



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.