throat, with increased thirst for water. Increased awareness of tongue in mouth, with sensation of rawness.

**Taste** Food has lost its taste.

**Throat** Itchiness and swelling of throat, with rawness on swallowing and sensation one would produce a dry cough; better from scratching soft palate with tongue. Postnasal discharge of mucus, with increased disposition to swallow, and phlegmy sensation on waking.

**Stomach** Noticeably increased thirst for water and warm drinks. Ravenous and insatiable appetite, or capricious appetite and sudden hunger, even soon after having eaten. Episodes of hypoglycemia with nausea and sudden feelings of depletion and weakness. Nausea from ice cream and riding in a car. Sour vomiting of green vomitus, with dizziness, physical weakness and impaired hearing.

**Abdomen** Flatulent distension of abdomen, with sudden cramping and passage of light-colored stool. Dull aching in region of liver, as if a thick needle were poked into right side; better for stretching to the left side, worse for pressure. Dull

pain in lower abdomen, as if menses were to commence; better for pressure. Sensation of heat in abdomen, with cramping below umbilicus. Sharp pain in region of left ovary and elsewhere in abdomen, extending upward toward left side of chest. Fullness of abdomen, with gurgling and difficult passage of stool, as if there were a mass in the abdomen.

**Rectum** Increased and urgent passage of loose light-colored stool, with acidic odor and burning in anus after stool.

**Stool** Explosive and watery diarrhea with burning as stool is passed.

**Bladder** Slight burning on passing of dark yellow urine.

**Female** Profuse, stringy vaginal discharge; discharge is clear, white, or cream-colored and thin. Shortened menstrual cycle and reduced period of flow. Profuse and painful periods, especially at night, with dark clots. Sharp and hot cramping pain in uterus, extending into the back; better for bending double, pressure, and warm applications. Sensation as if lower pelvis were being squeezed by someone. Feeling exhausted and drained from the heaviness of the flow. Flow returning intermittently after having ceased. Blood is dark maroon or brown.

**Respiration** Feeling tiredness and breathlessness.

**Cough** Irritating dry cough after exposure to dry, cold wind.

**Chest** Sensation of mucous in chest that cannot be raised. Sharp pains in chest. Abscess of left breast and left armpit. "Pins and needles sensation" between left breast and armpit. Stabbing pains in chest.

**Back** Dull pain in neck and dorsal spine, as if from excessive bending; better for lying flat. Itching and burning of skin of back.

**Extremities** Bruised pain, as if grazed, of right elbow and forearm. Sharp, shooting pain in left arm. Numbness in left arm with pain in the shoulder joint which prevents use of the arm. Feeling of warmth in forearms. Itching and burning of skin of forearms and palms, better for application of cold water. Sensation of heaviness in the legs.

**Sleep** Restless sleep from physical discomfort of the bed and activity of thoughts. Thoughts running wild, inability to control them. Profound tiredness after lunch and in the afternoon without relief from sleep. Wakes from dreams in confusion and fear of subconscious creations.

**Dreams** Vivid and realistic dreams of accidents, running, orphans, naked people or of being underdressed, being attacked, planning travels, snakes, and teeth falling out. Violent and horrific dreams of dead bodies and abuse of women. Joyous



and happy dreams of dead friends and relatives. Reliving of recent and long-past events in dreams.

**Perspiration** Increased and excessive perspiration of hands and feet.

**Skin** Dryness of skin.

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**Generalities** Desire for warm drinks, juice, salty tastes, and beef. Feeling hot internally, especially in extremities, head, and neck. Physical and mental exhaustion with shakiness and internal trembling. Body feels completely worn out. Feeling that person cannot do any work and that one should lie down and sleep.



# Kalium tetraiodobismutatum

## Potassium tetraiodobismuthate, Bismuth potassium iodide

*David S. Riley*

**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. Inflammation of the skin and mucous membranes.

**Mind** Anxiety, with pressure in the chest, headache, and palpitations. Delusions of having sinned and being unforgivable. Feelings of unworthiness. Loquacity.

**Head** Pain localized to the forehead area. Head pain behind the eyes on the left side.

**Ear** Aching pain associated with headache.

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

**Face** Dryness of the lips. Cracking of lips.

**Mouth** 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. Desire for bowel movement while nauseated. Very thirsty for water.

**Stool** Hard.

**Female** Eruption of pimples in pubic region.

**Cough** Dry cough.

Proving Director: David S. Riley

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

**Extremities** Eruptions on the legs.

**Sleep** Sleepiness. Difficult waking in the morning.

**Dreams** Dreams of animals with an anxious feeling. Nightmares. Able to remember dreams.

**Skin** Pimples.

**Generalities** Desire to eat fish.



# Levothyroxinum

## Levothyroxine, L-Thyroxine, T4

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** A sensation of swelling in throat, but also in right inguinal region, right lower leg, and right foot. Abdominal distension. Dreams of being swollen and fear of then floating away. A background nervous excitability, with forgetfulness and clumsiness. Pains and discomfort, when present, tend to be burning in character, e.g., of the back, chest, abdomen. Generally feels worse in the morning, e.g., nausea (especially on waking), swelling of feet, nose bleeds. Right-sidedness.

**Mind** Confidence and optimism in being able to maintain a more positive attitude. Anxiety with nervous excitability leading to hyperventilation and weeping. Clumsiness with a tendency to drop things as if they were too big. Forgetfulness, with weakness of memory for where things have been placed.

**Head** Dull, pressing pain in forehead, progressive, above eyes and radiating backward toward right occipital region. Headaches of sudden onset: intense sharp pain of very short duration, extending forward from vertex toward forehead or from right ear to left temple.

**Ear** Earache with tinnitus.

**Nose** Nocturnal epistaxis.

**Taste** Sour, bitter taste in the mouth and a sweet taste in the throat on swallowing.

**Throat** Painless sensation of swelling in the throat, with sour, bitter taste in the mouth, and a sweet taste in the throat pit on swallowing. Painful inflammation of throat with irritation and congestion, extending into the nose and ears; worse when swallowing.

**Stomach** Mild nausea in the morning, with burning in the stomach and hypersalivation. Heartburn.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Abdomen** Abdominal discomfort, flatulence, and soft stool. Distension of abdomen with right inguinal swelling and pain in both ovaries.

**Bladder** Sudden and urgent desire to urinate. Pain in bladder after urination. Nocturia.

**Female** Menses too frequent, copious, with clots and intense cramping.

**Chest** Asthmatic respiration with oppressed breathing, congestion and tightness in the chest. Sensation of burning and cramping beneath the sternum, with stiffness in the chest on waking.

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**Back** Stiffness of muscles of middle and upper back. Pain in lower back with insecurity of sacroiliac symphyses; worse when twisting. Formication and itching of shoulders, neck, and upper back.

**Extremities** Sciatica. Swelling of lower leg and foot on waking.

**Sleep** Alterations of sleep: tossing about with frequent waking, talking in sleep, deep and restful sleep. Profound lethargy and sleepiness on waking, with disinclination to work. Causeless sleepiness and fatigue in the afternoon.

**Dreams** Dreams unremembered. Ominous and frightful dreams of being pursued; of being swollen like a balloon, and would float away if going outside.

**Skin** Dry and itchy.

**Generalities** Chilliness despite external heat, with shivering and desire for hot drinks. Sudden flushes of heat with redness and sensation of swelling. Desire for bacon and eggs. Sensation of swelling in various parts as if filled with water, after eating. Complaints appear suddenly. Sharp pains. Symptoms worse on right side, in the morning.



# Luffa operculata

**Wild loofa(h)** [*Luffa operculata* (L.) Cogn. (*Momordica operculata* L.)]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Internal discontent with irritability, impatience, brooding, and aversion to company. 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. Thirst for 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. 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.

**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 pain in the forehead behind, 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 of eyes. Itching in the canthi. Pain as from sand. Tired sensation.

**Vision** Sees spots during headaches.

Proving Director: David S. Riley

**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, after stool, 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.

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

**Respiration** Snoring.

**Chest** Painful constriction under the sternum with anxiety and fear. 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 fingers with a migraine. Trembling of the hands and legs with excessive physical energy, better for 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. Difficulty falling asleep.

**Dreams** Many dreams. Dreams in vivid colors. Remembered dreams. Dreams of death, disease, killing, murdering one's father, or painful events.

**Perspiration** Pungent perspiration.

**Skin** Eruptions of hard, painful pimples. Sensitive in spots.

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





# Magnesium gluconicum

## Magnesium gluconicum dihydricum, Magnesium D-gluconate dihydrate, Magnesium gluconate

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Mental and emotional symptoms, including a sense of general discontent and sadness, especially in the evening. Restless and anxious. The anxiety may be such that the person is prone to panic attacks. A general sense of weariness, lassitude, and fatigue, particularly in the afternoon. This may extend to a chronic fatigue pattern. Difficulty in concentrating, with a sense of confusion and cognitive difficulty, especially in the mornings. Headaches are a common symptom—tend to occur particularly over the temples, forehead, or occiput. Eye symptoms, including irritation, blurring, and dimming of the vision. Ear, nose and throat symptoms include ringing in the ears, nasal congestion, discharge or sneezing, irritation of the throat with clearing of catarrh, hoarseness of the voice. Abdominal bloating/distension; pain and cramping. Back pain, particularly in dorsal and lumbar regions, which may extend to groin or down the legs; worse when sitting or standing. Cramping (e.g., in feet), stitching, or aching of limbs. Insomnia. Chilliness.

**Mind** Panic attack which drives person about the house, with coldness, shaking, confusion, and weeping. Discontented, with aversion to company, poor concentration, and anxiety. Despair with sadness, forsaken feelings, and suppressed anger. Apathy with inability to focus the mind on important things.

**Vertigo** Light-headedness with accelerated pulse, better when walking and drinking cold water.

**Head** Dull headaches in temples, especially left, extending to occiput. Coldness in forehead as if ice were applied. Feelings of constriction as if a band around eyes, with throbbing in vertex and temples; worse in cold air, light, with pressure, and with warmth; better after eating, lying with head high.

**Eye** Irritation in eyes with lachrimation and irresistible urge to rub. Dryness, with squinting; worse while reading, better when closing eyes for 30 seconds.

Proving Directors: David S. Riley, Stephen Messer / Re-analysis of source data: Ashley Ross

**Vision** Blurring and dimming of the vision. Double vision, as if were not wearing their glasses.

**Ear** Tinnitus in both ears. Itching in left ear.

**Hearing** Difficult hearing, as if at a distance with poor concentration.

**Nose** Congestion of nose with clear mucus, especially right nostril, worse throughout night; clearing in the morning. Fits of sneezing with clear, nonirritating discharge.

**Face** Acne on forehead, cheeks, and chin. Dryness of lips. Skin and hair feel more oily than normal.

**Mouth** Dryness of mouth.

**Taste** Sour taste.

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**Teeth** Sensation of a film on the teeth. Dull and intermittent aching in teeth and gums. Sensitivity of teeth with swollen gums. Sharp, drill-like pain pushing down on left molar; worse in cold, on pressure.

**Throat** Dryness of throat, with scratching and itching in pharynx. Accumulation of clear phlegm, needing to be cleared often. Sensation of a lump in throat, worse when exposed to smoke.

**Larynx & Trachea** Hoarseness of voice; worse at night, talking.

**Stomach** Nausea in the morning. Decreased appetite, especially in evening. Heartburn with nocturnal reflux, waking them from sleep. Increased thirst for large quantities of water at room temperature.

**Abdomen** Flatulent distension of the abdomen, with need to pass flatus, which relieves. Borborygmus with pain and nausea. Cramping and diarrhea immediately following dinner. Sharp, burning pain in right hypochondrium around 16h00; worse when bending double, better on rubbing.

**Stool** Loose stool.

**Bladder** Frequent waking at night to urinate.

**Cough** Cough from exposure to cigarette smoke. Persistent nonproductive cough.

**Expectoration** Clear mucus in throat. Easy expectoration of salty, thick mucus.

**Back** Minor aches and pains around neck and shoulders. Stinging pain in right lumbar region, extending into hamstring and groin. Pains worse in morning on waking, standing, sitting, going down stairs, better when lying flat with legs slightly raised.

**Extremities** Wandering pains throughout body, especially legs. Extreme sharp pain in right heel, extending to arch of foot; worse when standing.

**Sleep** Overpowering sleepiness, with frequent waking from dreams, nightmares, or need to urinate. Sleeplessness, despite bodily exhaustion.

**Dreams** Anxious dreams of dying, eloping, falling, of being pursued by devil, with fear that evil spirit is in the house on waking.

**Perspiration** Clammy perspiration; worse after eating, and at night.

**Skin** Very itchy skin.

**Generalities** Desire for fruit and vegetables. Aversion to meat and vegetables. Feels overly warm most of the day. Chilliness, with sensitivity to a fan and tendency to goose flesh. Profound lethargy, with overpowering desire to nap during daytime. Body feels weak and tired. Increased energy with increased capacity to complete tasks.



# Magnesium oroticum

## Magnesium oroticum dihydricum, Magnesium orotate dihydrate, Magnesium orotate

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Irritability, with intolerance of others' opinions and a tendency to be sarcastic and snappy, with aversion to company. Emotionally sensitive. Sensitive to contradiction. In contrast may enjoy company of family and close friends and feel very protective. General lassitude and lack of motivation, with drowsiness on waking, and lack of mental clarity. Clumsiness. Prone to headaches, often severe, occurring predominantly in the morning. Pain tends to be stitching, especially of forehead. Facial pain. Vertigo. Musculoskeletal pains in a number of locations, e.g., neck, shoulders, and back. Prone to pain, cramping and twitching of the muscles. Coldness of extremities, especially feet. Various gastrointestinal tract symptoms, including changes in appetite with decreased, and at times, increased appetite occurring in the same person; thirst, especially for cold drinks; constipation; abdominal pain; vomiting. Painful and/or heavy periods. Right-sided symptoms.

**Mind** General lassitude and lack of motivation, with drowsiness on waking, and lack of mental clarity. Protective feelings towards loved ones and self, with anxiety about security and safety. Emotional sensitivity and thoughts of loved one who has passed on. Irritability, with intolerance of others' opinions. Sarcastic and snappy, with aversion to company. Clumsiness, with tendency to drop things. Lucid and calm, with a general sense of well-being and desire to socialize with family.

**Head** Dizziness, as if in a cloud, with sensation of spinning and a tingling sensation in the head; worse when standing and walking, better while sitting. Aching headaches on waking. Dull, constrictive headaches above eyes and in temples with sensitivity of vertex, aversion to company and sensitivity to noise. Pressing pains behind eyes, and throbbing in occiput. Migraines with nausea and fluttering sensation in abdomen; migraine-related pains better when rubbing, worse in light and motion.

Proving Directors: David S. Riley, Stephen Messer / Re-analysis of source data: Ashley Ross

**Eye** Spasmodic twitching of right eye. Poor focus whilst reading with tendency to blink.

**Nose** Congestion and stuffiness at bridge of nose. Epistaxis on waking, with loss of energy.

**Face** Pain in left cheek. Blackheads and pimples on the bridge of the nose.

**Mouth** Dryness of mouth.

**Teeth** Clenching of teeth, with excruciating toothache in left upper molar, extending to temple; worse when biting down and in any motion.

**Throat** Postnasal discharge with clearing of throat. Worse in morning and at night on lying. Swelling of cervical lymph nodes.

**Stomach** Appetite decreased, with ravenous appetite in evenings. Increased appetite with easy satiety. Unquenchable thirst for cold water.

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**Abdomen** Pain in hypogastrium, better when vomiting. Sharp pulsating pain in left hypochondrium.

**Back** Right-sided neck pain, extending into upper back between shoulders, along top of shoulder and behind right ear. Stiffness of neck, better from massage and when rubbing. Spasmodic cramping in lower back, restricting movement; worse in evening, better when stretching, from massage, and warm applications.

**Extremities** Shooting pains, with numbness of arm and discomfort on raising arm and turning head. Twitching of arm and calf muscles. Cramping of feet in evenings. Cracking of joints, with pain in calf muscles and knee. Stretching pains better when walking slowly. Heaviness of arms and legs.

**Sleep** Extreme tiredness on waking, with lassitude and disinclination to commence day's activities. Weariness during daytime with disinclination to work and desire to nap. Sleep disturbed by vivid and anxious dreams.

**Dreams** Vivid and anxious dreams of drowning, dead relatives, violence, reptiles, being pursued. Fantastic dreams of embarrassment and weeping. Unremembered dreams.

**Generalities** Coldness of hands and feet. Sensation of heat with intermittent sweating. Desire for sugar and sweet foods, salty and tomato-based foods. Relaxation of all muscles.



# Mahonia aquifolium

**Berberis aquifolium, Mountain grape, Oregon grape, Holly-leaved barberry [*Mahonia aquifolium* (Pursh) Nutt. (*Berberis aquifolium* Pursh.)]**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** 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 in the lower back, neck, hands, and knuckles. Nausea, 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. Impatience at work, with people, and estranged from society. Irritability from noise during headache and aversion to company. Enjoyed listening to music to relax. Reproach themselves for their eating habits. Restlessness when with fever. Sensitive to noise and excitable. Slowness in movement.

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

Proving Director: David S. Riley

**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. Sore and tender pain 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.

**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.

**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; extends to the shoulder and down the left arm.

**Extremities** Awkwardness and slowness in movements. Cold feet during the day. 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. Talking in sleep.

**Dreams** Dreams of cancer. Serious dreams. Dreams remembered.

**Fever** Fever with perspiration.

**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 scalliness. Violent itching to the point of bleeding, worse from scratching. Prickling skin.

**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.





# Manganum phosphoricum

## Manganese phosphate, dibasic

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Anxiety and nervousness. Repeats the same phrase. Bones around eyes aching. Pain on opening the mouth. Dry mouth with metallic taste at back of tongue. Food is tasteless. Mental desire for sex without physical desire in males. Napping in afternoon or daytime. Falling asleep anywhere or while listening to a friend. Wheezing on exertion. Quick onset of symptoms. Weakness and shaking inside. Vivid fearful dreams that are threatening.

**Mind** Anxiety and nervousness. Repeats the same phrase. Euphoric mood and giddiness. Short tempered. Senses dulled. Feeling of being separate from others and in own world. Feeling friendless and homesick. Clear thinking in the morning. Lacking concentration.

**Vertigo** Light-headed with a rush.

**Head** Dull head pain that comes on quickly and lasts only a short time. Dull but intense headache like a migraine. Pain in occiput. Head pain like wearing a small metal cap. Pressure in forehead and around the eyes. Dull ache over eyes, especially the left eye.

**Eye** Lacrimation, especially in morning. Burning tears. Eyes irritated and blood-shot and must blink. Mucus in outer canthi.

**Vision** Blurry with tears.

**Ear** Left ear itching into the head.

**Nose** Nasal passages clear. Clear watery discharge, worse on the right side. Waking with congestion. Sneezing and running nose in morning as from allergies but with a quick onset.

**Face** Lips chapped in wind. Bones around eyes aching.

Proving Director: David S. Riley

**Mouth** Pain on opening the mouth. Dry mouth.

**Taste** Metallic taste at back of tongue. Food is tasteless.

**Throat** Gagging cough from a small dry spot in throat. Sore throat pain on waking. Dryness.

**Stomach** Gagging with cough. Increased appetite in morning. Decreased appetite. Nausea during headache. Heartburn on rising in morning. Rumbling. Hungry but can't decide what to eat.

**Abdomen** Tightness in the solar plexus like a cramp pushing up on diaphragm. Cramping pain in right lower quadrant and right lower rib cage. Distension and feeling of bloating. No cramping with menses. Dull stabbing pain.

**Rectum** Flatus all day. Diarrhea with flatus or offensive odor. Pain or itching after stool. Rectal itch or burning sensation after bowel movements. Constipation as if intestines were blocked.

**Stool** Increased frequency. Hard stools. Dark loose colored stools. Watery stools.

**Bladder** Frequent urination with pressure in kidneys. Awakening at night to urinate. Incontinence when walking and must urinate hourly to prevent this.

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**Male** Mental desire for sex without physical desire.

**Female** Rawness of vagina and itching. Leukorrhea hot and burning. Sharp right-sided pelvic pain as if ovulating. Menses of short duration.

**Respiration** Wheezing with exertion. Constricted breathing like a weight on my chest during the night.

**Cough** Dry cough, better after drinking. Dry spot in throat that causes gagging cough.

**Chest** Back pain with burning pain in neck, left arm, and left chest after eating, with anxiety about heart disease. Chest constriction with difficult breathing. Squeezing sensation in chest. Heart palpitations. Cramping pain at the bottom of the rib cage. Red, inflamed, and sensitive pimples or blemishes on sternum.

**Back** Tightness felt in back. Back pain. Nerve-like pain in right buttock. Dull sacral pain, worse on motion. Burning in cervical and dorsal muscles.

**Extremities** Pain. Hip stiffness with aching in the hip joint. Hip joint feels like there is sandpaper in it. Burning pain in left arm, left side, and left chest. Tight muscles on right forearm. Swollen ankles in morning on waking. Skin sore on forearm. Sore calf and groin muscles. Cramps in calves during the night.

**Sleep** Napping in afternoon or daytime. Falling asleep anywhere or while listening to a friend. Dozing off early. Very tired and going to bed early. Waking at 2 a.m.

**Dreams** Vivid fearful dreams that are threatening.

**Skin** Cuticles cracked and dry around thumbs.

**Generalities** Wheezing on exertion. Quick onset of symptoms. Weakness and shaking inside. Desire for sauerkraut, chicken livers, and sweets, especially chocolate. Aversion to wine and mayonnaise. Flushes of heat before menses. Sensation of internal chilliness. Good energy during the day. Tiredness in evening.



# Medulla ossis suis

## Pig bone marrow, Porcine bone marrow

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Fidgety and distractible with mischievous and irrepressible urge to joke. Feeling of clumsiness and out of control of one's own body. Bones feel brittle and one feels the need to be cautious in one's movements. Sensations of inflation and distension, or of normally open structures being deflated, filled with mucus, or unable to be fully inflated. Watery discharges. Sensation of dryness of mucus membranes. Left-sided complaints. Better for hot applications.

**Mind** Feeling frenetic and nervous, with less inhibition and a mischievous and irrepressible urge to joke. Restless and distractible, with fidgeting and inability to focus on any one thing for very long. Feeling as if mind and body are disconnected and of being clumsy and not fully in control of one's own body. Sensation that the bones of one's spine, hips, and legs are brittle and that one must be cautious in one's movements. Feels down and depressed, with a feeling of slowness and difficulty in making sense of what is going on around one. Emotionally sensitive and easily brought to tears by joyful happenings of others. Irritability and anger at perceived wrongs of others.

**Head** Feeling of pressure in the sides of the head, as if an inflated balloon were occupying the skull or the brain were filled with mucus. Headache in right temple on stooping, or a severe headache in left side of forehead, behind eye and into the zygoma; better for lying in a dark room or taking a hot shower. Warm feeling in head and neck.

**Eye** Burning sensation in eyes, with numbness between the eyes and in throat. Eyes feel dry and uncomfortable, with blurring of vision and sensation as if one eyelid were slightly larger than the other or that sand were under the lid. Watering of left eye in the morning. Tiredness of eyes, with purple circles under eyes.

**Ear** Dull pain in the left eardrum on waking.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Nose** Congestion of nose with watery discharge. Pain in left nostril as if a nose-bleed were to occur.

**Face** Flushing of cheeks and increased oiliness of skin.

**Mouth** Dry, web-like feeling in mouth on waking; frothy feeling in mouth in the afternoon.

**Throat** Throat feels parched on waking, with aching pain and tightness on swallowing. Accumulation of thick brownish-yellow sputum in throat.

**Stomach** Extreme and unquenchable thirst. Feeling of emptiness in stomach, with burping, as if a vacuum hose were stuck down the throat and the volume were sucked out of the stomach. Profound hunger, as if every cell were underfed; better after eating. No appetite at all until evening, with craving for carbonated drinks. Nausea after eating meat. Slight nausea on waking, with heartburn and sharp pains in the stomach, as if from gas.

**Abdomen** Distension of abdomen, with sharp, lightning-like pains or cramping below umbilicus; better for the application of heat and pressure.

**Rectum** Increased passing of foul and offensive flatus, particularly in the evening and at night, with decreased quantity of stool, as if digestive tract were dry. Sharp, shooting pains up rectum before stool.

**Stool** Watery diarrhea. Putrid stool, as of a dog.

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**Male** Absence of sexual interest.

**Female** Increased sexual awareness. Watery leukorrhea.

**Respiration** Sensation that lungs are unable to be filled to capacity.

**Cough** Dry, tickling cough in the morning or after exertion.

**Chest** Rapid heartbeat with feelings of nervousness or excitement. Eruptions on chest that are red, raised, and itchy; temporarily relieved by scratching.

**Back** Persistent stiffness of neck, with cracking sound on motion.

**Extremities** Hips and legs feel fragile and weak, as if the bones of the leg were made of glass and all strength goes into walking. Feeling of strain, with sharp pains shooting from hip to knee or down forearm. Pain and stiffness of hips, with difficulty and pain on walking, as if one were 90 years old. Tingling and burning in hands and legs.

**Sleep** Restless sleep, with waking in early hours. Profound weariness, as if having sleepwalked the entire day. Feels refreshed, despite interruptions in sleep.

**Dreams** Vivid and realistic dreams of relinquishing family issues of the past, or of losing teeth, only to be replaced by a second set.

**Perspiration** Perspiration smells bitter, or of onions (without having eaten onions).

**Generalities** Desire for oranges, spicy foods, meat, and waffles with butter and syrup.



# Methylglyoxalum

**Methylglyoxal, Acetylformaldehyde, Pyruvic aldehyde, Pyruvaldehyde, 2-Oxopropanal**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Increased energy. Desire for, or aversion to, chocolate. Desire for 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. Weeping more easily than normal.

**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. Sniffing in the morning.

**Face** Improvement of tightness and tension of the facial muscles.

**Mouth** Dryness in the morning.

**Throat** Sore throat on waking associated with a tickle in the nose. Swollen sensation of the throat, worse when swallowing.

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

Proving Director: David S. Riley

**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.

**Female** Increased menstrual flow.

**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.

**Dreams** Dreams that are anxious, fearful, and of being pursued.

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

**Generalities** Cold symptoms appear but the cold does not come on. Increased energy, especially in the evening. Desire for fats like butter and mayonnaise, chicken liver, sweets, cold drinks, and sour fruit. Desire for, or aversion to, chocolate. Aversion to sweets even during the premenstrual period.





# Mucosa nasalis suis

## Pig nasal mucosa, Porcine nasal mucosa

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Spacey feeling, with poor concentration, as if body and mind were separated. Increased alertness, as if from too much caffeine or having responded to extreme anger. Dull frontal headaches, extending into temples and eyes; better after eating. Tingling sensations and/or numbness in left side of skull, lips, and upper surface of tongue. Sensation of tension in head, jaw, and pelvis, with desire to stretch. Sensation of lightness in chest, as if blown up with helium. Constipation with sudden urgency to pass stool, which is ineffectual or incomplete. Drowsiness immediately after eating. Left-sided complaints.

**Mind** Feeling very alert and “revved up,” as if everyday realities have a sharper edge and clarity, both visually and emotionally. Somewhat shaky as if had too much coffee or in response to extreme anger. Emotionally sensitive, with weeping in the afternoon and nagging “butterflies” sensation. Disoriented feeling with poor concentration and incomprehension of what was said, as if one were “high.” Spacey feeling, as if body and mind were separated. Slightly elated, dreamy sensation and is if one were “floaty” and dissociated from her surroundings. Sensation that one’s partner were fat, which disgusts the person.

**Vertigo** Vertigo and dizziness.

**Head** Bilateral piercing frontal headache in the afternoon. Dull throbbing pain in temples extending into both eyes, better after eating. Pulsating pain in vertex on rising from bed. Sensation of tightening in head and base of neck, with slight throbbing in vertex. Tingling in entire left side of skull. Tenderness of scalp.

**Vision** Blurring of vision in the morning.

**Ear** Slight ringing with pain in left ear around between 09h00–11h00 in the morning.

**Nose** Stuffiness of head and nose with sneezing.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Face** Numb sensation on the left side of both lips. Tension in both sides of jaw with attempts to stretch by yawning and desire to grind teeth. Sensation of pressure on both sides of larynx.

**Mouth** Dryness of mouth and palate, as if salivary glands had dried up; better after drinking. Tingly sensation in tip of tongue, with numbness extending bilaterally along upper side of tongue to rear of mouth. Excessive salivation with bitter taste in mouth as if having eaten ashes.

**Taste** Bitter taste in mouth as if had eaten ashes. Metallic taste.

**Teeth** Teeth feel unusually sensitive.

**Throat** Dryness of throat with extreme thirst as if dehydrated.

**Stomach** Intense nausea with dizziness and unsettled sensation in stomach. Disordered digestion with sour regurgitation. Constant desire to snack; cannot get full.

**Abdomen** Abdominal distension in the evening with belching and cramping. Gurgling and bubbling in abdomen, with flatulence. Achy soreness in pelvic girdle, as if having sat for too long; better when stretching.

**Rectum** Constipation with urgency to pass stool, which does not occur. Waking at 04h30 with desire to pass stool.

**Stool** Increased frequency of stools.

**Female** Copious passage of bright red menses with intense cramping and large thick clots.

**Chest** Heart palpitations, as if racing. Sensation of lightness in upper thorax, as if were blown up with helium.

**Back** Pain and stiffness in neck; has to turn whole head to move. Pain and tightness at base of neck as if he had been sitting wrong. Sensation of fullness and congestion in lumbar region.

**Extremities** Cramping between the thumb and wrist of the left hand. Coldness of extremities in the afternoon. Coldness of feet; cannot be warmed.

**Sleep** Energetic and “buzzy” until well past usual bedtime. Drowsiness immediately after eating in the afternoon, with slight nausea and desire to sleep. Waking early, at 04h30, without usual tiredness. Feeling that one needs more sleep, but not feeling sleepy. Sleep disturbed during the full moon.

**Generalities** Alert in the evening. Excessive physical irritability.



# Mucosa suis

## Pig mucosal tissues, Porcine mucosal tissues\*

*Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Feeling of positivity, strength and endurance, allowing for extraordinary mental and physical activity without usual tiring. Dull or throbbing headaches at 11h00 or 14h00, extending from the occiput to vertex or from above eyes into temporal or parietal areas; worse for light, noise, and motion; better for closing eyes, pressure or massage, and lying semi-erect. Catarrhal inflammation of mucous membranes with copious clear or thick, tenacious discharges. Formication, dryness, and itching of skin. Ravenous hunger with sudden urge to eat, not assuaged by having eaten. Profuse perspiration only on right side of body. Sensitivity to cold exposure or poor adaptation to changes in external temperature.

**Mind** Feeling of restlessness with concerns around work, business and financial constraints, and responsibilities. Desire to escape into nature to contemplate life and to find direction. Urge to find an outlet in creative expression and artistic hobbies. Unable to focus clearly on things. Irritability, with impatience and intolerance of partner and pets. Overwhelming sense of well-being, strength, and energy, with unflagging endurance and increased capacity for mental and physical work. Alert and active, with restlessness and desire to work late into the evening without feeling tired. Anxiety about workload, with overwhelming need to rush through tasks or to procrastinate. Difficulty in completing administrative tasks, and doubtful of whether having completed tasks correctly or completely. Fatigue in afternoon and loss of motivation to work or to engage with others. Feeling out of sorts and “not in the mix”.

Proving Director: Ashley Ross

\* The mucosal membranes, including the mucosa-associated lymphoid tissue (MALT), share a common embryological origin and are viewed both physiologically and immunologically as a single “functional” organ. With this in mind, the substance *Mucosa suis* was formulated as a representation of the MALT-containing tissues and consists of raw material obtained from fifteen sites along the mucosae of the pig. These tissues are as follows: Mucosa coli suis, Mucosa ductus choledochi suis, Mucosa duodeni suis, Mucosa ilei suis, Mucosa jejuni suis, Mucosa nasalis suis, Mucosa oculi suis, Mucosa oesophagi suis, Mucosa oris suis, Mucosa pulmonis suis, Mucosa pylori suis, Mucosa recti suis, Mucosa vesicae felleae suis, Mucosa vesicae urinariae suis, and (Mucosa) Ventriculus suis.

**Head** Dull headache in occiput at 11h00 or 14h00 with sensation of heaviness; better lying semi-erect, worse in noise, light, when eating, or talking. Pain radiating into temples and down back of the neck. Pulsating pain from right occiput to vertex; better for closing eyes, from pressure, and massage. Dull, constricting pain at base of skull, as if neck needed to be stretched. Pressure in forehead and behind eyes, with photophobia, intermittent blurred vision, and mild nausea. Blinding frontal headaches at 11h00, extending from temples to base of skull, with inability to concentrate and aversion to light, movement, and noise. Sharp, shooting sensation behind eyes on movement, especially on lifting head; worse for motion, better when lying down or applying pressure. Stitching pains extending from left temporal and parietal areas into the left side of face; worse for light, better for closing the eyes and pressure. Catarrhal pain above eyes, with lachrymation, extending into zygoma, maxilla, and mandible; worse for light, noise, becoming cold, and any constriction about head. Head feels heavy, as if bones were cemented, a solid gas were shifting from one side to the other, and head is moved. Headaches commencing at 11h00, disappearing in the afternoon, and returning in the evening. Sensation, on waking, as if a hole had been bored into head.

**Eye** Slight irritation under the right eyelid. Eyes bloodshot, itchy, dry, and irritable, with sense of being able to hear the sound of their moving within their sockets. Catarrhal agglutination of eyes on waking.

**Nose** Catarrhal itching of nose and throat on waking, as from allergy, with sneezing and copious discharge of clear watery mucus. Waking from sleep with congestion of nose, as if one were getting the flu, with extreme coldness of nose, hands, feet, and earlobes. Bleeding from left nostril in the morning while bathing.

**Smell** Acute sense of smell.

**Face** Mild rash on waking: small papules on cheeks, extending down to corners of mouth.

**Taste** Metallic or bitter taste in mouth.

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**Throat** Dryness of throat, with feeling of rawness and ineffectual attempts to clear thick, sticky mucus; worse for talking. Inflammation of left tonsil, better for gargling with warm saltwater.

**Stomach** Ravenous and insatiable increase in appetite, with sudden desire to eat, not relieved by having eaten. Extreme thirst with hypersalivation. Mild nausea, with flatulent bloating and eructations. Bilious vomiting.

**Abdomen** Rumbling in abdomen, with hunger, light-headedness and feeling of weakness. Sharp, cutting pains darting across abdomen like lightning; better for pressure, worse for motion.

**Rectum** Constipation with ineffectual urging and straining, with perspiration and sense that passage of stool is incomplete.

**Male** Increased libido with improved sexual performance.

**Female** Painful lump at entrance to vagina. Copious discharge of watery menstrual blood, with small clots. Sharp, shooting pains in pelvic region, with gushing discharge of viscous, watery discharge.

**Respiration** Respiration difficult, as if asthmatic, with tightness on exertion.

**Cough** Loose and phlegmy cough at night.

**Chest** Sharp, shooting pain in left side of chest, worse on inspiration. Tenderness of left breast, with twitching of left upper arm.

**Back** Piercing, needle-like pains in right lower back; worse for walking or any movement, especially rising from a chair, or bending forward. Stiffness of neck; better for pressure and stretching, worse rising from a chair, or bending forward. Extreme itching of chest and back.

**Extremities** Intermittent twitching of muscles of left thigh while sitting and of left shoulder muscles. Pain in right shoulder after cold exposure, which wakes person from sleep. Formication of ankles, feet, and back, as if there were insects or ants crawling on the skin; better for rubbing. Rash on forearm and elbows; worse for heat, better for cold air. Slow healing from a splinter in left thumb: sensation as if splinter remained, with localized swelling and sharp pain on pressure. Development of white, then sticky, yellow-brown pus. Notable swelling of foot after blunt injury, with bruising; worse from any movement. Distension of veins of forearms and hands. Coldness of extremities.

**Sleep** Unable to sleep until 23h00. Sleep is interrupted by dreams and sensation of heat, and too early waking in the morning, with inability to sleep thereafter. Wakes unrefreshed and lazy, with desire to spend the whole day in bed.

**Dreams** Dreams unremembered, or dreams of unboiled eggs, snakes that bite person, personal misfortune, attending a funeral. Vexatious dreams of being lost and unable to identify the correct path home or of being unable to reach desired destination. Dreams of friends or acquaintances, and big houses, with irritation and anxious waking from dreams.

**Perspiration** Increased odorless perspiration on right-hand side of body from exertion or emotional excitement.

**Skin** Extreme itching of chest and back. Slight burning sensation in skin, as from sunburn. Dryness of skin, especially on legs.

**Generalities** Energized and “hyper” until late in the evening without feeling tired, despite industry and exertion of the day. Flushes of heat rising from chest into the face and cheeks whilst driving and on slight exertion. Poor adjustment to changes in ambient temperature, with sensitivity to cold. Formication, dryness, and itching of skin. Pulse is strong and easily accelerated. Desire to drink coffee.



# Myosotis arvensis

Field forget-me-not [*Myosotis arvensis* (L.) Hill.]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** Sensation of lightness as if one is intoxicated, and clarity of mental processes and thinking are prominent symptoms. Fears about illness. Irritability. Alternating moods. Vivid dreams. Increased physical fatigue. Sneezing. Throat pain. Nausea. Abdominal distension. Flatulence associated with bloating. Dry cough. Itching of the skin.

**Mind** Agitated. Anxiety. Clarity of thoughts. Ecstasy and euphoria as if intoxicated. Fear they or their pets are ill. Feeling having neglected one's responsibility for sick animals. Desire to remain at home. Indifference. Laziness. Irritability. Sense of lightness. Alternating moods. Sensitive to noise. Spacey feeling as if from smoking marijuana.

**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, worse when swallowing. Tight sensation in the throat.

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

Proving Director: David S. Riley

**Abdomen** Abdominal distension as if from flatus. Flatulence associated with bloating. Cramping pain.

**Rectum** Diarrhea with allergies. Strong desire to defecate.

**Stool** Offensive odor.

**Bladder** Increased urination.

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

**Cough** Dry 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. Pain in right foot and sole.

**Sleep** Sleep position on the left side. Snoring.

**Dreams** Vivid dreams. Dreams of sick animals, dancing, people, and searching.

**Perspiration** Sweating increased at night.

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

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





# Nadidum (NADH)

Nicotinamide adenine dinucleotide, NAD<sup>+</sup>, Nadide, Coenzyme 1, Coenzyme B3

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Difficult concentration. Memory weakness. Head pain. Tingling of the head. Tingling in the lower jaw and chin. Painful sore throat. Nausea. Abdominal pain. Sharp or stabbing pains in the ear, abdomen, and under the rib cage. Sharp pain in the ribs.

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

**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, 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, worse on the left side.

**Teeth** Numbness.

**Throat** Sore throat, worse on the right side. Throat pain, worse from swallowing.

Proving Director: David S. Riley

**Stomach** Appetite is either decreased or increased (particularly for chocolate). Nausea or lack of expected nausea while on a boat in the ocean.

**Abdomen** Painful flatulence from trapped gas. Abdominal pain that is stitching or from trapped gas. Gas pains are usually worse during the night after going to bed.

**Rectum** Constipation with ineffectual urging and straining. Increased flatus.

**Stool** Stool like hard balls. Hard or soft stool.

**Bladder** Decreased frequency of urination.

**Female** Increased sexual desire. Vaginal itching.

**Chest** Bubbling sensation in the chest under the sternum at bedtime. Chest 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.

**Dreams** Bizarre, anxious, or amorous dreams.

**Fever & Chill** Afternoon fever alternating with chills.

**Generalities** Desire for chocolate and alcohol. Generally worse in hot, humid weather.



# Naphthochinonum

## Naphthoquinone

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Notable effects on the energy systems: sleepiness and apathy, extraordinary capacity for work, despite not having sufficient amount of sleep. Right-sidedness, except for a tendency to left-sided complaints affecting the back and lower limbs. Sensation of a hole in the abdomen. Aching pain. Feelings of stiffness and constriction, experienced either in the joints, muscles, or in the head. Notable increase in appetite in the evening.

**Mind** Mental dullness with decreased energy and a “no care” attitude. Irritability and impatience during headache. Industrious. Anxiety with perspiration. Increased energy, despite lack of sleep.

**Vertigo** Vertigo after eating, associated with spaciness and a sensation of floating.

**Head** Intense, blinding headaches with sharp, piercing pains in the forehead, right temple, and left occiput. Pressing headaches, as if in a vice or wearing a cap, with fever and periodical flushing. Dullness in occiput, with unclear thoughts and sensation of swelling in neck. Hair falling out in shower.

**Eye** Uncontrollable twitching of muscles of right eye in the morning. Right eye is irritated and burns as if something were in it.

**Hearing** Hearing less acute, with production of bright yellow wax. Plugged sensation as if less sound is being received.

**Nose** Tickling in nose with sneezing in daytime. Nose feels stuffed up, with small amounts of bleeding on blowing.

**Face** Cold sore on the right corner of mouth.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Mouth** Cold sore on right corner of mouth. Painful canker sore toward back of mouth, feeling like a blister. Pain on tip of tongue and dorsum. Tendency to bite cheek when talking and eating. Aching pain in lower molars in afternoon, as if there were a cavity, with sensitivity to heat and cold.

**Teeth** Teeth sensitive to hot and cold. Tooth pain as though having caries.

**Throat** Extreme dryness of pharynx. Pain on right side, worse when swallowing. Tickling sensation with sensation of relaxation and need to clear mucus in throat toward evening. Scratchiness in throat.

**Stomach** Nausea in the morning with decreased appetite. Gagging at the thought of food, with desire for ice cold things which relieves nausea. Ravenous appetite in evening, with grumbling in abdomen, not relieved by eating. Heartburn and indigestion, with nausea and sensation of fire moving up and down esophagus.

**Abdomen** Sensation of a big empty cavity in abdomen. Severe, sharp pain in right side of abdomen on exertion, impeding respiration and preventing walking, with burning pain in right hip area and buttock. Abdominal cramping, with cold sweats and nausea.

**Rectum** Urgent need to pass foul-smelling, loose and runny stool, with aching in lower abdomen and sensation of incomplete evacuation. Extreme itching of anus.

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

**Female** Increased libido, with amorous feelings toward partner. Heavy menstruation without normal premenstrual cramping and spotting.

**Larynx & Trachea** Hoarseness in the evening.

**Respiration** Asthmatic respiration.

**Chest** Sensation of heat.

**Back** Tension in cervical region.

**Extremities** Tightness in muscles of the left side of the body, extending from the neck and back to the hamstrings and calf. Aching and stiffness in ankles and elbow. Dull, shooting pains in left upper arm. Cramping in right leg during sleep. Tiredness and aching in legs, with stiffness in thigh; better with continued brisk movement.

**Sleep** Restless and interrupted sleep, from heat and loud sleep talking. Overpowering sleepiness in early evening with tired, run-down feeling; better when moving.

**Dreams** Vexatious and angry dreams of betrayal. Beautiful and fantastic dreams of waves. Dreams of plotting graphs, airplanes and vintage cars. Dreams featuring juxtaposed red and white. Emotional dreams of death and loss of pet.

**Perspiration** Sensation of heat in forehead, with general light perspiration on waking. Copious perspiration at night, with inability to cool down. Shaky and jittery sensation, with trembling extremities, heat, and perspiration.

**Generalities** Extraordinary increase in energy, despite lack of sleep. Desire for salad, sweets, and soup.



# Natrium oxalaceticum

## Natrium diethyloxalaceticum, Sodium diethyl oxalacetate

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Severe intense headaches that are hammering or pulsating are prominent features. There is also a strong mental and physical irritability. Vivid dreams. Vertigo. Intense 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 family. Desire for company or prefers to be alone, especially while aggravated, as if experiencing premenstrual symptoms. Mental confusion, worse in company. Delusion of floating and feeling expansive. Irritability, especially toward own family. Malicious. Depression and sadness. Desire to touch things.

**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, relieved by scratching. Headache after bathing. Dull head pain. Head pain in the morning on waking, better while lying; or head pain 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.

Proving Director: David S. Riley

**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** Decreased or ravenous appetite. 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, better from pressure. Cramping pain while eating, during menses, in the morning, or cramping pain that causes waking. Pain that causes doubling over, or pain after drinking milk. Pain before stool. Gnawing pain. Thirst, especially in the morning. Thirst 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. Sudden diarrhea, or diarrhea after eating. Flatus during the middle of the day, or during stool. Urging for a bowel movement that is sudden after rising in the morning, constant, or associated with 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.

**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.

**Larynx & Trachea** Hoarseness of the voice, 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.

**Dreams** Many dreams. Vivid dreams. Strange 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.

**Fever & Chill** Fever alternating with chills, as if getting a cold.

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

**Skin** Skin eruptions.

**Generalities** Desire for cold drinks. Aversion to cheese. Heat, flushes of heat, or sensation of heat. Excessive physical irritability, as from an MSG (monosodium glutamate) allergic reaction.





# Natrium pyruvicum

## Sodium pyruvate

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Increases in energy associated with desire for movement and exercise. Symptoms worse on the left side. Bloating and flatulence.

**Mind** Delusions of being watched. Mental dullness while writing or in the evening. Euphoria. Impatient and irritable. Sensitive.

**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. 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.

Proving Director: David S. Riley

**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 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 flatus. Flatus may be offensive or odorless. Urging that is frequent, ineffectual, also at night.

**Stool** Frequent stool. Loose stool.

**Bladder** Frequent need to urinate.

**Female** Clear leukorrhea. 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. Lumbar pain, worse in bed during the night at 3 a.m. 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.

**Dreams** Vivid dreams of going on a journey.

**Perspiration** Perspiration, particularly in the evening. Offensive odor to perspiration.

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

**Generalities** Increased energy and desire for physical exercise. Desire for chocolate, eggs, pizza, and salt. Aggravated by spicy foods. Puffiness of the body.



# Nicotinamidum

## Niacinamide, Nicotinamide, Vitamin B3, Vitamin PP

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Abdominal distension and cramping. Improvement of abdominal distension during menses. Offensive flatus. Rectal cramping. Increased or decreased appetite. Nausea. Increased energy. Head pain. Dull head pain at the temples. Nightmares. Vivid and remembered dreams. Thick, nasal discharge. Throat pain. Blurred vision. Improvement of jaw articulation tension. Desire for meat.

**Mind** Difficulty concentrating, particularly while reading and studying. Increased mental activity and mental restlessness. Dullness and forgetfulness, particularly about what person had just read. Desire for conversation and loquacity with a sense of insight.

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

**Head** 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. 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** Blurred vision.

**Ear** Aching pain, worse in the right ear.

**Nose** Thick discharge that is 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** Improvement of contraction and tension of the jaw articulation. Aphthae stomatis on the lips.

Proving Director: David S. Riley

**Taste** Bad taste in the mouth, particularly after eating.

**Throat** 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.

**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, better during menses.

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

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

**Bladder** Frequent need to urinate.

**Male** Decreased sexual urge.

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

**Larynx & Trachea** Tickling in the air passages with cough as from dust. 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, extending to the hand. Itching of the skin of the legs.

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

**Dreams** Dreams that are vivid and remembered. Dreams that are anxious and about frogs and other animals as well as nightmares (especially in the morning).

**Perspiration** Increased perspiration in general.

**Skin** Skin eruption associated with an itching rash.

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



# Okoubaka aubrevillei

Okoubaka tree [*Octoknema okoubaka* Aubrév.]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** Predisposition for cramping in the gastrointestinal system and the musculoskeletal system in general. Abdominal cramping associated with flatus. Knee pain, cramping of the calves. 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 them awake. Desire to chew and bite own inner cheek.

**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 during allergy season. Sharp pain through the eye. Eye discharge.

**Nose** Epistaxis, worse from right nostril. Clear nasal discharge, like with allergy. Sneezing. Aching and burning sinuses.

**Face** 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, burning during the night. Weakness with vomiting.

**Abdomen** Pain in general. Cramping pain; better from bending over, worse for lying or stretching. Intermittent pounding pain on lower left side.

Proving Director: David S. Riley

**Rectum** Offensive flatus in evening. Stabbing pains during bowel movements. Diarrhea.

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**Stool** Loose and frequent stools as with a virus.

**Female** Increased sexual desire after menses. Delayed menses. Short menses.

**Cough** Bronchial itch with cough.

**Chest** Sensation as if lungs were overexpanded.

**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.

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



# Oleander

Rose laurel, Rose bay [*Nerium oleander* L.]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** An overall increase in energy. Skin complaints, especially dry and itching skin with flaking, scaly and patchy eruptions. Skin lesions tend to be red, especially on hands, back, and extremities. Musculoskeletal complaints, particularly stiffness and pain in joints. Nausea. Increased thirst. Headaches.

**Mind** Alteration in concentration, increase in irritability. Slowness of mind.

**Head** 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** Dryness of mouth, with dry, chapped lips especially.

**Taste** Bitter taste in the mouth.

**Teeth** Numbness in the teeth.

**Throat** Sensation of inflammation. Scratchy throat.

**Stomach** Nausea. Increased thirst. Alterations in appetite, both increased and decreased.

**Abdomen** Cramping in the lower abdomen. Flatulence.

**Rectum** Diarrhea. Constipation.

**Female** Cramping. Early appearance of menses. Clotting with the menses. Increased libido.

Proving Director: David S. Riley



**Chest** Eruptions on the chest. Cramping and pain in the chest.

**Back** Eruptions on the back. Pain in many locations throughout the back, worse with twisting or rotational movement of the spine.

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**Extremities** Stiffness and cramping pain, worse from touch. Sensation of coldness in the extremities. Skin dry and flaky on the extremities.

**Skin** Many skin eruptions: dry, itchy, patchy, acne, eczema. Eruptions on different parts of the body from the head to the extremities. Red patch eruptions as if they were urticarial in nature.

**Sleep** Alterations in sleep patterns.

**Dreams** Dreams that are vivid and powerful.

**Fever & Chill** Sensation of chills alternating with sensations of fever.

**Generalities** An overall increase in energy or increased fatigue. Overall sense of achiness and stiffness with the sensation as if one had the “flu”.



# Oleum Pini

## Oil of pine

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Prominent gastrointestinal symptoms, primarily nausea and abdominal pain.

**Mind** Restless thoughts rushing through the mind, especially at night. Awakened from sleep while still dreaming. Irritability before the onset of menses.

**Head** Pain, lancinating in the forehead on awakening.

**Nose** Postnasal discharge from allergies.

**Mouth** Vesicles on the tongue.

**Throat** Throat pain, scratchy. Constricting sensation. Cough from tickling sensation in the throat.

**Stomach** Nausea with a faint feeling. Nausea in the morning. Nausea with vomiting. Nausea with abdominal pain. Pain, radiating upward. Gnawing, clawing or squeezing sensation in the stomach. Appetite ravenous.

**Abdomen** Distension. Eruptions on abdomen like a red, blotchy rash. Cramping pain associated with diarrhea and flatus; better from passing flatus. 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.

Proving Director: David S. Riley

**Urethra** Pain with burning at the beginning of and during urination.

**Urine** Greenish.

**Female** Leukorrhea of a thin, watery quality. Menstrual bleeding bright red. Copious amount of blood. Protracted length of menstrual cycle.

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**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 legs with a raised rash. Extremities feel generally weak. General aching of extremities; aching of the legs, especially during a fever, of the shoulders and biceps on wakening.

**Sleep** Waking frequently at night. Wakening from sleep while still dreaming.

**Fever** Flu-like symptoms, generalized feverish feeling.

**Skin** Clammy. Raised eruptions like a rash.

**Generalities** Chilly and not able to warm up easily. Energy is increased. Desire for sweets before menses. Lying down ameliorates.



# Oxalis acetosella

Common wood sorrel, Wood shamrock, White wood sorrel  
[*Oxalis acetosella* L.]

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** The dream state seems to be strongly affected with many dreams, especially of an amorous nature, and dreams remembered. The mental state is also affected, with much anxiety, sadness and depression. Sore throat and postnasal discharge. Painful sore throat. Increased energy. Desire for salt. Aversion to sweets. Dull headaches. 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, causeless, or about the family. Awkward. Aversion to company and indisposed to talking. Confusion on waking. Confusion as to one's identity, as if being another person. Thoughts of death. Delusion as if melting away in water, as if outside the body, or of wonderful visions of people and an outpouring of love. Fears of being alone, at night, of impending disease, or 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 sadness 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 despite great stress (e.g., the loss of a job). Desire to write poetry.

**Vertigo** Dizziness, better from drinking, worse on waking and during heat.

**Head** Heat flushes, particularly 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 pains worse from anger, motion, pressing at stool, or wet weather. Head pain better from drinking coffee. Head pain does not appear as usual with menses. Sharp

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pain in the occiput, especially on left side, or on waking in the morning. Head pain above the eyes, or at the occiput and extending to the eyes. Head pain at the temples, especially on the right side, or at the 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.

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**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** 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.

**External Throat** Constricted sensation on the external neck with a sharp pain in the temple. Soreness of the external throat, worse from touch.

**Stomach** Anxiety in the stomach. Appetite is 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. 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.

**Female** Increased sensitivity with excitement. White leukorrhea. Scanty menstrual flow is rather 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 and tachycardia. Sore pain in the morning, particularly in the area of the ribs as if bruised, and breast tenderness. Swelling of the breasts 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. Improvement of stiffness in the lumbar region.

**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 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. Difficult waking in the morning, or waking at 5 a.m., or from active thinking. Startling awake. Persistent thoughts on waking or as if thoughts were running.

**Dreams** Many dreams, particularly amorous or sexual dreams. Dreams of animals. Unusual recollection of dreams or dreams unremembered. Dreams are violent, vivid, or of water. Dreams about insects, business, cruelty, death of the mother or a friend, earthquakes, of theft. Lucid dreaming.

**Perspiration** Increased perspiration. Perspiration during anxiety attack.

**Skin** Skin feels hot on the legs and feet.

**Generalities** Increase in energy in the afternoon or evening, or decreased energy in the afternoon. Desire for 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.



# Pancreas suis

## Pig pancreas, Porcine pancreas

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Feeling light-headed and jittery. Anticipatory anxiety. Extreme hunger, as if there were a hole in the stomach. Dryness of mucous membranes, with sensation that water were soaked up by a sponge in the stomach. Frequent nocturia.

**Mind** Feeling jittery, as from sudden rush of adrenaline, with strong pulse, subtle trembling in limbs and hyper-acuity of senses. Euphoric sensation as if one were “high”, or somehow off balance emotionally and physically. Increased awareness of colors and sharper visual acuity. Anxiety on waking, with cold pain in chest. Spaced out and scattered feeling on waking with poor coordination and absent-mindedness. Mind feels slowed down and disorientated, with confusion and anticipatory insecurity, as if waiting for something to happen. Causeless depression, with pensive mood and increased tendency to weep. Irritability and anger over small issues with aversion to conversation.

**Vertigo** Strange feeling in head, as if light-headed or off balance.

**Head** Sensation of emptiness in skull. Dull ache in the morning on waking, with tension extending from side of head and around temples. Pain settles behind the eyes and in occiput, with occasional throbbing in vertex. Dull aching behind eyes, with hammering as if discordant sounds in head.

**Eye** Dryness of the eyes. Burning eye pain with burning ear pain. Pain in the eyeballs. Stitching pain in the left eye. Twitching of the left eyelid.

**Vision** Mild loss of peripheral vision and difficulty focusing on distant objects in the evening.

**Ear** Clogged sensation in ears, as if one needs to yawn. Thick, dark yellow ear-wax. Ringing in ears.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Nose** Sensation that matter and blood accumulate and cling to right septal wall. Epistaxis. Boil-like bump in left nostril.

**Mouth** Dry mouth, with canker sores after biting inside of lip.

**Teeth** Aching tooth pain when drinking cold liquids.

**Taste** Strange “off”, or metallic taste in mouth.

**Face** Tingling and tightness in temples, cheeks and jaw, and if someone were pushing the area from the outside. Increased oiliness of skin of forehead and nose. Small dry scaling of skin of medial edge of right eyebrow.

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**Throat** Dryness and tenderness in throat, with pressing and raw pain on swallowing.

**Stomach** Loud, almost painful hiccups from deep within; or deep burping. Extreme hunger in the morning just after waking, as if there were a hole in the stomach. Growling and rumbling in stomach with violent episodes of vomiting. Pain in diaphragm and abdominal muscles from retching. Pain below lower end of sternum. Nausea and malaise in evening or from hunger. Decreased appetite and slightly increased thirst. Sensation that water were soaked up faster, as if there were a sponge in the stomach.

**Abdomen** Heavy, cramping feeling in abdomen, as if there were a rock in the abdomen.

**Rectum** Foul and intense flatulence, as of cabbage; after dinner and in the evening. Constipation with pain in descending colon; straining and sensation that stool becomes stopped at an arbitrary point.

**Stool** Scanty and hard stool.

**Bladder** Urinary urgency in the morning on waking. Copious urine, as though urethra were filled to the brim. Frequent nocturia.

**Urine** Urine dark, yellow-green, or celery-green and smelly.

**Female** Menses shorter than usual and scanty, or returning after having stopped.

**Expectoration** Small amount of green expectoration in the morning.

**Chest** Sharp, twinging pain in region of heart in the afternoon. Tightness in chest as if lungs were congested. Excruciating spasmodic pain in esophagus.



**Back** Tightness and soreness in left lumbar region, neck, and shoulder; worse on waking, better by mild exercise. Itching sensation across back in the afternoon.

**Extremities** Aching soreness and tiredness in legs, extending down into the feet, as if being engaged in strenuous exercise. Tingling and throbbing in hands and feet, with throbbing extending up the legs. Sharp pain in big toe.

**Sleep** Tiredness and confusion on waking, despite a deep night's sleep. Difficulty falling asleep from activity of silly and unimportant thoughts. Sudden and frequent waking in early hours of morning, as if having enjoyed a full night's sleep. Nervous and anxious on waking from dreams.

**Dreams** Distressing and terrifying dreams. Vivid and weird dreams. Dreams of desiring partner but they will not reciprocate.

**Generalities** Feeling of chilliness and aversion to cold, or sudden sensation of heat in face and neck. Desire for alcohol, lemonade, and citrus juices. Desire to eat juicy fruits, berries, ice cream, and fish.



# Pelargonium sidoides

Kalwerbossie geranium, Silverleaf geranium, Umckaloabo  
[*Pelargonium sidoides* DC.]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** Upper and lower respiratory tract symptoms including dry and scratchy sore throat, nasal congestion with discharge and dryness, and cough. Cough productive or dry. Sneezing. Stomach pain with nausea and diarrhea were also prominent symptoms.

**Mind** Sensitive and a tendency to weep. Anxiety. Sensitive to reproach, better when consoled.

**Vertigo** Dizziness, worse on waking.

**Head** Head pain in a variety of locations including behind the eyes in the sinuses and in the temple area.

**Vision** Blurry vision.

**Ear** Sensation of fullness and inflammation. Clicking noises in the ear.

**Nose** Congestion with discharge, worse on the right side. Swelling and inflammation. Dryness. Sneezing.

**Mouth** Aching pain in the mouth.

**Throat** Sore throat. Scratchy pain, worse on swallowing. Raw sensation in the back of the throat. The sensation of a lump in the throat. Swelling in the glands of the neck.

**Stomach** Burning pain. Nausea, indigestion.

Proving Director: David S. Riley

**Abdomen** Pain with distension, better when passing flatus. Sensation of fullness in the hypogastric region. Cramping pain with urging for stool. Flatulence, urging to have a bowel movement early in the morning (4 a.m.).

**Stool** Loose and frequent.

**Female** Diminished menses.

**Cough** Dry cough or productive cough. Spasmodic cough.

**Chest** Tightness.

**Extremities** Aching and sensation of inflammation.

**Generalities** Weakness and sensation of swelling.



# Placenta suis

## Placenta totalis suis, Pig placenta, Porcine placenta

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Vertigo on lying down, as if spinning to the left. Vertigo with scattered thoughts and emotional numbness. Sensation that the body was disappearing from the head downward. Sensation of internal heat of head, extending to face, ears, eyes, and neck; alternating with nocturnal chilliness. Sensation of energy pulsing through the body, extending from region of heart down both arms like a burst of electricity. Profound exhaustion and sleepiness, better with cold water on the face.

**Mind** Mild anxiety without apparent cause. Irritability and anger, with crying, at the conversation of others. Confrontational and abrupt. Lack of mental focus and difficulty in concentration. General feeling of being unwell and “empty”, with desire to run away from the sick feeling. Restlessness with desire to move about and be distracted, better for movement.

**Vertigo** Dizziness in the forenoon. Vertigo on lying down, as if spinning to the left. Dizziness with scattered thoughts and emotional numbness. Sensation that the body was disappearing from the head downward. Dizziness worse from bending and closing eyes, better when cool wind is blowing on the face.

**Head** Dull pain over right frontal lobe, with clenching of teeth. Pressing pain behind eyes, extends down right side of face and into temples, becoming duller as it extends backward alongside of head. Intermittent frontal headache, with stomachache or pressure behind eyes. Piercing pain in occiput at 16h00, with pressure in and behind ears. Pain, as if head were in a vise, extending from back of neck across the top of the head. Sensation of heat inside head, extending into face, ears, eyes and neck, with nocturnal coldness of hands and feet.

**Eye** Stinging and burning in right eyes, with profuse lacrimation; better when closing eyes. Eyes swollen and puffy, with increased sensitivity to bright light.

**Ear** Pressure and throbbing pain in right ear. Ears feel stopped up as though there were a lot of wax in it. Tinnitus, as if an outside noise were inside the head.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross

**Nose** Thick, yellow mucus in nose, throat and roof of mouth on waking. Clear and steady nasal discharge, dripping from both nostrils and postnasally, with congestion of ears, watery eyes, and sore throat.

**Smell** Loss of smell on waking, with frequent bouts of sneezing throughout the day.

**Face** Pimples on face. Tingling of lower lip like the start of a fever blister.

**Mouth** Mouth feels dry for most of the day.

**Taste** Tastelessness of food.

**Teeth** Teeth hurt from nocturnal grinding.

**Throat** Throat very dry and sore, with redness and raw feeling and pain on swallowing and on inspiring.

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**Stomach** Waves of nausea with dull pain in lower right side. Nausea, especially after eating, with flatulent distension of the abdomen and straining to pass flatus. Appetite very decreased with no desire for food. Little desire for liquids, and no satisfaction from drinking. Heartburn upon retiring, with burping and regurgitation of food. Acid taste and burning ascends into throat, worse when lying down.

**Abdomen** Forceful abdominal pain in lower right abdomen, as if being punched. Sharp cramping pain in left side, with bloating and flatulence.

**Rectum** Obstructed flatus, with no relief from passing. Grumbling in abdomen in late afternoon, with sudden gush of liquid stool. Sudden urge to pass loose and unformed stool with odor of garlic, with burning in rectum after passing stool. Involuntary stool, as if passing flatus.

**Stool** Loose and unformed stool with odor of garlic.

**Bladder** Waking with sudden and urgent need to urinate, as if bladder would burst. Slight burning sensation during urination.

**Urine** Urine is clear with strong odor.

**Female** Itching vulva and vagina. Eruptions of herpes. Increased sexual desire, especially in morning. Menses copious, offensive and painful.

**Larynx & Trachea** Hoarseness.

**Chest** Increased heart rate with palpitations. Sensation of energy pulsing through the body, from the chest down both arms like a burst of electricity. Chest congested.

**Back** Sharp pain in lower back that prevents walking, better when lying on back. Itching in lower back and appearance of itchy white blotches at back of neck. Itching extends into legs, worse in early evening and in the shower.

**Extremities** Burning sensation at the back of the left calf. Intermittent burning pain in left hamstring, as if blood vessel were clogged; worse when sitting, better when massaging. Muscular pain in left calf in evening. Itching behind left knee with slight formication, better from scratching.

**Sleep** Extreme lethargy and exhaustion, with overpowering sleepiness; better with ice water on the face. Frequent yawning. Waking with sudden and urgent need to urinate, as if bladder would burst. Frequent interruptions of sleep. or waking at 04h00 with inability to get back to sleep.

**Dreams** Awakened from sleep by anxious and intense dreams. Vivid and realistic dreams of relatives, rescuing a child and caring for a newborn eagle. Profound and spiritual dreams.

**Perspiration** Profuse perspiration during sleep.

**Skin** Itchy, white eruptions. Itching with eruptions or without eruptions. Itching relieved by scratching. Itchy, especially in evening and after bathing.

**Generalities** Sensation of internal heat throughout day, with nocturnal chilliness. Lassitude. Restlessness, better from movement. Desire for sweets. Aversion to drinks, including coffee.



# Pyridoxinum hydrochloricum

## Pyridoxine hydrochloride, Vitamin B6

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Anxiety, especially in the afternoon. Nasal congestion with copious clear discharge. Increased or decreased maxillary sinus pain. 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 wrists, or in the throat.

**Mind** Absorbed due to difficult concentration. Restless activity. Anxiety with a hurried feeling or restlessness, especially in the afternoon. Euphoric from excitability. Apathetic and relaxed. Difficult concentration as if inebriated. Weeping while dreaming. Dull, slow mind, especially when reading. Forgetful of time and plans or altered perception of time. Poor memory of what was heard.

**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 usual maxillary 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 copious clear discharge. Discharges that are from left side, or posterior nares. Coryza extending to throat or frontal sinuses or posterior nares. Itching inside. Pain in maxillary sinuses. Waking with sneezing.

Proving Director: David S. Riley

**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, better from eating.

**Abdomen** Cramping pain after eating, worse from 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.

**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 that is difficult to expel.

**Chest** Sensation of heat behind the upper sternum. Pressing pain on the upper sternum that is like heartburn. Improvement of soreness or fullness of breasts during menses. Racing sensation about the heart.

**Back** Flushes of heat extending to cervical region. Sensation of heat in lumbar regions and kidney.

**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. Weeping while dreaming.

**Dreams** Dreams of family, friends from long ago, disasters like a flood, killing, being pursued by wild animals, witches, and making peace.



**Perspiration** Perspiration all over the body.

**Generalities** Coldness in bed. Increased energy in afternoon at 4 p.m. Desire for 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.



# Riboflavinum

**Natrium riboflavinum phosphoricum, Riboflavin, Lactoflavin, Riboflavin sodium phosphate, Vitamin B2**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Dryness of the nose, mouth, lips, throat, and skin. Bloody or watery nasal discharges. Draining and clearing of sinuses. Clearer vision. Anxiety. Difficulty in concentration. Dullness improves and more clarity of mind. Amorous or frightening dream (sometimes associated with waking). 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. Decreased appetite. Nausea. Sharp, lancinating abdominal pain. Diarrhea. Flatus. Watery discharges from rectum. Watery or lienteric stools. Improvement of menstrual cramping. Eruptions of pimples on the female genitalia. Back pains. Improvement of leg cramping following excess alcohol intake. Cramping, aching, or soreness in the extremities. Sleepiness.

**Mind** Self-absorbed. Anxious. Audacity. Difficult concentration with light-headedness, especially while studying. Time passes too slowly. Dullness improves and more clarity of mind. Homesick and feeling estranged from friends. Hurriedness and hastiness at work improves. Irritable with family and children. Spanking child for the first time ever. Sensitive and quiet. Sensitive to reprimand and intolerant of contradiction. Weepy while reading.

**Vertigo** Feeling 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, forehead, occiput, temples, and vertex. Piercing or pressing pain.

**Eye** Aching pain, worse from light, sunlight, or motion of the eyes. Staring.

**Vision** Seems clearer.

Proving Director: David S. Riley

**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. Aphthae on bottom lip. Flushes of heat. Perspiration on upper lip. Itching in the cheeks.

**Mouth** Parched and dry mouth. Tongue coated gray.

**Taste** Metallic taste in upper part of mouth.

**Teeth** Jerking pain in upper right molars. Teeth 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.

**External Throat** Rash on the front and sides of neck.

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**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. Cramping pain with diarrhea. Sharp pain from flatulence during the day. Sharp pain waking the person from sleep. Lancinating pain in the left lower abdomen. Sore, stitching, or paroxysmal types of pain. Rumbling.

**Rectum** Diarrhea with lenteric stool. Flatus. Urgency.

**Stool** Lienteric 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.

**Male** Decreased sexual desire.

**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.

**Larynx & Trachea** Hoarseness, 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. Palpitations 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 a family trait. Eruptions of rash on left wrist and forearm, or pimples on back of left leg. Flushes of heat requiring the feet 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 sleep. Sleepiness, especially in the morning or in afternoon at 1 p.m. Waking frequently or waking from dreams.

**Dreams** Dreams amorous, of being cut by a knife, strange, or frightful that cause waking.

**Perspiration** During anxiety and palpitations.

**Skin** Dryness between fingers or on hands.

**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. Desire for or aversion to coffee or milk. Desire for yogurt, sour drinks, cold or warm drinks. Aversion to bread. Fatigue.



# Sinusitisinum

## Sinusitis nosode, Maxillary sinusitis nosode

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Irritability. Difficult concentration. Spacey feeling. Fatigue and loss of energy. Sharp head pain. Nasal congestion, coryza, and catarrh. Sore throat pain. Increased appetite.

**Mind** Absentminded 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 making mental mistakes. Weak memory. Contented and tranquil, like with gentle sedation. Mental tranquility with a heightened sense of alertness and well-being. Delusions of seeing specters and ghosts on waking from a dream. Elation and euphoria as from anesthesia. Fear of people. Irritability toward the family, when questioned, or in the wind. Quarrelsome. Sensitive. Time passes too slowly.

**Vertigo** Dizziness, especially in the afternoon. Light-headed.

**Head** Tingling sensation all over the head. Sharp pain in the forehead, especially right forehead, both 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 stuck together in the morning. Dryness of the eyes. Heaviness of the right eye. Inflammation, irritation, and pain in the eyes; worse 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, e.g., floaters and other larger objects.

**Ear** Stopped-up sensation after exercising. Ringing in the ear.

Proving Director: David S. Riley

**Nose** Catarrh and congestions, worse on the left side. Coryza that flows like a drop of water sliding down the nostril, or that is 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. Heat, numbness, or hot tingling in right cheek.

**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 will not go away. Mucus in the throat. Sore pain on the left side, 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. Improvement of sore pain. Rumbling at night that prevents sleep, or feels as if diarrhea were coming on.

**Rectum** Constipation, or improvement of a very long 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.

**Stool** 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.

**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. 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, waking after midnight, or difficult waking like in a fog. Falling asleep difficult. Deep sleep. Delusions of seeing ghosts on waking from a dream.

**Dreams** Dreams of being cut with a knife, dead bodies, urinating, and robbers. Nightmares.

**Perspiration** Improvement of offensive odor. Night sweating.

**Skin** Improvement of skin eruptions on the hips in dry patches. Resurgence of warts on the left fingers. Cracking skin on the fingers and dorsal hands.

**Generalities** Decreased energy. Desire for chocolate. 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.



# Staphylococcus nosode

## Staphylococcinum

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Weeping from hopelessness or about the future. Forgetful of train of thought. Disorientation about where they are going. Cramping pain with and before diarrhea. Aching in the wrist or thigh muscles. Desire for 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 they are going. Forgetful of thoughts while writing. Misplacing things. Active concentration. Amorous thoughts. Irritability. Cheerfulness and laughing much. Bitterness.

**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. Twitching of right eyelid. Eruptions on eyelids.

**Ear** Ringing noises in the ear.

**Nose** Discharges that are clear. Discharges from the posterior nares. Sneezing that is dry. Improvement of numerous allergy complaints such as 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.

Proving Director: David S. Riley



**Stomach** Extreme thirst even with increased water intake. Hungry sensation that is 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 stool that is watery. Frequent stool.

**Bladder** Urgent desire to urinate that is ineffectual.

**Female** Menses is both delayed and longer lasting 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.

**Dreams** Dreams of insects, of dying. Bizarre dream that she was a man.

**Generalities** Desire for peanut butter and sweets, or spicy food. Hyper, as if consuming large amounts of caffeine.



# Streptococcus nosode

**Streptococcus haemolyticus nosode, Streptococcus pyogenes nosode, Streptococcinum**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Body itching everywhere except hands and soles of feet. Itching of scalp, eyelids, left ear canal, lips, and throat. Tingling of lips, tickling of throat. Many dreams, especially sexual dreams. Light-headed. Forehead pains. Pressing pains. Leukorrhea. Left-sided symptoms.

**Mind** Anxiety about health. Anticipatory anxiety, better after eating. Difficult concentration. Procrastinating. Homesickness. Impatient and hurried. Rage with ranting and raving and striking objects. Confusion in thinking. Changeable moods. Suspicious that others are talking about person. Time passes too slowly.

**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 throbbing 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.

Proving Director: David S. Riley

**Face** Flush of heat after eating and when rising. Teeth clenching that causes jaw soreness. Tingling of lips. Itching of lips.

**Mouth** Dry sensation. Coated, sticky tongue. Aphthae under tongue. Sore palate pain.

**Taste** Water tastes bad.

**Teeth** Coated sensation on teeth. Dull pain in upper rear molars, worse on inspiration of cold air.

**Throat** Mucus in throat. Tickle 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 improvement of constipation. 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.

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**Female** Brown, creamy, dark, or bloody leukorrhea. Sudden onset of a yeast infection with external itching. Swelling of breasts or ovaries. Vaginal itching. Menses is early.

**Respiration** Shortness of breath while eating.

**Chest** Racing heart rate on waking.

**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 backward. Itching of the neck.

**Extremities** Eruptions of pimples on thighs. Eruptions that are itchy on the forearms and arms; itching worse from scratching. Coldness of toes. Tripping over things. Weakness of the forearms and hands. Sharp pain in left heel, worse when walking. Sharp pain in a small spot on rotating the shoulder. Aching in right

hand. Soreness of the left elbow. Sore pain below the patella, worse with exercise. Pain, stiffness, and soreness in left elbow; worse with motion and with clicking noise.

**Sleep** Waking startled from nightmare. Falling asleep is difficult.

**Dreams** Strange, fearful dreams of being shot or beheaded. Dreams of winning lottery. Disturbing dreams of old friends. Sexual dreams.

**Skin** Body itching everywhere except hands and soles. Wandering itching, better from scratching.

**Generalities** Flushes of heat spread over body when moving around. Desire for warm food, warm bread, soup, and peanut butter. Increase of energy. Left-sided symptoms.



# Symphytum officinale

**Comfrey, Common comfrey, Boneset, Knitbone [*Symphytum officinale* L.]**

*David S. Riley*

**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 and forehead. Headaches extending to the neck. Nasal discharge. Diarrhea, worse after eating and associated with flatulence. 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. Weeping, particularly during dreams. Mental dullness.

**Vertigo** Light-headed and dizzy.

**Head** Intensely painful headaches, worse in the temple on the left side, also in the right forehead. Dull headaches in the temples. 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. Pressing head pain in the forehead. Shooting head pain.

**Vision** Nearsighted vision is clearer and improved.

**Ear** Ringing 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.

Proving Director: David S. Riley

**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 that is worse after eating. Flatulence 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.

**Female** Leukorrhea. Itching. Increased sexual desire. Improvement of dysmenorrhea and premenstrual breast tenderness. Menses delayed.

**Respiration** Difficult respiration, worse on inspiration, when climbing, or at work.

**Cough** Dry, tickling, spasmodic cough.

**Chest** Sense of constriction and pain in the chest, 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 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.

**Dreams** Anxious dreams, fearful, and sexual dreams. Remembered dreams and also lack of recall. Vivid dreams. Violent dreams.

**Skin** Intense itching without eruptions. Eruptions of rashes or pimples. Bruised sensation on the skin.

**Generalities** Desire for rich foods and sweets like ice cream, cake, and chocolate. Low energy and weariness, or an increase of energy.



# Terebinthina laricina

**Terebinthina veneta, Resina laricis, Larch turpentine, Venetian turpentine, Venice turpentine**

*David S. Riley*

**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 without crying. 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.

**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. Pre-existing 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. Numbness of lips during nausea.

**Mouth** Tongue thickness. Ulceration on the palate.

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**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. Thirst at night. Nausea, especially in the morning or after eating, or with eructations that ameliorate. Nausea with shortness of breath. 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. Pain from flatulence 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.

**Female** Cramps in the uterus on exertion.

**Respiration** Difficult respiration. Shortness of breath with slight exertion.

**Expectoration** Yellow sputum. Copious, thick sputum in the morning.

**Chest** Accelerated heart rate while sitting.

**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, as if taking sleeping medication. Grogginess and disorientation on waking. Waking late or with difficulty. Sleepiness during the daytime, on waking, or with heaviness.

**75 Chill** In the morning. Chill followed by a flash of heat.

**Perspiration** Offensive odor even to the persons themselves. Perspiration on waking.

**Generalities** Fatigue and weariness during the day or evening. Desire to be warm.



# Thiaminum hydrochloricum

Thiamine hydrochloride, Vitamin B1, Aneurinum hydrochloricum

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Anxiety mentally and physically; especially felt in the chest when breathing, as well as in the stomach. Itching or tickling experienced in the eyes, ears, and throat. Sleep cycle is affected, with restlessness, difficulty falling asleep, or waking. Improvement in flushes of heat. Delusions about body parts. Dreams of sickness and health. Dreams of premonition. Depression. Desire for bread, milk, and sweets. Nasal discharge. Paroxysmal sneezing. Molar pain. Scratchy throat pain. Difficulty in swallowing. Dry throat. Increased appetite. Heartburn or burning stomach pain after eating. Nausea. Distention. Sharp gas pains. Flatus in the evening. Frequent urging for stool. Hard or soft stool.

**Mind** Anxiety. Cursing from physical pain. Delusions of size of body or parts of body. Improvement in sense of hurriedness and impatience. Changeable moods. Depression with nostalgia and homesickness. Sensitive to light. Arguments within own mind about silly things.

**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 stomatitis on right upper lip.

Proving Director: David S. Riley

**Mouth** Aphthae stomatitis 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. Nausea accompanied by headache or flatus. Nausea with trembling. Burning pain after eating. Thirst for large amounts of fluids, particularly water.

**Abdomen** Distention. Flatulence that is sharp and painful. Gurgling and rumbling, especially in bed before sleep. Sharp pain at navel. Abdominal pain extending to chest.

**Rectum** Constipation with no urge or ineffectual urge. Constipation during menses. Constipation with ineffectual urge after eating bananas. Diarrhea. Flatus, especially in the evening or with stool. Urging frequent and then ineffectual.

**Stool** Hard or soft stool.

**Larynx & Trachea** Tickling in larynx.

**Respiration** Short of breath and anxious.

**Chest** 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, also improvement of insomnia. Restless sleep. Sleepiness in the morning. Waking too early, frequently, or from thirst or warmth.

**Dreams** Dreams about health, disease and sick people, hemorrhage, or injuries. Dreams that are amorous, of homeland, being naked and embarrassed, snakes, or being a prisoner. Premonitions of the following day's events,

**Perspiration** Profuse.

**Skin** Fine rash on back. Painful and soft warts on the toe.

**Generalities** Physical anxiety or irritability. Increased energy. Improvement of flushes of heat. Desire for bread, milk, sweets, and carbonated drinks. Aggravated by bananas or the sight of food. Trembling with nausea and hunger.



# Tormentilla

**Potentilla erecta, Potentilla tormentilla, Bloodwort, Erect cinquefoil, Tormentil [*Potentilla erecta* (L.) Raeusch.]**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Nausea, constipation, and dryness of mouth and throat are prominent features. Irritability. Difficult concentration. Causeless weeping. Dryness in numerous body systems. Tired and fatigued. Forehead headaches. Ear noises associated with ear pain. 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. Despair and sadness. Dullness. Fear of death or mice. Impatience. Delusions that there are mice running about. Irritability, worse during pain. Irritable from small things. Quarrelsome. Restlessness with anxiety. Weeping, without a cause.

**Vertigo** Vertigo, worse on rising, standing, or walking, better while lying. Vertigo that comes and goes in waves. 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 around 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. 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.

Proving Director: David S. Riley

**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. Pain that 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 facial 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 worse in the evening and while fasting. Burping that is constant. Nausea, worse from hunger, better from 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. Flatus in the morning or evening. Rectal bleeding. Burning or stinging pain, especially during stool. Ineffectual urging.

**Stool** Frequent stools. Hard stools. Long, narrow stools. Like balls, especially small balls. Scanty stools. Watery stools.

**Urine** Fishy odor. Milky color.

**Male** Erections during sleep and upon waking.

**Female** Itching of the vulva. Thin, scanty menses. Leukorrhea that smells sour, or occurs before menses. Altered menses: bright red, dark, pale, thin, or frequent. Clotted menses improves. 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** 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 thighs, 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, thirst, or with the desire to urinate.

**Dreams** Many dreams. Dreams of guns or being killed, planes, being pursued. Colored dreams, vivid dreams. Nightmares.

**Perspiration** Profuse perspiration with a musty odor. Perspiration that is cold. Afternoon perspiration.

**Skin** Patchy eruptions with itching. Eczema.

**Generalities** Dryness in numerous body systems. Weariness that is almost painful. Fatigue and lassitude. Desire for alcohol, cheese, meat, or yogurt. Aversion to vegetables. Fatigue before menses improves. Aching pain in the tendons, bones, or fibrous tissues.



# Trichinoylum

## Triquinoyl, Cyclohexanehexone, Hexaketocyclohexane

*David S. Riley and Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** An overpowering sleepiness, specifically occurring in the afternoon; better after a short nap. Mental hypersensitivity and irritability. Irritability expressed by a confrontational attitude with particular focus on members of family and those who would otherwise be making demands. Notable sensitivity to light and the slightest noise. Irritability of the mucus membranes of the upper respiratory tract, causing sensations of itching and scratching with a persistent need to clear the source of irritations such as sneezing, coughing, gagging, hawking. Catarrhal obstruction is prominent, with characteristically clear or yellow discharges. General sensations of constriction: pressure in the head, constriction of the throat, “trapped” sneezes, sensation of muscles stuck together, and tightness of the forearms. Better with warm drinks, in open air, when bending double; worse when becoming overheated.

**Mind** Mentally preoccupied in the morning, with inability to focus on any one thing. Intermittently present and distracted, with poor concentration and sensation as if mind were working overtime. Disinclined toward thinking and poor comprehension of what others are saying. Very moody and irritable, with impatience and contrariness toward family. Argumentative in the morning, with intolerance and disposition to yell. Irritability alternating with laughter. Overwhelmed and frustrated, with tendency to weep.

**Vertigo** Slight light-headedness in the morning, as if person had stood up too quickly.

**Head** Dull, throbbing pain in forehead and behind eyes. Pressing pain extends from above right eye toward vertex, with photophobia and sensitivity to noise. Itching of scalp throughout the day.

**Eye** Redness of eyes with photophobia and gumminess in the morning on waking.

Proving Director: David S. Riley / Re-analysis of source data: Ashley Ross



**Ear** Pain extending into ears which feel as if they were stuffed with cotton. Ears are very sensitive to sound and wind; better with warmth, being covered.

**Nose** Congestion of both nostrils and sinuses in the morning on waking and in the evening, with itching inside nose and persistent sensation of a sneeze, especially in evening. Burning congestion and pressure of sinuses; worse around noon, with pressure under eyes, sensation of swelling in cheeks, and when bending over. Clear or yellow catarrhal discharge from nose, better when outside.

**Face** Lips are chapped with irritating cold sores on bottom lip preventing talking, eating, drinking, and smiling.

**Mouth** Unpleasant milky sweetness in mouth on waking, as if teeth have not been brushed for days.

**Teeth** Tightness of teeth, as when wearing dental braces.

**Throat** Soreness and scratchiness of throat. Throat feels dry and raw throughout the day, worse when talking, better with warm drinks. Constriction of throat with painful deglutition and sensation of gagging in fauces. Swelling of submandibular/cervical lymph nodes.

**Stomach** Short episodes of dull pain and cramping in the pit of stomach in the afternoon. Decreased appetite with unquenchable thirst, especially in evening.

**Abdomen** Sharp pain in right side of abdomen in morning, better when doubling over. Nausea with pains; nausea when driving to work or becoming overheated, better in open air.

**Stool** Increased frequency of soft stool.

**Female** Menstrual spotting beyond normal duration of menses.

**Back** Tension in lower back as if muscles were stuck together and they could be relieved by stretching. Aching back muscles in the evening.

**Extremities** Aching back muscles in the evening, extending especially to groin, hips, and feet.

**Sleep** Drowsiness in afternoon, with overpowering sleepiness; better after a short nap of 15–30 min. Drowsiness with slight headache and dizziness. Restless sleep at night, better when lying on side in a curled-up position.

**Generalities** Weariness, especially in afternoon. Feeling hot and clammy at night, with need to open window to cool room. Influenza with depression and frustration. Desire for salty food and ice cream.



# Tuba uterina suis

## Salpinx suis, Pig fallopian tube, Porcine fallopian tube

*Todd Rowe*

**Important Proving Symptoms and Themes Noted by the Investigators** Symptoms most strongly felt in the head, stomach, during sleep, on back, extremities, and skin. Lack of mental clarity and focus (consistent with a picture of attention deficit disorder) including “rushing” and racing thoughts. General irritability, violent anger, and intolerance. Anxiety about animals, the plight of others, and one’s own health. Fears of being bitten. Dreams of babies, murder, funerals, dead bodies, and rape. Peacefulness, contentment, reduced stress, and tranquility. Headaches, especially in the forehead and temples with pulsing or throbbing. Obstructed sensation and buzzing in the ears. Nasal catarrh with obstruction, sneezing, and fullness. Sinus problems. Throat pain. Coldness of the teeth. Diminished or increased appetite with extreme thirst. Ravenous and insatiable appetite with indistinct desires and sensation of a hole in the epigastrium which cannot be filled. Frequent urination, worse at night. Increased sex drive. Cramping pains with menses. Stitching back pain (especially in the lumbar region). Clumsiness of the extremities. Great sleeplessness, falling asleep with difficulty, and frequent waking. Insect bites. Desire for coffee, salt, and spicy foods. Great dryness, especially of skin, throat, and mouth. Sensations of stuckness and heat. Strong hot flushes, worse during climacteric. Lightness and vibrating sensations. Right-sided complaints. Morning aggravation.

**Mind** Intense irritability, from noise, pain, and trifles. Intense anger; violent anger with a desire to strike. Weeping and sobbing from anger. Hatred and a desire for revenge. Anxiety, worse at night. Anxiety associated with frightful dreams and/or dread concerning the future. Anxiety about animals and about one’s own health. Sympathetic. Fears of having an accident, being alone, animals, and being bitten. Sadness with a desire to weep. Peacefulness and contentment (tranquility). Relaxed mood. Lack of mental clarity and focus. Improvement in mental clarity. Feeling as if under the influence of an attention deficit disorder medication. Delusions of not feeling appreciated, or being pursued and attacked (particularly being bitten). Feeling beautiful. Sensation of floating in air or déjà vu. “Rushing” and racing of thoughts, worse at night and preventing sleep. Persistent thoughts.

Proving Director: Todd Rowe

Hyperactivity. Indolence. Amorousness. Sensitivity and being overly sympathetic, worse during menses.

**Vertigo** Worse in the morning; worse with moving the head.

**Head** Head pain, especially in the forehead and temples; worse in the morning. Pulsing or throbbing pain. Sinus headaches. Heaviness of the head.

**Eye** Dryness of eyes. Desire to close eyes. Frequent itchininess and lacrimation; worse in the morning, in open air.

**Vision** Purple color before eyes passing across the vision. Blurred vision.

**Ear** Buzzing and humming. Obstructed sensation.

**Hearing** Impaired hearing from nasal catarrh.

**Nose** Nasal catarrh associated mainly with obstruction, worse in the morning; sometimes with clear dripping discharge. Postnasal catarrh. Sensation of fullness. Sinus problems. Congestion. Violent sneezing from tingling.

**Face** Acne. Chapped lips. Tingling of lips.

**Mouth** Dryness of mouth. Bleeding and swelling of the gums. Excessive salivation. Itching of the palate. Tongue adhering to palate. Pain in the mouth as if excoriated.

**Teeth** Teeth feel extremely cold, like having just eaten ice cream.

**Throat** Coldness. Dryness of throat, worse in the morning. Foreign body sensation. Pain, worse in the morning. Sensation of rawness, on swallowing; better for warm drinks, putting on socks. Scratchiness and itching of the throat. Swelling.

**External Throat** Itching.

**Stomach** Alive sensation. Significant changes in appetite: diminished appetite (with weight loss) or increased appetite, ravenous and insatiable appetite with indistinct desires and sensation of a hole in the epigastrium which cannot be filled. Extreme thirst. Eructations with water brash. Heartburn. Fullness. Nausea with rumbling and gurgling in the abdomen. Hiccough. Burning, cramping, or pressing pain, worse at night. Sinking sensation.

**Abdomen** Abdominal distension. Cramping. Rumbling.

**Rectum** Constipation. Diarrhea, worse during menses. Offensive flatulence. Urging for stool.

Tuba uterina suis

**Stool** Stool small and thin.

**Bladder** Frequent urination, worse at night.

**Kidney** Kidney pain, better after urination and with pressure.

**Urine** Orange in color, dark and profuse.

**Male** Increased sex drive.

**Female** Menses early, profuse, and protracted. Cramping pains associated with menses. Menstrual cramps better for pressure. Cramping pain on ovaries during menses. Increased sex drive. Sensitivity during menses with worsening irritability. Hot flushes during climacteric.

**Larynx & Trachea** Hoarseness.

**Respiration** Tendency to upper respiratory infections.

**Chest** Itching of the breasts.

**Back** Back pain that is stitching, especially in lumbar region, associated with cramping, stiffness, and tension; better when walking, worse from emotions. Stiffness. Spasms. Tension of neck.

**Extremities** Awkwardness or clumsiness. Cramping of feet. Injuries to the extremities. Dryness associated with cracking of the skin. Pain, mainly in the lower extremities. Stitching pains. Eruptions on hips. Numbness of arms.

**Sleep** Deep sleep. Difficulty in falling asleep. Restless sleep. Sleeplessness. Sleeplessness from pain and thoughts. Waking frequently.

**Dreams** Dreams about accidents, sexuality, animals, anger, babies, children, embarrassment, shoes, water, floods, survival, funerals, dead bodies, guilt. Nightmares concerning murder, panic, being pursued, rape, robbers. Dreams are very vivid and colorful (particularly blue, purple, and pink). Dreams of injuries which are associated with clumsiness.

**Fever & Chill** Fever and chills alternating.

**Perspiration** Perspiration at night.

**Skin** Dryness. Itching of skin, worse at night. Scratching skin until bleeding. Cracked skin.

**Generalities** Lassitude, weariness, fatigue, and heaviness; worse on rising. Desire for coffee, salt, spicy, sweets, and vegetables. Tendency toward injury, worse from clumsiness. Sensation of lightness or heaviness. Sensation of internal vibration or humming. Sensation of stuckness or obstruction. Clumsiness. Tendency to fall and fear of falling. Feeling hot, worse from heat. Hot flushes. Insect bites. Stitching pains. General dryness. Right-sidedness of symptoms. Tendency to morning aggravation. Symptoms better in cloudy and wet weather.



# Ubichinonum

## Ubidecarenonum, Ubiquinone, Ubidecarenone, Coenzyme Q10, CoQ10, Q10

*Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Profound disruption of energy systems: profound sleepiness, lassitude both as an isolated indication and as a notable concomitant to a range of other physical symptoms, e.g., headache, nausea, chest pain, backache, influenza. Icy coldness, with sensitivity and aggravation from exposure to cold. Sensation of a ball ascending or pushing outward. Stitching and bursting pains of head, with the sensation of increased pressure/distension/emotional containment, and a sense that the brain would explode into a thousand pieces, or that emotions may erupt destructively. Feelings of tightness and constriction, in nose, chest, throat, joints. Feeling generally worse for motion, in which there is intense sensitivity to even the motion of the eyeballs, any sudden exertion or movement; better from rest. Right-sidedness of complaints. Influenza, characterized by intense and diffuse muscle pain and physical and mental prostration. Notable increase in appetite, with nausea and a desire to vomit after eating.

**Mind** Happy and cheerful, with bounding energy throughout the day, mental calmness, and playful optimism. Fantastic and enthusiastic mood, with light and carefree attitude, as if a weight were removed. Feeling content and focused, with increased confidence and mental determination. Feeling energetic, with desire to dance to music, clean, and organize. Delusion of being enlarged and fearless. Increased acuity of senses, especially to color and the slightest noise. Irritability and agitation, with feelings of indignant anger. Emotional sensitivity and sentimentality, with feeling of being fragile, lonely, and in need of company and affection of loved ones. Self-doubt and feelings of failure and self-depreciation. Sensitive to the rudeness of others, with cursing, brooding, and the delusion of being wronged. Aversion to company and disinclination toward conversation, which irritates and drains energy. Moody and irritable, with lethargy, difficult concentration and apathy toward usual responsibilities. Anger at trifles, which must be restrained to prevent aggressive outburst. Intolerant and annoyed, with feistiness and desire to kill those who have offended person. Sadness and apathy, with over-

Proving Director: Ashley Ross

whelming tiredness, poor concentration, and inclination to make mistakes. Brain feels like it is on standby or dead, and that mind is separate from body. Feeling emotionless and absentminded. “Don’t care” attitude toward work and conversation of others, answering in monosyllables. Anxiety and paranoia, with delusion of falling into a coma or dying on going to sleep. Fear of snakes, failing, being rejected socially. Fear that people are messing with one’s food. Suspicious and fearful of being drugged, criticized, and becoming insane and that others observe person’s confusion. Delusion of being watched. Involuntary shrieking. Mind blanks out and with loss of conception of time.

**Vertigo** Slight dizziness with sensation of weakness in limbs, as if there had been a drop in blood sugar levels, accompanied by a sensation of clammy coldness on skin as if were in a paper-thin wetsuit.

**Head** Dull or pulsating, right-sided occipital headache extending into temples or vertex, with tension in the nape of the neck. Throbbing headache at the vertex, with sensation of icy coldness deep in the brain. Splitting pain in center of head, as if a boning machine were working down to the center of the brain extending into temples. Dull, heavy pressure extending from temple to temple, with stabbing pain as if brain would explode into a thousand pieces, accompanied by tiredness and slowness of thought. Pulsating pain in forehead with sensitivity of scalp and difficulty in focusing. All headaches are better in the dark and for pressure, singing, closing eyes, and bathing; worse for noise, every movement, even raising the head and moving the eyes, and coughing and sneezing. Dryness of scalp and hair with dandruff.

**Eye** Intense itching or tingling, as if a hair were under lid, compelling to rub lids. Burning pain in eyes with lachrimation. Pain in right upper eyelid, as if a stye were forming. Redness of eyes and sensation of warmth on closing eyes.

**Ear** Sensation of blockage in ears, worse on right side, with persistent sound of running water.

**Hearing** Acute hearing, or intermittent deafness.

**Nose** Itchiness inside nose in the morning, with alternating obstruction, as if nasal passage were narrowed, with fluent coryza with sneezing. Copious, watery, non-excoriating discharge from both nostrils, with inflammation and itching extending into right Eustachian tube, sinuses, and pharynx. Dull pain in frontal and paranasal sinuses with thick yellow mucus. Postnasal dripping of yellow mucus with gagging and desire to vomit.

**Face** Sensation of heat in head and face, with perspiration. Clenched jaws with disinclination to talk. Tingling sensation and herpetic eruption on upper lip. Pimples on forehead.

**Mouth** Soreness at root of tongue and gums, as if there were an ulcer; worse for swallowing. Torn sensation in gums, with pain in upper front teeth; worse on pressing teeth and on blowing nose.

**Throat** Itching in pharynx, as if tickled by a feather, with pain as if back of throat were scraped with razor blades. Constricted tenderness of throat, with scratchiness and awareness of every breath taken; worse on swallowing and for cold air, better for sipping water.

**Stomach** Ravenous and insatiable hunger, with irritability and aversion to eating. Decreased appetite, with feelings of fullness despite eating little. Increased thirst. Nausea on waking and when travelling in a car, with retching and vomiting after eating. Heartburn with sensation of a ball of heat ascending from epigastrium accompanied by nausea, better for sipping cold water.

**Abdomen** Dull right hypochondrial pain, as if liver were enlarged, extending into back; worse for touch, pressure, and exertion, better lying on the affected side. Tenderness and bloating of abdomen, with twisting and cramping pains; worse on right side and for eating, better for lying down. Noisy distension of abdomen with flatulence and sensation of a ball pushing outward, worse in the afternoon and evening.

**Rectum** Bearing-down sensation and desire to pass loose stool after eating, with vibrating sensation in anus as if sphincter were weak and rectum would prolapse. Constipation.

**Stool** Spurting watery diarrhea, looking like muddy water, with copious yellow mucus. Constipation with hard brown stool.

**Bladder** Persistent urge to urinate, out of proportion to amount of liquid drunk.

**Male** Dull aching in left testicle, extending into hip and buttocks. Increased desire for sexual intercourse, with weakness of erections, irritability, and disinterest.

**Female** Offensive, fishy leukorrhea. Menses painful, copious, and protracted, with large dark red clots; worse in the daytime. Intense cramping pains cutting from side to side; worse for bending double, better for bathing. Increased libido, even though menstruating, with despair that menses would never end. Boils on both sides of vagina, with sensation as if huge balls were underneath and dull aching on pressure.

**Larynx & Trachea** Croaky hoarseness of voice.

**Respiration** Difficult respiration, perspiration on forehead, and suffocation as if air does not get into lungs; worse on rapid exertion, better for rest.



**Cough** Paroxysmal dry cough; worse at night, and for talking, exertion, and cold; better for eating and drinking water. Wet cough, with itching in trachea and sensation of a sore in the bronchi.

**Expectoration** Expectoration of salty, green sputum with retching and icy coldness of vertex.

**Chest** Sharp pains in region of heart extending to left shoulder and arm on exertion. Constriction of chest with fluttery weakness of heart and periodic palpitations. Heavy feeling in breasts with soreness and bruised pain on pressure.

**Back** Aching pain deep within the spine, as if the vertebrae were twisting and grinding against each other. Tenderness of spinous processes of right lower back. Soreness of neck and dorsal spine whilst sitting; worse firstly on the right, then the left. Stabbing pains under left scapula, worse on inspiration. Deep aching in back and extremities with fatigue, as if beaten up and bruised. Dull aching in right shoulder and right knee; worse for sudden movement, raising the arm, on waking, and lying on right side.

**Extremities** Deep aching of legs and feet, as if into the bone marrow. Dull pain in right ankle and soreness of right heel in the morning on rising; worse on exerting pressure, better for raising the leg. Sensation of tightness in joints, as if bones were stuck together. Icy coldness of extremities. Severe cramping of biceps muscle and calves.

**Sleep** Difficulty in falling asleep, even though tired. Restless sleep, easily disturbed by slightest noise, need to cough, and hunger. Late waking in morning, with desire to remain in bed. Unrefreshing sleep, with tendency toward afternoon naps which do not relieve overpowering sleepiness. Profound sleepiness during daytime, with difficult concentration and soreness. Waking from fearful dreams, with cold perspiration and palpitation.

**Dreams** Colorful and pleasant dreams of water, stars, and women. Nostalgic dreams of weddings, family, and friends. Fantastic dreams of animals. Anxious dreams of coffins, snakes, pursuit by dogs, and suspicious persons. Dreams repetitive, as if scenes were replaying with minor variations.

**Perspiration** Sensation of heat, with perspiration of head, face, and back. Waking from fearful dreams, with cold perspiration and palpitation.

**Skin** Skin dry and hypersensitive to touch. Fungal infection between toes of left foot, with watery vesicles on toes. Extreme itchiness, worse for scratching. Intertrigo between thighs and under breasts.

**Generalities** Intensely energetic with desire for activity. Profound exhaustion and debility, with tightness and soreness of all muscles, as if body were beaten and

bones were breaking. Influenza, with sensation of heat and profound lassitude. Body aching and feeling tender, as if were coming down with influenza. Symptoms worse in the morning on waking, for motion and exertion; better after warm bathing. Strong desire for salty foods, fried foods, and coffee; worse from sweets. Sensations of icy coldness in head and extremities, with intense general sensitivity to cold weather, iced drinks, and cold air-conditioning.



# Urtica urens

**Dwarf nettle, Small stinging nettle, Annual nettle, Burning nettle, Dog nettle [*Urtica urens* L.]**

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Mental symptoms split: calm, relaxed, tranquil, euphoric, witty or detached, separate, unsympathetic, irritable at work, and fearful with dreams of panic about survival. Dryness of skin, face, and eyes. Itching of the face, ears, nose, and body in general. Itching associated with leukorrhea. 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. Fear of poverty. Irritability when working. Quarrelsomeness. Relaxed and peaceful as from drinking. Euphoric. Laughing and witty. Weeping from disappointments, better when walking outside. Feeling of terror and fear of survival. Yelling.

**Head** Pain in the forehead or temples. Dull head pain over the eye or at the temple. Throbbing pain on the forehead, at the temples, or left side, and on waking. Pains that are better from eating, lying, or from pressure. Head pain during heat.

**Eye** Dryness or lacrimation from tiredness 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 person 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.

Proving Director: David S. Riley

**Face** Aphthae, vesicles, or cracks on the lips. Dryness of lips. Pimples on the chin that itch. Itching on the chin or cheeks. Red discoloration about the eyes. Swollen face.

**Mouth** Swelling of gums on the left. Ulcers on the edges of the tongue. Vesicles on 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 that is better from drinking cold milk, eating, warm drinks, 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 cramping 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** Acid or burning stool. Hard. Loose. Frequent. Yellow.

**Bladder** Burning pain before urination improves. Frequent waking to urinate or urging at night.

**Male** Dryness or itching of the scrotum.

**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 scapulae as from a pulled muscle.

**Extremities** Clumsiness. Dryness of skin on hands and legs. Itching, especially on the forearm, hand, patella, or legs; better from 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 sensation of 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. Frequent waking to urinate or urging at night.

**Dreams** Dreams of killing or murder, being betrayed or estranged. Dreams of panic about survival.

**Fever** Sensation of internal heat.

**Perspiration** On waking. Intermittent during the day.

**Skin** Dryness. Pimples or skin eruptions that are itching. Itching stinging.

**Generalities** Energy increased with less need to sleep. Aversion to alcohol, spicy tea, or sweets. Lassitude during the daytime. Improvement of weariness after menses. Generally worse from physical activity. Warm on waking. Aching bones and sensitivity to pressure and touch.



# Uterus suis

## Pig uterus, Pig womb, Porcine uterus, Porcine womb

*Ashley Ross*

**Important Proving Symptoms and Themes Noted by the Investigators** Calm and relaxed, with heightened awareness and profound sense of peace and stillness, without any of the usual anxiety of the day's tasks. Heightened feelings of sadness, longing for affection and connection with loved ones; worse for music and in the evening. Irritability and intolerance toward partner and children, with desire to escape responsibilities. Passionate and dogmatic views on the patriarchal domination and abuse of the feminine, and the wounds inflicted on women by men. Feeling energized and expansive, with loosening up and freeing of body and mind. Nausea and diarrhea after drinking milk and after meals, as if having consumed oil or very greasy food. Slow commencement of menses; too early and without any pain. Aching pain in lower back, with need to straighten back and sensation that hips were dislocating from the lower back. Stiffness and cramping of muscles, better for stretching. Dreams of pregnant women and babies. Desire for salt, meat, and sugar. Sleepiness in afternoon; with headache, and after eating.

**Mind** Feeling calm and relaxed, with heightened emotions and awareness. Sense of profound peace and stillness. Feeling confident and energized and without the usual anxiety and concerns around what one needs to get done. Feelings of longing and yearning for love, affection, and happiness. Sadness and loneliness are triggered by music, worse in cloudy weather. Anxiety in anticipation of meetings, and intolerance of noise and business. Irritability toward partner and children, with desire to escape responsibilities and engage in creative pursuits in nature. Passionate and angry about the domination of the feminine energy by a patriarchal medical system, as if she could lobby against the harm inflicted on women. Feels stimulated, expanded, and enlightened; free in body and mind and in tune with own body. During massage, feels as if were being stretched, elongated, and opened up, as if a space were being created in her/his body. Weakness of memory; forgetting names of people and places, what the person is doing, as if he or she were in a daydream. Easily distracted and unable to successfully complete tasks. Procrastinates and feels as though thoughts were coming slowly into his or her mind. Euphoric and excitable with feelings of happiness and elation.

Proving Director: Ashley Ross

**Head** Sensation of pressure in left side of head, with peri-orbital pain extending into sinuses. Sharp pains in left vertex, extending toward occiput, with sudden sleepiness. Dull and pulsating pains temples with nausea, tiredness, and sensitivity to bright light. Headache and nausea are better after having vomited. Vague sensation of numbness between the eyes, extending onto nose in a T-shape, as after anesthesia. Dry patch on scalp.

**Eye** Eyes are sensitive, as if on fire, with pain at back of eyeballs when looking into the light and blurring of vision. Right half of right eye feels “foggy,” with wandering pains in right side of face.

**Ear** Intermittent sharp and stabbing pains in the ears. Ear becomes red and swollen at entrance.

**Hearing** Sudden sensation of faded hearing.

**Nose** Sneezing and clear, viscous mucus from nose, accompanied by lacrimation and sensation of warmth in the chest. A few tiny drops of blood on blowing the nose.

**Face** Intermittent and sharp pains on right side of cheekbone and temporomandibular joint.

**Mouth** Burning and swelling of lips, with dryness and development of small ulcers on inside of upper lip.

**Teeth** Wisdom teeth feel tender.

**Throat** Discomfort in throat, as if lined with thick mucus. Feels as if one should cough to clear mucus.

**Stomach** Nausea and diarrhea from drinking milk. Nausea after eating, as if having eaten very greasy food, with fullness in stomach and esophagus.

**Abdomen** Sharp pains in abdomen with recurrent urge to pass stool, better after passing of copious and liquid stool. Stinging or burning pains in left lower abdomen, better for passing stool.

**Rectum** Urge to pass small and greasy stool first thing in the morning, with nausea.

**Female** Increased sexual desire. Slow, stabbing pains in pelvis at commencement of menses. Menses slow to become established, followed by copious and unexpected gushing of blood; worse at night. Painless menses, despite moderate to heavy flow. Painless lump between left labial fold and thigh.

**Respiration** Sudden onset of acute dyspnea in morning and on waking.

**Cough** Sudden and paroxysmal dry cough, as if having inhaled chili powder.

**Expectoration** Expectoration of runny or bilious phlegm with gagging and retching.

**Back** Intense lower back pain with feeling the need to keep back straight. Feeling as if hips are dislocating from lower back. Aching comes in pangs while sitting or standing; better when lying down, on back, or on either side. Burning pains in middle of back, extending downward.

**Extremities** General stiffness and aching in body, better for stretching. Cramping and aching in hands. Joints feel stiff, especially in feet. Pains in knees, as if growing pains; better for stretching. Sharp and stabbing pains in wrists and hands. Spasmodic tension in left shoulder and left hip.

**Sleep** Frequent waking in early hours of the morning, from nightmares, anxiety, or from need to check the time. Extreme tiredness in the afternoon, after eating.

**Dreams** Busy dreams of needing to rescue people from dangerous circumstances. Fearful dreams of being dropped or having to jump from a height into water. Sensual and creative dreams. Dreams are vivid and affectionate, of past loves, or the death of relatives. Anxious and aggressive dreams of being wounded by hooks, being attacked by a hobo or intruders, or needing to crawl out of the wreckage of a car accident. Dreams of needing to clean teeth of plaque, or having braces put on teeth against one's will. Recurrent dreams of pregnancy and babies.

**Generalities** Desire for sugar, meat, and salty or savory foods. Notably increased energy, and absence of normal and expected fatigue. Body temperature fluctuates between being too hot and too cold, with alternating covering and uncovering. General stiffness and aching in body.





# Vena suis

## Pig vein, Porcine vein

*Todd Rowe*

**Important Proving Symptoms and Themes Noted by the Investigators** Sudden anger, coupled with shouting and cursing, with a desire to be alone, and mixed with sadness. Great irritability. Anxiety, experienced predominantly in the stomach. Depression accompanied by a feeling of slowness, indolence, indifference, a desire to avoid company, and desiring death. Fear of abandonment and being alone. Co-dependency. Delusions of being stuck, used, and trapped. Peacefulness and tranquility. Lack of mental clarity and focus. Cloudiness. Restlessness. Racing thoughts, especially at night, often interfering with sleep. Headaches, most prominent in the temples. Allergic rhinitis. Coryza with nasal obstruction. Bleeding gums. Acne, mostly on the forehead. Appetite diminished or increased. Weight loss. Marked constipation. Bladder pain. Back pain with tension in neck. Cramping of calves. Formication in feet. Pains in extremities. Sciatica. Difficulty in falling asleep. Restless sleep. Sleeplessness from noise. Vivid dreams in bright colors. Dreams about children and animals. Anxious dreams of accidents, animals, floods, and flowing water. Fast healing of wounds and bruises. Blood pressure reduced. General dryness manifesting in skin, eyes, mouth, throat, and constipation. Formication especially of the feet. Heat and worse from heat, hot flushes. Heaviness of limbs and head. Injury, with easy bruising. Lassitude, weariness and fatigue, profound exhaustion and debility. Sensation of tension. Tendency to sunburn.

**Mind** Intense sudden anger, coupled with shouting and cursing, with a desire to be alone. Anger mixed with sadness. Impatience. Strong irritability, especially with family and from noise. Irritability from feeling trapped by responsibility. Anxiety, experienced predominantly in the stomach, often associated with anticipatory anxiety and worries. Panic attacks. Co-dependency. Hyperactivity and desires activity. Fastidiousness. Fear of being abandoned, alone, something bad will happen or failure in examinations. Impatience. Increased self-confidence or lack of self-confidence. Depression accompanied by a feeling of slowness, indolence, indifference, and a desire to avoid company. Depression with desiring death. Despair with sighing. Grief. Confusion and dullness of the mind. Indolence and taciturn. Lack of mental clarity and focus. Reduced need for control. Delusions of

Proving Director: Todd Rowe

being unappreciated, that person has done something wrong, of being used, stuck and trapped. Racing thoughts, especially at night, often interfering with sleep. Nausea on trying to focus thoughts. Hyperactivity. Sensitivity to noise, starting on going to sleep and on waking. Hears music on falling asleep. Peacefulness, tranquility, and contentment.

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**Head** Headaches, most prominent in temples, also in forehead and occiput. Headache arising from neck extending to occiput and forehead; mostly tension-related. Pain bursting and aching, better for pressure. Heaviness of head.

**Eye** Dryness of eyes. Heaviness of lids. Lacrimation. with headache.

**Vision** Blurriness. Visual disturbances. Flashes of color in front of eyes.

**Ear** Itching. Stitching pain. Stopped sensation.

**Hearing** Impaired on waking. Ringing.

**Nose** Allergic rhinitis. Coryza, usually associated with obstruction. Eruptions. Obstruction. Clear nasal discharge.

**Smell** Smelling the odor of cinnamon.

**Face** Acne, mostly on forehead. Chapped lips.

**Mouth** Dryness. Improvement in chronic bleeding gum problems.

**Taste** Offensive taste.

**Teeth** Bruxism.

**Throat** Dryness of throat, with scratchiness. Lump on swallowing. Pain in throat.

**Stomach** Changes in appetite: either a diminished appetite with significant weight loss or increased appetite. Anxiety felt in the stomach region. Heaviness of the stomach. Loud eructations. Marked thirstlessness. Nausea with morning aggravation. Burning and cutting pains. Indigestion.

**Abdomen** Abdominal distension. Peri-umbilical tension. Pain with diarrhea.

**Rectum** Marked constipation without urge. Loud flatus.

**Stool** Hard stool. Diarrhea with mushy stools.

**Bladder** Marked bladder pain, worse on urination; with frequent urination.

**Kidney** Kidney pain.

**Urethra** Burning in the urethra.

**Male** Diminished sex drive. Impotence.

**Female** Increased sex drive.

**Cough** Nonproductive cough, especially in the afternoon.

**Chest** Constriction and heaviness of chest. Respiration difficult and slow. Sensation of oppression, tension, and heaviness of the sternum.

**Back** Back pain, most prominent in lumbar region, also seen in the dorsal region. Back pain associated with stiffness and tension of the neck. Lumbar itching.

**Extremities** Pain, particularly in shoulder and knee. Cramping of calves. Ecchymoses. Formication in feet. Restlessness of feet. Sensation of heaviness, especially of limbs. Sciatica. Tension. Tingling in upper limbs.

**Sleep** Sleeplessness. Difficulty in falling asleep. Light sleep with sensitivity to noise. Startling from sleep with frequent sudden waking. Restless sleep. Sleep troubled by rapid thoughts. Desire to listen to music when falling asleep. Improvement in sleeping pattern. Deep sleep.

**Dreams** Dreams tend to be more vivid and longer than usual and remembered. Dreams frequently in bright colors, blue often predominating. Dreams about children and animals. Anxious dreams. Dreams of accidents, animals, floods, flowing water, being pursued, and robbers. May experience improvement in chronic frightful and nightmarish dreams.

**Fever** Intense heat.

**Perspiration** Profuse.

**Skin** Acne. Dryness of skin. Hypersensitivity to touch. Reduction in sun sensitivity. Prone to sunburn; heat rash. Extreme itchiness, worse when scratching. Intertrigo between thighs and under breasts. Sensation of heat, with perspiration of face and back. Bruises easily with injuries. Wounds and bruises heal quickly.

**Generalities** Lassitude, weariness, and fatigue; worse in the morning and afternoon. Fainting. Profound exhaustion and debility, with tightness and soreness of all muscles, as if body were beaten and bones were breaking. Intensely energetic with desire for activity. Stiffness. Sensation of heaviness, especially of limbs and head. Body feels tender and aches, as if coming down with influenza; worse

in morning on waking, with motion, and exertion; better after a warm bathing. Cramping of muscles. Muscle tension. Great dryness, often with thirstlessness. Restlessness. Bruises easily with injuries. Heat and hot flushes. Strong desire for meat and sour food. Desire for salt, chocolate, spices, and sweets. Hypertension or reduction in high blood pressure. Feeling hot. Weight loss. Obesity. Symptoms worse from heat, on waking, in motion, with weather change, and exertion.



# Veronica officinalis

Common gypsyweed, Common speedwell, Health speedwell  
[*Veronica officinalis* L.]

David S. Riley

**Important Proving Symptoms and Themes Noted by the Investigators** Increased physical energy in association with a notable increase of mental clarity. Increase in mental anxiety. Delusions. Irritability. Sore throat and a persistent bronchial cough. Numbness in the gums as from anesthesia. Sore throat pain. Urgency to evacuate bowels followed by loose stool. Stiffness, especially in the lower back and hips. Intense, vivid dreams. Sweating, worse at night. Intensely itchy, red skin eruptions.

**Mind** Affectionate. Anxiety. Delusions of body vibrating or that they have been smoking marijuana. Sense of exaggeration of distances. Mental dullness. Ecstatic. Fear. Homesickness. Indifferent. Irritability. Alternating moods. Sense of being overwhelmed. Desire to play. Clarity of thoughts.

**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, worse from 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, 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.

Proving Director: David S. Riley

**Mouth** Sensation of dryness in the mouth as if it were full of cotton. Numbness in the mouth, particularly in the gums, as if they 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 pinpricks the length of the throat. Tingling sensation.

**Stomach** Appetite increased or decreased. Nausea. Burning pain on beginning to eat, 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.

**Female** Brown, mucus-like discharge at the time of ovulation. Copious or scanty menses. Sexual desire increased or decreased.

**Larynx & Trachea** Fleeting, 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, worse from cold. Pain in the thoracic and sacroiliac regions, 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. Itching skin eruptions in the groin, upper, or lower extremities.

**Sleep** Sleeping on the right side. Refreshing sleep. Sleepiness. Sleeplessness.

**Dreams** Dreams of horses, smoking cigarettes, snakes. Vivid dreams.

**Chill** Chill from uncovering and after awaking in sweat.

**Perspiration** Perspiration, worse at night. Perspiration followed by chills and cold sweats after uncovering.

**Skin** Dry skin. Itching skin eruptions. Red eruptions that are raised. Eruptions are worse in damp or in the evening.

**Generalities** Increased energy and feeling of moving quickly. Aggravation from a delay in eating. Desire for sweets. Sensation of heat. Lassitude, fatigue and lethargy. Restless in the afternoon. Tingling. Right-sidedness.



# Zincum aceticum

## Zinc acetate

*David S. Riley*

**Important Proving Symptoms and Themes Noted by the Investigators** Many symptoms are focused in the upper respiratory tract, including allergies. Nasal congestion with either a stuffed, dry sensation or watery discharge. Itching of the eyes. Great thirst with a desire for water. Sensation of heaviness or tightness in the chest, nausea, and painful sore throat.

**Mind** Anxiety upon waking in the morning. Active concentration. Fastidious. Forgetful. Peaceful. Sadness. Irritability in the morning.

**Vertigo** Vertigo in general. A feeling of dizziness.

**Head** Congestion. Heaviness. Pressing head pain, behind and over the eyes. Pain in forehead. Left-sided pain. Throbbing pain, especially over the right eye, 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 discharges. 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. Ulcer on lip. Lip cracked on the left side. Swelling of lip.

**Mouth** Ulcer inside cheek.

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**Throat** Soreness or scratching on swallowing. Scratching, sensation like from sand. Sensation of a lump; narrow sensation. Throbbing. Pain that burns.

**External Throat** Swelling of cervical glands.

**Expectoration** Like cream, greenish in morning. Thick mucus. Hawking up of mucus.

**Stomach** Increased thirst. Nausea, in the afternoon, after vomiting. Increased appetite.

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**Abdomen** Cramping pain from flatulence. Pressing pain. Gurgling.

**Rectum** Constipation during headache. Flatus.

**Stool** Hard or loose.

**Female** Cramping pain. Uterine cramping before the menses. Vaginal burning and itching. Diminished menses. Irregular menses.

**Larynx & Trachea** Hoarseness.

**Respiration** Short inspirations.

**Cough** Morning cough that is painful.

**Chest** Sensation of heaviness in the chest. Tightness and cramping around chest, like heart is gripped. Heart palpitations. Soreness of breast.

**Back** Pain in lumbar region. Eruptions of painful pimples in dorsal region.

**Extremities** Awkwardness. Sensation of bruising of the fingers, with swelling. Dull pain in the extremities.

**Dreams** Dreams in color. Disgusting dreams. Able to remember dreams.

**Fever** Generalized feverish feeling.

**Skin** Eruptions of pimples.

**Generalities** Increase of energy. Feeling generally better for physical exertion or cold food. Afternoon fatigue, better when lying, worse from pressure. Desire for water, bread, fish, pizza, sweets. Both desire for and aggravation from salt.



# Zincum gluconicum

## Zinc gluconate

*David S. Riley*

**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. Skin itching without eruption. Aching and cramps in the muscles and joints of the extremities. Numerous cold-type symptoms. Various head pains, especially in the forehead. 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, or scratching; 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. Mental dullness on waking, with difficulty in finding the right word. Mental slowness. Dwelling on past events that were unhappy. Hurried in thought and in activities. Irritability. Improvement of mood before menses. Restlessness. Screaming at home or at work. Rapid or wandering thoughts.

**Vertigo** Dizziness. Fainting. Vertigo as if in the eyes or with nausea. Lightheaded. Symptoms better when lying.

**Head** Dull pain in the forehead above the right eye. Head pain that is better from walking in cold air. Congestive head pain, better from pressure. Head pain on waking during the night. Sharp pain at the temple. Head pain on the forehead, either left or right side or the upper part of the forehead. Pain either above or behind the right eye, or between the eyes. Pain in occiput alone, or pain in occiput and forehead that extends to the eyes. Left temple pain that extends to the eye. Pressing 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.

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**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 that are clear, viscid, watery, or yellow. Dryness of the internal nose. Sneezing.

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**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. 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, straining, or difficulty passing stool. Difficult stool that is hard or sticky. 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** Strong odor to the urine, or cloudy urine.

**Female** Brown leukorrhea. Menses that are of long or short duration. Scanty menses. Spotting between the menses at ovulation. Improvement of premenstrual cramping pain. Decreased sexual desire.

**Larynx & Trachea** 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** Improvement of constriction in the neck and thoracic region. 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, waking from dreams, or waking that is frequent. Mental dullness on waking or with difficulty in finding the right words.

**Dreams** Dreams that are unpleasant, of sick parents, being pursued, being shot. Repeating dreams or dreams that wake the person. Anxious dreams. Vivid dreams.

**Skin** Eruptions of small pimples. Skin feels dry like parchment or hidebound. Sensation of heat. Itching without eruption. Dryness and prickling sensation.

**Generalities** Dry sensation. Increased energy, especially in the afternoon and evening. Fainting. Desire for sour drinks, spices, and water. Feeling heavy. Lassitude in the evening. Improvement of lassitude during the menses. General restlessness (mental and physical). Sore body and muscles. Stiffness or improvement of stiffness.

# Supplementary Information

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## Appendix 1: Overview of Provings

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Substance Proved	Year Proving Commenced [Proving Director]	IRB-approved Protocol <sup>a</sup>	Trial Design <sup>b</sup>	Placebo-controlled <sup>b</sup>	Inclusion/Exclusion Criteria <sup>a</sup>	Total Number of Subjects [Female (F)/ Male (M)]	Number of Verum (V), Placebo (P) Provers <sup>c</sup>	Potency (galenic form)	Drop-outs	Adverse Events <sup>d</sup>	Funder
Acidum alpha-ketoglutaricum	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Acidum alpha-lipoicum	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Acidum ascorbicum	1996 [Fisher]	Yes	Cross-over	Yes	Yes	20 [11F/9M]	20P=20V	12C (globules)	4	Discussed, No SUSAR	Heel
Acidum cis-aconiticum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [9F/11M]	20P=20V	12C (globules)	2	Discussed, No SUSAR	Heel
Acidum citricum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [16F/4M]	20P=20V	12C (globules)	3	Discussed, No SUSAR	Heel
Acidum fumaricum	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Acidum malicum	1995 [Fisher]	Yes	Cross-over	Yes	Yes	20 [14F/6M]	20P=20V	12C (globules)	4	Discussed, No SUSAR	Heel
Acidum oroticum	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [15F/2M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Acidum succinicum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [14F/6M]	20P=20V	12C (globules)	3	Discussed, No SUSAR	Heel
Adenosinum monohydrogen phosphoricum (cAMP)	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [15F/5M]	20P=20V	12C (globules)	0	Discussed, No SUSAR	Heel
Adenosinum triphosphoricum dinatrium (ATP)	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [16F/4M]	20P=20V	12C (globules)	4	Discussed, No SUSAR	Heel
Agnus castus	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [22F]	20V, 2P	12C (globules)	0	Discussed, No SUSAR	DHU
Anthrachinonum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [17F/3M]	20P=20V	24X (globules)	3	Discussed, No SUSAR	Heel

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Substance Proved	Year Proving Commenced [Proving Director]	IRB-approved Protocol <sup>a</sup>	Trial Design <sup>b</sup>	Placebo-controlled <sup>b</sup>	Inclusion/Exclusion Criteria <sup>a</sup>	Total Number of Subjects [Female (F)/ Male (M)]	Number of Verum (V), Placebo (P) Provers <sup>c</sup>	Potency (galenic form)	Drop-outs	Adverse Events <sup>d</sup>	Funder
Arteria suis	1998 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [19F/3M]	20V, 2P	12C (globules)	3	Discussed, No SUSAR	Heel
Ascophyllum nodosum	1997 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [17F/5M]	20V, 2P	12C (globules)	3	Discussed, No SUSAR	DHU
Bacterium coli	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Baryta oxalsuccinicum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [10F/10M]	20P=20V	24X (globules)	4	Discussed, No SUSAR	Heel
Benzochinonum, para-	2011 [Riley and Messer]	Yes	Cross-over	Yes	Yes	40 [30F/10M]	40V=40P	12C (dilution)	2	Discussed, No SUSAR	Heel
Bryonia alba	1994 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [16F/6M]	20V, 2P	12C (globules)	0	Discussed, No SUSAR	DHU
Bryonia dioica	1994 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [17F/5M]	20V, 2P	12C (globules)	0	Discussed, No SUSAR	DHU
Calendula officinalis	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [20F/2M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Cardiospermum halicacabum (1)	1994 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [14F/8M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Cardiospermum halicacabum (2)	1994 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [18F/4M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Cartilago suis	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [16F/1M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Caulophyllum thalictroides	1996 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [13F/9M]	20V, 2P	12C (globules)	3	Discussed, No SUSAR	DHU
Cerebrum suis	2012 [Rowe]	Yes	Placebo run-in with parallel group	Yes	Yes	25 [17F/8M]	20V, 5P	30X (dilution)	0	Discussed, No SUSAR	Heel

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Substance Proved	Year Proving Commenced [Proving Director]	IRB-approved Protocol <sup>a</sup>	Trial Design <sup>b</sup>	Placebo-controlled <sup>b</sup>	Inclusion/Exclusion Criteria <sup>a</sup>	Total Number of Subjects [Female (F)/Male (M)]	Number of Verum (V), Placebo (P) Provers <sup>c</sup>	Potency (galenic form)	Drop-outs	Adverse Events <sup>d</sup>	Funder
Coenzymum A	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [9F/8M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Colocythis	1996 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [22F/0M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Cuprum formicicum	1996 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [12F/10M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Cyanocobalaminum	2015 [Botha]	Yes	Placebo run-in with parallel group	Yes	Yes	32 [29F/3M]	24V, 8P	30X (globules)	4	Discussed, No SUSAR	Heel
Cysteinum	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Discus intervertebralis suis	2014 [Ross]	Yes	Placebo run-in with parallel group	Yes	Yes	29 [15F/14M]	24V, 5P	30X (globules)	3	Discussed, No SUSAR	Heel
Embryo suis	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [16F/1M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Fucus vesiculosus	1997 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [15F/7M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Fumaria officinalis	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Funiculus umbilicalis suis	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [13F/4M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Galphimia glauca	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [16F/6M]	20V, 2P	12C (globules)	1	Discussed, No SUSAR	DHU
Geranium robertianum	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [14F/3M]	15V, 2P	12C (globules)	3	Discussed, No SUSAR	Heel
Glandula suprarenalis suis	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel

(Continued)

Substance Proved	Year Proving Commenced [Proving Director]	IRB-approved Protocol <sup>a</sup>	Trial Design <sup>b</sup>	Placebo-controlled <sup>b</sup>	Inclusion/Exclusion Criteria <sup>a</sup>	Total Number of Subjects [Female (F)/Male (M)]	Number of Verum (V), Placebo (P) Provers <sup>c</sup>	Potency (galenic form)	Drop-outs	Adverse Events <sup>d</sup>	Funder
Glyoxalium	1997 [Riley]	Yes	Cross-over	Yes	Yes	20 [14F/6M]	20P=20V	12C (globules)	3	Discussed, No SUSAR	Heel
Hepar suis	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Hydrochinonum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [15F/5M]	20P=20V	12C (globules)	0	Discussed, No SUSAR	Heel
Hypophysis suis	2013 [Ross]	Yes	Placebo run-in with parallel group	Yes	Yes	26 [16F/10M]	20V, 6P	30X (globules)	0	Discussed, 1 SUSAR	Heel
Hypothalamus suis	2016 [Ross]	Yes	Placebo run-in with parallel group	Yes	Yes	27 [16F/11M]	22V, 5P	30X (globules)	1	Discussed, No SUSAR	Heel
Kalium tetraiodobismutatatum	1998 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	20 [12F/10M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	Heel
Levothroxinum	2007 [Riley]	Yes	Cross-over	Yes	Yes	35 [26F/9M]	35P=35V	12C (dilution)	5	Discussed, No SUSAR	Heel
Luffa operculata	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [14F/8M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Magnesium gluconicum	2010 [Riley and Messer]	Yes	Cross-over	Yes	Yes	38 [22F/16M]	38P=38V	12C (dilution)	3	Discussed, No SUSAR	Heel
Magnesium oroticum	2009 [Riley and Messer]	Yes	Cross-over	Yes	Yes	35 [22F/13M]	35P=35V	12C (dilution)	3	Discussed, No SUSAR	Heel
Mahonia aquifolium	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [16F/6M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Manganum phosphoricum	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [14F/3M]	15V, 2P	30X (globules)	1	Discussed, No SUSAR	Heel

(Continued)

Substance Proved	Year Proving Commenced [Proving Director]	IRB-approved Protocol <sup>a</sup>	Trial Design <sup>b</sup>	Placebo-controlled <sup>b</sup>	Inclusion/Exclusion Criteria <sup>a</sup>	Total Number of Subjects [Female (F)/ Male (M)]	Number of Verum (V), Placebo (P) Provers <sup>c</sup>	Potency (galenic form)	Drop-outs	Adverse Events <sup>d</sup>	Funder
Medulla ossis suis	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Methylglyoxalum	1997 [Riley]	Yes	Cross-over	Yes	Yes	20 [11F/9M]	20P=20V	12C (globules)	3	Discussed, No SUSAR	Heel
Mucosa nasalis suis	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Mucosa suis	2015 [Ross]	Yes	Placebo run-in with parallel group	Yes	Yes	29 [16F/13M]	24V, 5P	30X (globules)	0	Discussed, No SUSAR	Heel
Myosotis arvensis	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [9F/8M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Naididum (NADH)	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Naphthochinonum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [13F/7M]	20P=20V	12C (globules)	4	Discussed, No SUSAR	Heel
Natrium oxalaceticum	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [13F/4M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Natrium pyruvicum	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [13F/4M]	15V, 2P	12C (globules)	4	Discussed, No SUSAR	Heel
Nicotinamidum	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	3	Discussed, No SUSAR	Heel
Okoubaka aubrevillei	1996 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [16F/6M]	20V, 2P	12C (globules)	3	Discussed, No SUSAR	DHU
Oleander	1999 [Riley]	Yes	Cross-over	Yes	Yes	60 [43F/17M]	30V = 30P	12C (globules)	4	Discussed, No SUSAR	Ozelle

(Continued)

Substance Proved	Year Proving Commenced [Proving Director]	IRB-approved Protocol <sup>a</sup>	Trial Design <sup>b</sup>	Placebo-controlled <sup>b</sup>	Inclusion/Exclusion Criteria <sup>a</sup>	Total Number of Subjects [Female (F)/ Male (M)]	Number of Verum (V), Placebo (P) Provers <sup>c</sup>	Potency (galenic form)	Drop-outs	Adverse Events <sup>d</sup>	Funder
Oleum pini	1996 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [18F/4M]	20V, 2P	12C (globules)	0	Discussed, No SUSAR	DHU
Oxalis acetosella	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	2	Discussed, No SUSAR	Heel
Pancreatis suis	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [15F/2M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Pelargonium sidoides	2002 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	30 [23F/7M]	25V, 5P	12C (globules)	0	Discussed, No SUSAR	Schwabe
Placenta suis	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [14F/3M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Pyridoxinum hydrochloricum	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [10F/7M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Riboflavinum	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Simusitisinum	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	2	Discussed, No SUSAR	Heel
Staphylococcus nosode	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [11F/6M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Streptococcus nosode	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [9F/8M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Symphytium officinale	1994 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [19F/3M]	20V, 2P	12C (globules)	2	Discussed, No SUSAR	DHU
Terebinthina laticoma	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [14F/3M]	15V, 2P	12C (globules)	3	Discussed, No SUSAR	Heel

(Continued)

Substance Proved	Year Proving Commenced [Proving Director]	IRB-approved Protocol <sup>a</sup>	Trial Design <sup>b</sup>	Placebo-controlled <sup>b</sup>	Inclusion/Exclusion Criteria <sup>a</sup>	Total Number of Subjects [Female (F)/Male (M)]	Number of Verum (V), Placebo (P) Provers <sup>c</sup>	Potency (galenic form)	Drop-outs	Adverse Events <sup>d</sup>	Funder
Thiaminum hydrochloricum	1995 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	17 [8F/9M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Heel
Tormentilla	1995 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Trichinoylum	1996 [Riley]	Yes	Cross-over	Yes	Yes	20 [14F/6M]	20P=20V	24X (globules)	5	Discussed, No SUSAR	Heel
Tuba uterina suis	2014 [Rowe]	Yes	Placebo run-in with parallel group	Yes	Yes	31 [22F/9M]	25V, 6P	30X (dilatation)	3	Discussed, No SUSAR	Heel
Ubichinonum	2013 [Ross]	Yes	Placebo run-in with parallel group	Yes	Yes	29 [23F/6M]	23V, 6P	30C (globules)	3	Discussed, No SUSAR	Heel
Urtica urens	1996 [Riley]	Yes	Placebo run-in with parallel group	Yes	Yes	22 [17F/5M]	20V, 2P	12C (globules)	0	Discussed, No SUSAR	DHU
Uterus suis	2015 [Ross]	Yes	Placebo run-in with parallel group	Yes	Yes	28 [18F/10M]	23V, 5P	30X (globules)	2	Discussed, No SUSAR	Heel
Vena suis	2013 [Rowe]	Yes	Placebo run-in with parallel group	Yes	Yes	26 [19F/7M]	21V, 5P	30X (dilatation)	1	Discussed, 1 SUSAR	Heel
Veronica officinalis	1993 [Riley]	Yes	Parallel group	Yes	Yes	17 [12F/5M]	15V, 2P	12C (globules)	0	Discussed, No SUSAR	Heel
Zincum aceticum	1998 [Riley]	Yes	Cross-over	Yes	Yes	60 [45F/15M]	60V=60P	12C (globules)	5	Discussed, No SUSAR	Warner Lambert
Zincum gluconicum	1994 [Riley]	Yes	Parallel group	Yes	Yes	17 [15F/2M]	15V, 2P	12C (globules)	1	Discussed, No SUSAR	Quigley

<sup>a</sup> All homeopathic drug provings conducted had Institutional Review Board (IRB) or Ethics Committee (EC) approval before any subjects were enrolled. Symptom selection criteria were adopted in 1996 and prior provings were re-analyzed. All data was collected in a journal kept by the subject. During the pre-proving observation period the subjects noted the baseline rhythm of their daily lives before taking homeopathic medication. They then recorded the symptoms associated with the administration of the homeopathic medication. This was done for a pre-defined period of time. These symptoms were compared with symptoms (Continued)

noted during the pre-proving observation period and evaluated according to pre-defined symptom selection criteria outlined in the proving protocol. All subjects were interviewed regularly regarding the symptoms they were experiencing.

<sup>b</sup> Homeopathic drug provings (HDPs) are pharmacological trials on healthy subjects that follow good clinical practice guidelines for clinic trials. They are similar to, but differ in certain aspects, from a Phase I trial. In a HDP non-toxic doses are used and therefore lack the toxicological risks that, in Phase I trials, are determined by conventional pharmacokinetics. Most of the HDPs included in this materia medica were single-center, with variable imbalanced randomization ratios, double-blind, placebo-controlled, and conducted between 1993 and 2017. The groups were either parallel groups with or without a placebo run-in, or utilized a cross-over design.

<sup>c</sup> The number indicates the number of subjects receiving verum and placebo, respectively, during the medication phase:

- In the cross-over design, all subjects received placebo in one administration phase and verum in the other administration phase (indicated by the equation symbol).

- In the parallel group designs the subjects were randomly assigned to verum or placebo. The randomization procedures were performed by the manufacturer or sponsor in a variable randomization scheme as noted in the table. The verum and placebo medications 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 pre-packaged bottle. The allocation sequence was concealed from all investigators. Placebo run-in, when utilized, was applied between the pre-proving observation phase and the administration phase.

- Only after all symptoms had been extracted from the journals and a draft of the final proving report submitted to the sponsor, was the allocation concealment revealed. The draft of the final proving report had the symptoms experienced by the placebo provers either removed or clearly identified as placebo symptoms in the database. The materia medica reports, a core element of proving reports, only contained symptoms selected while taking, or after taking, the verum medication.

<sup>d</sup> SUSAR = Suspected Unexpected Serious Adverse Reaction.

## Appendix 2: Register of Synonyms

Synonym	See under	Chapter
1,4-Benzoquinone	Benzochinonum, para-	19
1,4-Naphthoquinone	Naphthochinonum	58
2-Butenedioic acid	Acidum fumaricum	7
2-Oxoglutaric acid	Acidum alpha-ketoglutaricum	2
2-Oxopentanedioic acid	Acidum alpha-ketoglutaricum	2
2-Oxopropanal	Methylglyoxalum	53
3-Oxo-L-gulofuranolactone	Acidum ascorbicum	4
5'-Adenylic acid	Adenosinum monohydrogen phosphoricum (cAMP)	11
9,10-Anthracenedione	Anthrachinonum	14
$\alpha$ -Ketoglutaric acid	Acidum alpha-ketoglutaricum	2
$\alpha$ -Ketoglutaricum acidum	Acidum alpha-ketoglutaricum	2
$\alpha$ -Lipoic acid	Acidum alpha-lipoicum	3
$\alpha$ -Lipoicum acidum	Acidum alpha-lipoicum	3
Abraham's balm	Agnus castus	13
Acetylformaldehyde	Methylglyoxalum	53
Achilleic acid	Acidum cis-aconiticum	5
Acidum ketoglutaricum	Acidum alpha-ketoglutaricum	2
Acidum oroticum monohydricum	Acidum oroticum	9
Acidum thiocticum	Acidum alpha-lipoicum	3
Acidum $\alpha$ -ketoglutaricum	Acidum alpha-ketoglutaricum	2
Acidum $\alpha$ -lipoicum	Acidum alpha-lipoicum	3
Adenosine monohydrogen phosphate 3'5'	Adenosinum monohydrogen phosphoricum (cAMP)	11
Adenosine monophosphate	Adenosinum monohydrogen phosphoricum (cAMP)	11
Adenosine triphosphate	Adenosinum triphosphoricum dinatrium (ATP)	12
Adenosine triphosphate disodium	Adenosinum triphosphoricum dinatrium (ATP)	12
Adenosine-5'-triphosphate disodium	Adenosinum triphosphoricum dinatrium (ATP)	12
Adenosinum cyclophosphoricum	Adenosinum monohydrogen phosphoricum (cAMP)	11
Adrenal gland (pig)	Glandula suprarenalis suis	39

Synonym	See under	Chapter
Allomaleic acid	Acidum fumaricum	7
alpha-Ketoglutaric acid	Acidum alpha-ketoglutaricum	2
alpha-Ketoglutaricum acidum	Acidum alpha-ketoglutaricum	2
alpha-Lipoic acid	Acidum alpha-lipoicum	3
alpha-Lipoicum acidum	Acidum alpha-lipoicum	3
Amber acid	Acidum succinicum	10
Aneurinum hydrochloricum	Thiaminum hydrochloricum	76
Annual nettle	Urtica urens	81
Anthraquinone	Anthrachinonum	14
Anti-pernicious anemia factor	Cyanocobalaminum	30
Artery (pig)	Arteria suis	15
<i>Ascophyllum nodosum</i> (L.) Le Jolis	Ascophyllum nodosum	16
Ascorbic acid	Acidum ascorbicum	4
Ascorbicum acidum	Acidum ascorbicum	4
ATP	Adenosinum triphosphoricum dinatrium (ATP)	12
Balloon vine	Cardiospermum halicacabum	23
Barberry, holly-leaved	Mahonia aquifolium	50
Barium oxalosuccinate	Baryta oxalsuccinicum	18
Barium oxalosuccinic acid	Baryta oxalsuccinicum	18
Barium oxalsuccinicum	Baryta oxalsuccinicum	18
Beggary	Fumaria officinalis	35
Benzene-1,4-diol	Hydrochinonum	42
<i>Berberis aquifolium</i> Pursh.	Mahonia aquifolium	50
Bile duct mucosa (pig)	Mucosa suis	55
Bismuth potassium iodide	Kalium tetraiodobismutatum	45
Bitter apple	Colocynthis	28
Bitter cucumber	Colocynthis	28
Bitter gourd	Colocynthis	28
Black-berried bryony	Bryonia alba	20
Bladder mucosa (pig)	Mucosa suis	55
Bladder wrack	Fucus vesiculosus	34
Bloodwort	Tormentilla	77
Blue cohosh	Caulophyllum thalictroides	25
Blue ginseng	Caulophyllum thalictroides	25
Blueberry root	Caulophyllum thalictroides	25



## Appendix 2: Register of Synonyms

Synonym	See under	Chapter
Bone marrow (pig)	Medulla ossis suis	52
Boneset	Symphytum officinale	74
Brain (pig)	Cerebrum suis	26
Bronchial mucosa (pig)	Mucosa suis	55
<i>Bryonia alba</i> L.	Bryonia alba	20
<i>Bryonia cretica</i> L. subsp. <i>dioica</i> (Jacq.) Tutin	Bryonia dioica	21
<i>Bryonia dioica</i> Jacq.	Bryonia dioica	21
Bryony, black-berried	Bryonia alba	20
Bryony, European white	Bryonia alba	20
Bryony, red	Bryonia dioica	21
Bryony, red-berry (red-berried)	Bryonia dioica	21
Bryony, white	Bryonia alba	20
Burning nettle	Urtica urens	81
Butanedioic acid	Acidum succinicum	10
<i>Calendula officinalis</i> L.	Calendula officinalis	22
cAMP	Adenosinum monohydrogen phosphoricum (cAMP)	11
<i>Cardiospermum halicacabum</i> L.	Cardiospermum halicacabum	23
Cartilage (pig)	Cartilago suis	24
<i>Caulophyllum thalictroides</i> (L.) Michx.	Caulophyllum thalictroides	25
Chaste tree, common	Agnus castus	13
Chaste tree, lilac	Agnus castus	13
Cinquefoil, erect	Tormentilla	77
cis-Aconitic acid	Acidum cis-aconiticum	5
cis-Aconiticum acidum	Acidum cis-aconiticum	5
Citric acid	Acidum citricum	6
Citricum acidum	Acidum citricum	6
Citridinic acid	Acidum cis-aconiticum	5
<i>Citrullus colocynthis</i> (L.) Schrad.	Colocynthis	28
CoA	Coenzymum A	27
Cobalamin	Cyanocobalaminum	30
Coenzyme I	Nadidum (NADH)	57
Coenzyme A	Coenzymum A	27
Coenzyme B3	Nadidum (NADH)	57
Coenzyme Q10	Ubichinonum	80

Synonym	See under	Chapter
Colibacillinum cum Natrium muriaticum	Bacterium coli nosode	17
Colocynth	Colocynthis	28
Colonic mucosa (pig)	Mucosa suis	55
Comfrey	Symphytum officinale	74
Comfrey, common	Symphytum officinale	74
Common chaste tree	Agnus castus	13
Common comfrey	Symphytum officinale	74
Common fumitory	Fumaria officinalis	35
Common gypsyweed	Veronica officinalis	84
Common marigold	Calendula officinalis	22
Common speedwell	Veronica officinalis	84
Common wood sorrel	Oxalis acetosella	65
Copper diformate	Cuprum formicicum	29
CoQ10	Ubichinonum	80
Crystamine	Cyanocobalaminum	30
Cyanocobalamin	Cyanocobalaminum	30
Cyclic adenosine monophosphate	Adenosinum monohydrogen phosphoricum (cAMP)	11
Cyclohexanehexone	Trichinoylum	78
DL-Malic acid	Acidum malicum	8
Dog nettle	Urtica urens	81
Donitic acid	Acidum fumaricum	7
Duodenal mucosa (pig)	Mucosa suis	55
Dwarf nettle	Urtica urens	81
Dyers fucus	Fucus vesiculosus	34
Earth smoke	Fumaria officinalis	35
Egg wrack	Ascophyllum nodosum	16
Embryo (pig)	Embryo suis	33
Embryo totalis suis	Embryo suis	33
English mandrake	Bryonia dioica	21
Equisetetic acid	Acidum cis-aconiticum	5
Erect cinquefoil	Tormentilla	77
Escherichia coli in isotonic sodium chloride solution	Bacterium coli nosode	17
Escherichia coli nosode	Bacterium coli nosode	17

Synonym	See under	Chapter
Esophageal mucosa (pig)	Mucosa suis	55
Ethanedial	Glyoxalum	40
European white bryony	Bryonia alba	20
Fallopian tube (pig)	Tuba uterina suis	79
False mandrake	Bryonia alba	20
Field forget-me-not	Myosotis arvensis	56
Forget-me-not, field	Myosotis arvensis	56
<i>Fucus vesiculosus</i> L.	Fucus vesiculosus	34
<i>Fumaria officinalis</i> L.	Fumaria officinalis	35
Fumaric acid	Acidum fumaricum	7
Fumaricum acidum	Acidum fumaricum	7
Fumitory, common	Fumaria officinalis	35
Gallbladder mucosa (pig)	Mucosa suis	55
<i>Galphimia glauca</i> Cav.	Galphimia glauca	37
Garden marigold	Calendula officinalis	22
Geranium, Kalwerbossie	Pelargonium sidoides	67
Geranium, silverleaf	Pelargonium sidoides	67
<i>Geranium robertianum</i> L.	Geranium robertianum	38
Glandula pituitaria suis	Hypophysis suis	43
Gold shower	Galphimia glauca	37
Golden thryallis	Galphimia glauca	37
Gypsyweed, common	Veronica officinalis	84
Health speedwell	Veronica officinalis	84
Heartseed	Cardiospermum halicacabum	23
Hemp tree	Agnus castus	13
Herb Robert	Geranium robertianum	38
Hexaketocyclohexane	Trichinoylum	78
Holly-leaved barberry	Mahonia aquifolium	50
Hydroquinone	Hydrochinonum	42
Hypophysis (pig)	Hypophysis suis	43
Hypothalamus (pig)	Hypothalamus suis	44
Ileal mucosa (pig)	Mucosa suis	55
Intervertebral disc (pig)	Discus intervertebralis suis	32
Jejunal mucosa (pig)	Mucosa suis	55
Kalwerbossie geranium	Pelargonium sidoides	67
Knitbone	Symphytum officinale	74

Synonym	See under	Chapter
Knobbed wrack	Ascophyllum nodosum	16
Knotted kelp	Ascophyllum nodosum	16
Knotted wrack	Ascophyllum nodosum	16
Lactoflavin	Riboflavinum	70
L-Ascorbic acid	Acidum ascorbicum	4
L-Cysteine	Cysteinum	31
L-Thyroxine	Levothyroxinum	46
Larch turpentine	Terebinthina laricina	75
Leontice	Caulophyllum thalictroides	25
Levothyroxine	Levothyroxinum	46
Levothyroxinum sodium	Levothyroxinum	46
Lichenic acid	Acidum fumaricum	7
Lilac chaste tree	Agnus castus	13
Liver (pig)	Hepar suis	41
Loofa(h), wild	Luffa operculata	47
<i>Luffa operculata</i> (L.) Cogn.	Luffa operculata	47
Luffa, wild	Luffa operculata	47
Magnesium D-gluconate dihydrate	Magnesium gluconicum	48
Magnesium gluconate	Magnesium gluconicum	48
Magnesium gluconicum dihydricum	Magnesium gluconicum	48
Magnesium orotate	Magnesium oroticum	49
Magnesium orotate dihydrate	Magnesium oroticum	49
Magnesium oroticum dihydricum	Magnesium oroticum	49
<i>Mahonia aquifolium</i> (Pursh.) Natt.	Mahonia aquifolium	50
Malic acid	Acidum malicum	8
Malicum acidum	Acidum malicum	8
Mandrake, English	Bryonia dioica	21
Mandrake, false	Bryonia alba	20
Manganese phosphate, dibasic	Manganum phosphoricum	51
Marigold	Calendula officinalis	22
Maxillary sinusitis nosode	Sinusitisinum	71
Methylglyoxal	Methylglyoxalum	53
<i>Momordica operculata</i> (L.)	Luffa operculata	47
Monk's pepper tree	Agnus castus	13
Mountain grape	Mahonia aquifolium	50
Mucosa coli suis	Mucosa suis	55

## Appendix 2: Register of Synonyms

Synonym	See under	Chapter
Mucosa ductus choledochi suis	Mucosa suis	55
Mucosa duodeni suis	Mucosa suis	55
Mucosa ileum suis	Mucosa suis	55
Mucosa jejuni suis	Mucosa suis	55
Mucosa nasalis suis	Mucosa nasalis suis	54
Mucosa nasalis suis	Mucosa suis	55
Mucosa oculi suis	Mucosa suis	55
Mucosa oesophagi suis	Mucosa suis	55
Mucosa oris suis	Mucosa suis	55
Mucosa pulmonis suis	Mucosa suis	55
Mucosa pylori suis	Mucosa suis	55
Mucosa recti suis	Mucosa suis	55
Mucosa vesicae felleae suis	Mucosa suis	55
Mucosa vesicae urinariae suis	Mucosa suis	55
Mucosal tissues (pig)	Mucosa suis	55
<i>Myosotis arvensis</i> (L.) Hill.	Myosotis arvensis	56
NAD	Nadidum (NADH)	57
NAD+	Nadidum (NADH)	57
NADH	Nadidum (NADH)	57
Nadide	Nadidum (NADH)	57
Naphthoquinone	Naphthochinonum	58
Nasal mucosa (pig)	Mucosa nasalis suis	54
Nasal mucosa (pig)	Mucosa suis	55
Natrium diethylmalaceticum	Natrium oxalaceticum	59
Natrium riboflavinum phosphoricum	Riboflavinum	70
<i>Nerium oleander</i> L.	Oleander	63
Nettle, annual	Urtica urens	81
Nettle, burning	Urtica urens	81
Nettle, dog	Urtica urens	81
Nettle, dwarf	Urtica urens	81
Nettle, small (stinging)	Urtica urens	81
Niacinamide	Nicotinamidum	61
Nicotinamide	Nicotinamidum	61
Nicotinamide adenine dinucleotide	Nadidum (NADH)	57
North Atlantic rockweed	Ascophyllum nodosum	16
Norwegian kelp	Ascophyllum nodosum	16

Synonym	See under	Chapter
<i>Octoknema okoubaka</i> Aubrév.	Okoubaka aubrevillei	62
Ocular mucosa (pig)	Mucosa suis	55
Oil of pine	Oleum pini	64
Okoubaka tree	Okoubaka aubrevillei	62
Oral mucosa (pig)	Mucosa suis	55
Oregon grape	Mahonia aquifolium	50
Orotic acid	Acidum oroticum	9
Orotic acid monohydrate	Acidum oroticum	9
Oroticum acidum	Acidum oroticum	9
Oxalaldehyde	Glyoxalum	40
<i>Oxalis acetosella</i> L.	Oxalis acetosella	65
Oxalosuccinic acid barium salt	Baryta oxalsuccinicum	18
Paddy tang	Fucus vesiculosus	34
Pancreas (pig)	Pancreas suis	66
Papoose root	Caulophyllum thalictroides	25
para-Benzochinonum	Benzochinonum, para-	19
para-Benzoquinone	Benzochinonum, para-	19
para-Quinone	Benzochinonum, para-	19
p-Benzochinonum	Benzochinonum, para-	19
p-Benzoquinone	Benzochinonum, para-	19
<i>Pelargonium sidoides</i> DC.	Pelargonium sidoides	67
Pig adrenal gland	Glandula suprarenalis suis	39
Pig artery	Arteria suis	15
Pig bile duct mucosa	Mucosa suis	55
Pig bladder mucosa	Mucosa suis	55
Pig bone marrow	Medulla ossis suis	52
Pig brain	Cerebrum suis	26
Pig bronchial mucosa	Mucosa suis	55
Pig cartilage	Cartilago suis	24
Pig colonic mucosa	Mucosa suis	55
Pig duodenal mucosa	Mucosa suis	55
Pig embryo	Embryo suis	33
Pig esophageal mucosa	Mucosa suis	55
Pig fallopian tube	Tuba uterina suis	79
Pig gallbladder mucosa	Mucosa suis	55
Pig hypophysis	Hypophysis suis	43

## Appendix 2: Register of Synonyms

Synonym	See under	Chapter
Pig hypothalamus	Hypothalamus suis	44
Pig ileal mucosa	Mucosa suis	55
Pig intervertebral disc	Discus intervertebralis suis	32
Pig jejunal mucosa	Mucosa suis	55
Pig liver	Hepar suis	41
Pig mucosal tissues	Mucosa suis	55
Pig nasal mucosa	Mucosa nasalis suis	54
Pig nasal mucosa	Mucosa suis	55
Pig ocular mucosa	Mucosa suis	55
Pig oral mucosa	Mucosa suis	55
Pig pancreas	Pancreas suis	66
Pig pituitary gland	Hypophysis suis	43
Pig placenta	Placenta suis	68
Pig pyloric mucosa	Mucosa suis	55
Pig rectal mucosa	Mucosa suis	55
Pig stomach mucosa	Mucosa suis	55
Pig umbilical cord	Funiculus umbilicalis suis	36
Pig uterus	Uterus suis	82
Pig vein	Vena suis	83
Pig womb	Uterus suis	82
Pituitaria glandula suis	Hypophysis suis	43
Pituitary gland (pig)	Hypophysis suis	43
Placenta (pig)	Placenta suis	68
Placenta totalis suis	Placenta suis	68
Porcine adrenal gland	Glandula suprarenalis suis	39
Porcine artery	Arteria suis	15
Porcine bile duct mucosa	Mucosa suis	55
Porcine bladder mucosa	Mucosa suis	55
Porcine bone marrow	Medulla ossis suis	52
Porcine brain	Cerebrum suis	26
Porcine bronchial mucosa	Mucosa suis	55
Porcine cartilage	Cartilago suis	24
Porcine colonic mucosa	Mucosa suis	55
Porcine duodenal mucosa	Mucosa suis	55
Porcine embryo	Embryo suis	33
Porcine esophagal mucosa	Mucosa suis	55

Synonym	See under	Chapter
Porcine fallopian tube	Tuba uterina suis	79
Porcine gallbladder mucosa	Mucosa suis	55
Porcine hypophysis	Hypophysis suis	43
Porcine hypothalamus	Hypothalamus suis	44
Porcine ileal mucosa	Mucosa suis	55
Porcine intervertebral disc	Discus intervertebralis suis	32
Porcine jejunal mucosa	Mucosa suis	55
Porcine liver	Hepar suis	41
Porcine mucosal tissues	Mucosa suis	55
Porcine nasal mucosa	Mucosa nasalis suis	54
Porcine nasal mucosa	Mucosa suis	55
Porcine ocular mucosa	Mucosa suis	55
Porcine oral mucosa	Mucosa suis	55
Porcine pancreas	Pancreas suis	66
Porcine pituitary gland	Hypophysis suis	43
Porcine placenta	Placenta suis	68
Porcine pyloric mucosa	Mucosa suis	55
Porcine rectal mucosa	Mucosa suis	55
Porcine stomach mucosa	Mucosa suis	55
Porcine umbilical cord	Funiculus umbilicalis suis	36
Porcine uterus	Uterus suis	82
Porcine vein	Vena suis	83
Porcine womb	Uterus suis	82
Pot marigold	Calendula officinalis	22
Potassium tetraiodobismuthate	Kalium tetraiodobismutatatum	45
<i>Potentilla erecta</i> (L.) Raeusch.	Tormentilla	77
Potentilla tormentilla	Tormentilla	77
Pyloric mucosa (pig)	Mucosa suis	55
Pyridoxine hydrochloride	Pyridoxinum hydrochloricum	69
Pyrimidinecarboxylic acid	Acidum oroticum	9
Pyrocitric acid	Acidum cis-aconiticum	5
Pyruvaldehyde	Methylglyoxalum	53
Pyruvic aldehyde	Methylglyoxalum	53
Q10	Ubichinonum	80
Quinol	Hydrochinonum	42
Quinone	Benzochinonum, para-	19



## Appendix 2: Register of Synonyms

Synonym	See under	Chapter
Rain of gold	<i>Galphimia glauca</i>	37
Rectal mucosa (pig)	<i>Mucosa suis</i>	55
Red bryony	<i>Bryonia dioica</i>	21
Red fucus	<i>Fucus vesiculosus</i>	34
Red robin	<i>Geranium robertianum</i>	38
Red-berry (red-berried) bryony	<i>Bryonia dioica</i>	21
Riboflavin	Riboflavinum	70
Riboflavin sodium phosphate	Riboflavinum	70
Robert's geranium	<i>Geranium robertianum</i>	38
Rockweed, North Atlantic	<i>Ascophyllum nodosum</i>	16
Rose bay	Oleander	63
Rose laurel	Oleander	63
Salpinx suis	<i>Tuba uterina suis</i>	79
Sea whistle	<i>Ascophyllum nodosum</i>	16
Sea wrack	<i>Fucus vesiculosus</i>	34
Shower of gold	<i>Galphimia glauca</i>	37
Silverleaf geranium	<i>Pelargonium sidoides</i>	67
Sinusitis nosode	Sinusitisinum	71
Small stinging nettle	<i>Urtica urens</i>	81
Sodium diethyl oxalacetate	Natrium oxalaceticum	59
Sodium pyruvate	Natrium pyruvicum	60
Speedwell, common	<i>Veronica officinalis</i>	84
Speedwell, health	<i>Veronica officinalis</i>	84
Squaw root	<i>Caulophyllum thalictroides</i>	25
Staphylococcinum	<i>Staphylococcus nosode</i>	72
Stomach mucosa (pig)	<i>Mucosa suis</i>	55
Streptococcinum	<i>Streptococcus nosode</i>	73
<i>Streptococcus haemolyticus</i> nosode	<i>Streptococcus nosode</i>	73
<i>Streptococcus pyogenes</i> nosode	<i>Streptococcus nosode</i>	73
Succinic acid	Acidum succinicum	10
Succinicum acidum	Acidum succinicum	10
<i>Symphytum officinale</i> L.	<i>Symphytum officinale</i>	74
T4	Levothyroxinum	46
Terebinthina veneta	<i>Terebinthina larcina</i>	75
Tetterbury	<i>Bryonia alba</i>	20
Thiamine hydrochloride	Thiaminum hydrochloricum	76

Synonym	See under	Chapter
Thioctic acid	Acidum alpha-lipoicum	3
Thiocticum acidum	Acidum alpha-lipoicum	3
<i>Thyrallis glauca</i> (Cav.) Kuntze	Galphimia glauca	37
Tormentil	Tormentilla	77
<i>Tormentilla erecta</i> L.	Tormentilla	77
Triquinoyl	Trichinoylum	78
Ubidecarenone	Ubichinonum	80
Ubidecarenonum	Ubichinonum	80
Ubiquinone	Ubichinonum	80
Umbilical cord (pig)	Funiculus umbilicalis suis	36
Umckaloabo	Pelargonium sidoides	67
<i>Urtica urens</i> L.	Urtica urens	81
Uterus (pig)	Uterus suis	82
Vein (pig)	Vena suis	83
Venetian turpentine	Terebinthina laricina	75
Venice turpentine	Terebinthina laricina	75
Ventriculus suis	Mucosa suis	55
<i>Veronica officinalis</i> L.	Veronica officinalis	84
Vitamin B1	Thiaminum hydrochloricum	76
Vitamin B12	Cyanocobalaminum	30
Vitamin B13	Acidum oroticum	9
Vitamin B2	Riboflavinum	70
Vitamin B3	Nicotinamidum	61
Vitamin B6	Pyridoxinum hydrochloricum	69
Vitamin C	Acidum ascorbicum	4
Vitamin PP	Nicotinamidum	61
<i>Vitex agnus-castus</i> L.	Agnus castus	13
White bryony	Bryonia alba	20
White bryony, European	Bryonia alba	20
White wood sorrel	Oxalis acetosella	65
Wild hop	Bryonia alba	20
Wild lavender	Agnus castus	13
Wild loofa(h)	Luffa operculata	47
Wild luffa	Luffa operculata	47
Womb (pig)	Uterus suis	82

## Appendix 2: Register of Synonyms

Synonym	See under	Chapter
Wood sorrel, common	Oxalis acetosella	65
Wood sorrel, white	Oxalis acetosella	65
Wood-shamrock	Oxalis acetosella	65
Yellow ginseng	Caulophyllum thalictroides	25
Yellow tang	Ascophyllum nodosum	16
z-Aconitic acid	Acidum cis-aconicum	5
Zinc acetate	Zincum aceticum	85
Zinc gluconate	Zincum gluconicum	86

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