



# 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.