



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-

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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.