



# 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.