



# 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.

Proving Director: David S. Riley

**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.

86

**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.