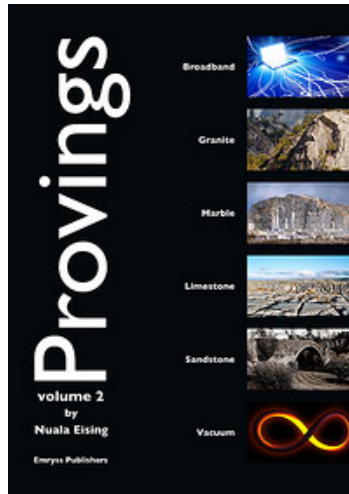


Nuala Eising Provings volume 2

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PROVINGS VOL 2

BY

NUALA EISING

EMRYSS PUBLISHERS

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INTRODUCTION

A homeopathic proving will generally start with a motive or a reason, and this can vary from person to person or from proving to proving. One motive could be interest in or fascination with something in particular, be it mineral, animal, plant or other energy form. Another could be observation of the effect that something has on individuals or in a locality or indeed globally. Suggestions for provings can also come in dreams or from intuition.

I conducted my first proving in 1987 as a result of dreams which are outlined in the introduction to the proving of Granite. Marble followed in 1993 also as a result of dreams in which a man who is a regular visitor to my dream world told me to do that proving. I conducted some other provings for the same reason. Granite and Marble were followed by Limestone in 1994, and this I did out of curiosity, as most of Ireland is under limestone, and the formation of granite caused the metamorphosis that turned limestone to marble in the Connemara region. Fascination was the motivation for proving Fire, along with curiosity as to whether or not one could capture the energy. Fire was also the first of my “imponderable” provings. I just love the word imponderable. How is it possible to do a proving of something without being able to ponder it? Observation on the local and global effect of certain energies led me to conducting a number of provings. Noticing the chest and eye symptoms that appeared to be common following the Eyjafjallajökull volcanic eruption in Iceland in 2010 led me to prove ash from that volcano. Observation of the global effect of the grossly increased levels of electromagnetic energy that we are living with motivated me to prove Mobile Phone and Broadband.

Why do a proving? To my mind the reason for doing a proving is quite simply because the world is changing, or we are changing the world, and we have a need for remedies to suit the times we live in. If we take a Miasm to mean anything that deeply infiltrates the human organism, causes major constitutional changes and is genetically passed on we realise that we have created at least two new Miasms, namely Nuclear Radiation and Electromagnetism. The genetic effect of increased levels of nuclear radiation has been well observed and documented. More and more information is emerging on the effect of increased levels of electromagnetism through our use of mobile phones, smart phones, broadband etc. Aside from the various diseases that are suspected to be on the increase because of our use of these devices, one that I find most disturbing is the potential damage to DNA from high levels of electromagnetism. Since DNA (deoxyribonucleic acid) is the hereditary material in humans and other organisms, one has to wonder what happens to both our history and our future if we set about destroying it.

However, it is not all doom and gloom. There is no technology to undo the levels of radioactivity we are now living with, nor are we going to change the levels of electromagnetism that we subject ourselves to. I believe that these need to be integrated into our lives and we need to be able to live healthily with the constitutional changes that are taking place. I remember a chance encounter with an anthropologist in 1987 shortly after doing the proving of granite. He said, "You know that the human race is just a syphilitic mutation", and went on to explain that before syphilis we were more hairy and less refined in movement and sensory perception. The thing that struck me at the time was that when a patient comes to me with a clear syphilitic miasm and I treat them with a homeopathic remedy, they do not then become more hairy and more uncouth. What happens is that their symptoms clear, they become happier and love themselves; they integrate the changes which were not integrated in their history. We do not go back. What I also realised was that syphilis was a symptom in a changing time. Syphilis was a problem in Europe in 1492. At that time, there were major changes in the general psyche of people. This was the time of the Renaissance (meaning rebirth) when there was major cultural change. There were huge advances in scientific thinking, in the way the universe was viewed and in the explanation of natural phenomena.

We are now living in an era of major change both culturally, scientifically and indeed spiritually. Our constitutions are being altered in keeping with the changing times and we will not be going back. For me, the good news is Homeopathy, which facilitates the process of easing ourselves into the change in a balanced way, both physically, mentally, emotionally and spiritually.

An interesting co-incidence for those interested in astrology: Pluto entered Scorpio in 1492 (although not discovered until 1930) and again in November 1983. It was February 1984 when a man Robert Gallo of the National Cancer Institute of the US announced the discovery of AIDS

Having for whatever reason chosen a substance to prove, one must then decide on the method to be employed for conducting that proving. When preparing to do the proving of Granite I had but one source of reference to guide me and that was the *Organon of Medicine* by Samuel Hahnemann. The first step was the preparation of Granite in homeopathic potency. At that time I sent a sample of granite to Galen Pharmacy UK to obtain the 30c potency. For subsequent provings I have either prepared them myself or had them prepared by Helios Homeopathic Pharmacy UK. In the introduction to each proving I have outlined the specific mode of preparation.

§ 128 *Organon Sixth Edition*

The most recent observations have shown that medicinal substances, when taken in their crude state by the experimenter for the purpose of testing their peculiar effects, do not exhibit nearly the full amount of the powers that lie hidden in them which they do when they are taken for the same object in high dilutions potentized by proper trituration and succussion, by which simple operations the powers which in their crude state lay hidden, and, as it were, dormant, are developed and roused into activity to an incredible extent. In this manner we

now find it best to investigate the medicinal powers even of such substances as are deemed weak, and the plan we adopt is to give to the experimenter, on an empty stomach, daily from four to six very small globules of the thirtieth potency of such a substance, moistened with a little water or dissolved in more or less water and thoroughly mixed, and let him continue this for several days.

Initially finding suitable provers posed some difficulty. There was very little homeopathy in Ireland at that time and no homeopathic students. The first group of provers comprised friends, friends of friends, acquaintances etc. Since that time I have been fortunate to have an abundance of students willing to participate.

§ 121 Organon Sixth Edition

In proving medicines to ascertain their effects on the healthy body, it must be borne in mind that the strong, heroic substances, as they are termed, are liable even in small doses to produce changes in the health even of robust persons. Those of milder power must be given for these experiments in more considerable quantities; in order to observe the action of the very weakest, however, the subjects of experiment should be persons free from disease, and who are delicate, irritable and sensitive.

§ 125 Organon Sixth Edition

During all the time the experiment lasts the diet must be strictly regulated; it should be as much as possible destitute of spices, of a purely nutritious and simple character, green vegetables,¹ roots and all salads and herb soups (which, even when most carefully prepared, possess some disturbing medicinal qualities) should be avoided. The drinks are to be those usually partaken of, as little stimulating as possible.²

In 1987 the lifestyle of the provers was relatively simple and organic. I have found from experience that asking potential provers to change their diet or lifestyle is not a good idea. Firstly because there can be quite a reaction physically and mentally to dramatic change in diet which can make it difficult to ascertain what is the proving and what is caused by the change. I find it preferable that provers should continue their normal lifestyle and diet. Secondly, a lot of valuable information is obtained from changes that occur as a result of taking a remedy. For example, while doing the proving of Broadband, both myself and others found that chilli became tasteless and bland and ice-cream was wonderful. On the subject of the frequency and duration of taking the remedy I find that a maximum of one granule to be taken three times daily for two days is sufficient. Generally, I have observed that three doses on the first day suffices.

§ 126 Organon Sixth Edition

The person who is proving the medicine must be pre-eminently trustworthy and conscientious and during the whole time of the experiment avoid all over-exertion of mind and body, all sorts of dissipation and disturbing passions; he should have no urgent business to distract his attention; he must devote himself to careful self-observation and not be disturbed while so

engaged; his body must be in what is for him a good state of health, and he must possess a sufficient amount of intelligence to be able to express and describe his sensations in accurate terms.

Again I have to disagree with changing lifestyle in the interest of getting the fullest possible picture of the remedy. A prover's changing response to their personal life, to their children and work situation provides valuable information. Finding oneself reacting differently in a familiar situation can give us a lot of insight into the remedy and its potential use. For example, during the proving of Mobile Phone, I had two experiences of travelling by ferry in a heavy storm and found myself getting really excited and exhilarated by the sea and had a great desire to have the waves wash over me. Previously I would have been terrified in the same situation. Also in that proving a number of provers including myself got speeding fines. This is all information which would not have emerged had the provers been avoiding over-exertion of mind and body and all their disturbing passions.

§ 141 Organon Sixth Edition

But the best provings of the pure effects of simple medicines in altering the human health, and of the artificial diseases and symptoms they are capable of developing in the healthy individual, are those which the healthy, unprejudiced and sensitive physician institutes on himself with all the caution and care here enjoined. He knows with the greatest certainty the things he has experienced in his own person.¹

I have always been a believer in doing my own provings. Firstly, if I am attracted to a particular substance or energy for the purpose of proving, I believe there is a reason why the attraction is there at that particular time and that there is something important inherent in it for my own personal experience. Secondly, I don't like asking others to do something that I am not willing to do myself. Thirdly, it offers greater insight into the proving and into the experience of the other provers. It generally makes the proving easier to comprehend. Finally, I think it is a wonderful and magical way to explore life. It offers an opportunity to step into someone else's shoes for a time and to gain a deeper understanding of how another person thinks.

I instruct the provers to carefully record all symptoms physical, mental, emotional and spiritual and all modalities relating to any particular symptom. I also invite provers to remain conscious of the fact that they are doing a proving. A proving generally continues for a period of approximately two months and during that time, the proving can shift polarity and swing from the up side to the down side or visa versa. When this occurs a prover can sometimes think that the proving is finished and begin to believe that they are now in a state of depression and think they would like to take the remedy again to retrieve the good feeling. I find in this situation that reassurance is helpful to get things back on track and allow the person to continue the observation with interest.

§ 133 *Organon Sixth Edition*

On experiencing any particular sensation from the medicine, it is useful, indeed necessary, in order to determine the exact character of the symptom, to assume various positions while it lasts, and to observe whether, by moving the part affected, by walking in the room or the open air, by standing, sitting or lying the symptom is increased, diminished or removed, and whether it returns on again assuming the position in which it was first observed, - whether it is altered by eating or drinking, or by any other condition, or by speaking, coughing, sneezing or any other action of the body, and at the same time to note at what time of the day or night it usually occurs in the most marked manner, whereby what is peculiar to and characteristic of each symptom will become apparent.

One of the most common problems is when a prover wonders, “Is this me or is it the proving?” So I tell them to record it anyway and it can be compared later. It has happened in discussion when the proving is finished that a prover will say, “I had that happen as well but thought it was just me.” While that is helpful it loses the language they would have used at the time of the experience.

All my provings barring Granite have commenced in two to four separate groups plus some individuals not connected with the groups. Some of the provings have been also conducted in California and supervised by a friend and colleague. I do not tell anyone what I am proving with the exception of someone involved in the preparation. To start the proving, I ask the group to sit quietly in a meditative manner and then take the remedy and remain quiet for 30 minutes or so. Then I ask that they record all symptoms experienced during that period. Since the Burren School of Homeopathy was residential and ran from Friday evening to Sunday evening the provers were there for that duration at the commencement of the proving. We would start the proving on Friday evening and we would then meet again on Saturday evening and Sunday afternoon. The school had four groups attending on separate weekends and it was interesting to observe the same remedy pattern emerging in each of the groups. I would then ask the provers to record all symptoms for the duration of the proving which, as I said earlier, generally averaged at approximately two months. The groups met once a month and so we would have a proving meeting each month. Students who did not wish to participate acted as supervisors so that each prover had their own supervisor. This was helpful as talking tends to bring out more information. It also helps if a prover is concerned about a symptom to be able to talk about it and keep the focus that it is a proving and that it is interesting.

A proving needs time to emerge. Experience has shown me that most provings emerge in the reverse order to life. In life we have our history, our personal experience and trauma which lead us to the accumulation of symptoms with which we present to the homeopath. In a proving we start with the symptoms and the history comes later and so we can establish from where this state might have originated. For example, Granite started with extreme weakness and detachment, followed by introspection and then emerged the suspicious stage. The flu symptoms were similar to Nux Vomica and the

fever similar to Belladonna. It was much later that the sense of dispossession manifested and of having come from a history of occupation and displacement. Another example is Amber (Succinum) The following are two statements from two of the male provers at the beginning of the Amber proving.

"I went behind the church – paranoid that someone would challenge me. I felt nasty, like I could do harm"

"At one point, a couple walked around a corner and then across my path. I felt like jumping up and going "RAAA!" or something. I stopped the urge, and then felt a little fearful of being on the edge of sanity. Thought about being taken away, and how I'd react. I quite fancied getting into the bushes near the trees, but was aware of the consequences if I did, i.e. people being scared or actually reporting me – so I didn't. At one time, I felt quite menacing, but not aggressive. Very alert, spontaneous generally. Excited but calm and clear".

The following were statements made a few weeks later

"Also getting very shaky about being a man – what's our purpose?"

"I feel like I don't know what it means to be a man I feel that as a child I was surrounded and influenced by females".

At the start of that proving some of the males produced quite a nasty seedy side and as the proving progressed they became softer and more vulnerable and ended up with the above statements of female influence and not knowing what it was to be a man. I have found this information very useful in practice. I have had some cases of boys who were very gentle vulnerable and asthmatic and lacked male role models in their lives. Combined with other indications I have prescribed Amber very successfully.

When we do a proving we alter our constitution and produce symptoms foreign to us. It appears then to be necessary to alter our history or become selective in our memory to suit the newly acquired constitution. This provides a greater understanding of the remedy. A proving always talks for itself and, with patience, emerges to form a complete and comprehensible picture.

When the proving is complete, the next step is to collate the information in a comprehensible and user friendly manner. In the past I used to organise it according to the order in which the symptoms appeared in the proving. Now I believe it is more useful to organise it into themes as it becomes easier to read and to relate to.

I start by carefully reading through all the notes and separate them into Mentals, Dreams and Physicals. Then I organise the physicals into categories as in the repertory such as Vertigo, Head, and Eyes etc. When it comes to the Mentals I read and reread through the notes numerous times to get a sense of the themes. Some of these will be self-evident from observing the proving as it progressed and some are more subtle. At this point I will loosely sort the notes into themes. The next step is to call a proving meeting with a couple of experienced practitioners and some of the provers. The latter are essential to getting the greatest clarity on the exact meaning of any of the statements from the proving. In this group we read and reread all the notes and establish an overall sense of the remedy and then focus on a particularly obvious theme and get

it fine tuned. We then organise some follow up meetings to continue the process until we are satisfied that the proving is sorted into its essential themes. The dreams come next and are similarly organised into themes and then compared with the mental state since there generally is a crossover between the two. Finally there is the Repertory, and so we have a few more meetings to sort the proving into rubrics for the repertory and where necessary to create new rubrics for the distinct peculiarities of the specific proving. This process can take a considerable amount of time and according to the complexity of the proving can span anything up to a year. It is helpful if one can maintain ones interest and ones sense of humour.

On a final note, there is no point in being anything other than a curious unprejudiced observer when conducting a proving. Every proving has taken me by surprise and usually does not manifest in the manner I would imagine. All provings make sense in retrospect and once allowed to emerge completely.

GRANITE

(Pink Connemara)

I first considered Granite as a homœopathic remedy following two dreams. Prior to this, I knew nothing about granite except that it is a rock common to parts of Ireland. The dreams themselves should explain why I considered it important to conduct a proving of Connemara granite. The two dreams are described below. This proving was conducted in 1987.

Dream 1

I am looking at a picture of Connemara with its grey, bleak hills. Over the picture is written "CONNEMARA IS THE DAY AFTER". This is followed by a series of five pictures. Each picture is of a Connemara person and is in a wooden frame. Each picture has a caption over it:

- 1 CONNEMARA PEOPLE ARE INTROVERTED.
- 2 CONNEMARA PEOPLE ARE INCESTUOUS.
- 3 CONNEMARA PEOPLE ARE MORE PRONE TO CANCER THAN ANYWHERE ELSE IN THE COUNTRY
- 4 CONNEMARA PEOPLE HAVE MORE DOWNS SYNDROME CHILDREN THAN ANYWHERE ELSE IN THE COUNTRY.
- 5 CONNEMARA PEOPLE ARE TALLER ON AVERAGE THAN ANYWHERE ELSE IN THE COUNTRY - THEY HAVE IN FACT GROWN LIKE CANCER.

Following these pictures a question and answer appeared in front of me in writing:

Question - What have Connemara people got in common?

Answer - Granite.

Dream 2

I am looking out of the window. In the sky I see a white dot. This I know to be Granite as a homœopathic remedy. As I look at the dot, it explodes, becoming a piece of beautiful white lace. Slowly, it moves through the atmosphere, changing shape as it moves. It takes on the shape of butterflies and birds, always remaining as white lace. When it has moved through the whole atmosphere it drops to the ground in front of me. I look down - it is a white dove, dead because it has cleared the atmosphere of radioactivity.

Granite and Its Composition

Following the dreams, I contacted a friend who is a geologist at University College, Galway. He explained about the radioactivity in granite. Apparently, Connemara

granite has one of the highest levels of radioactivity of the granites found in Britain and Ireland, and the pink granite has a particularly high level of radioactivity.

Granite is an igneous rock. It is formed when the magma (molten rock) in the centre of the earth is pushed up under great pressure through faults in the earth's crust. Where there are also horizontal faults the magma is also forced into these. The magma cools slowly and crystallises forming Granite. In time the rocks above it erode and the granite is exposed on the surface of the earth. It is a very hard rock.

Analysis

Murvey Granite, from near Barna, Co. Galway.

Quartz	40%	SiO ₂
Potassium Feldspar	31%	KAlSi ₃ O ₈
Plagioclase	27%	NaAlSi ₃ O ₈ , CaAl ₂ Si ₂ O ₈
Biotite Chlorite	2%	K(Mg,Fe) ₃ (AlSi ₃ O ₁₀) (OH,F) ₂

Within granite there are three radioactive elements:

Potassium		3-4% by weight α rays
Uranium	1-10 ppm	α, β and γ rays
Thorium	10-50 ppm	α, β and γ rays.

I obtained a sample of Granite by breaking through a rock, taking a piece from the centre which was untouched by human hand. I sent the Granite to the Galen Pharmacy and had it potentised to the 30C potency. This was the potency used by all the provers.

The proving was carried out beginning in March 1987, two or three provings per month, until the final two started in September 1987.

The Provers

Fifteen people proved the remedy, none of whom knew anything about what they were taking. In fact, very few of them were familiar with homœopathy. They lived in various parts of Ireland.

The provers comprised eight women and seven men, with ages ranging from 20 to 40 years. Some were married, some single, some with children, some without, and they were engaged in various occupations. The nationalities included Irish, English, German, and Dutch.

They were all given a sheet with general headings (as per Kent's Repertory) and asked to record all symptoms - physical, emotional, mental, sleep patterns, dreams, times of day, modalities, etc. They were asked to be detailed and specific about the location and types of symptoms which developed. They were instructed to take the remedy three times daily and to stop as soon as definite symptoms appeared. They were also requested to keep a notebook or diary until they were completely back to normal. They were asked not to discuss or compare notes with other provers.

Most of the provers did not enjoy the proving, and I was "cursed" quite often during the course of the proving. One of them wrote at the end of his notes that he would be willing to be a guinea pig again as soon as he has retired from active living. Most of the provers contacted me later to say that they felt much better after the proving than they had done before, and were very glad that they had done it.

Introduction to the Proving

The following is a list of statements as made by the provers, in their own words. The statements quoted are the more descriptive ones. A lot of the symptoms were recorded in the form of lists of words; e.g. exhausted, introvert, arrogant, libido fading, etc.

Where provers used a single word instead of a description I have put the number of provers who experienced that symptom after the word e.g. Detached 11 provers. Some of the more prominent symptoms were produced by 12 of the 15 provers. Two of the remaining three were by nature introverted and shy, with not a great deal of energy, and they experienced an improvement in their general state, although they did produce many physical symptoms. The fifteenth prover was a heavy coffee drinker, and I decided not to ask her to give it up for the proving, as I was interested in what, if any, effect it would have on the proving. She produced no symptoms whatsoever, although she stated that the condition of her skin and hair improved tremendously through doing the proving.

The effects of the remedy lasted for approximately two months. Most of the provers would at various stages feel that they were "back to normal" only to find that all the symptoms recurred two or three days later. The menstrual symptoms lasted for two and, in some cases, three cycles.

THE PROVING

MIND

Detached 11 provers

She was “spaced out” and detached from everything and everybody. She felt detached from everyone - like an outside observer.

Introversion 12 provers

She was feeling extremely introverted, detached and indifferent.

She was withdrawn - with no interest in people.

He had a profound feeling of introversion - of not wanting to be around people and give them any of his space.

With introversion he had a dogmatic insistence on the way he saw things and impatience with others for diddling around.

Apathy 12 provers

He felt weak, no energy and had no interest in anything. He was bored and tired all day.

She was apathetic, weak and didn't feel like writing.

Her appetite had increased although she didn't feel hungry and was quite indifferent to everything. Her eating seemed to be an emotional kind of eating.

Touchy 8 provers

Aversion to Company

He felt OK dealing with business relations but couldn't handle personal ones.

She described her feeling as a “behind the counter” feeling. In relation to business she felt in control and could be “hard line” and blunt without worrying about it. She couldn't stand social or personal situations - people really annoyed her.

She was very uptight, tense and touchy when in company.

She was getting upset about small, insignificant things and didn't like herself.

He was very touchy and reacting to every little thing.

She had a “leave me alone” and “don’t come near me” feeling all day.

He was very touchy and wanted space around him.

In company she found herself sitting with arms folded tight - trying to keep everything in.

He had no desire for company - in fact experienced a total aversion to company.

She couldn’t stand visitors - she needed her own space. She had a “don’t touch me” and “leave me alone” feeling all the time. She had no need to talk and enjoyed her own company.

She was wondering “What are all these idiots doing in my kitchen” when people came to visit her.

He wanted to be alone, wanted his own company. He felt totally self-absorbed and not into talking to anyone about their petty concerns. When he had to talk to anyone he noticed that he was getting very arrogant and that he was also getting very “hard line” with people.

He had become very anti-social - to the extent that at work he chose to do the pieces of work that entailed not being in contact with people.

She had to leave when she had visitors. She found their presence intrusive and found herself getting very irritated by them.

She was finding visitors uncomfortable and tiring and was contemplating investing in a bottle of whiskey for the solitary evenings.

She felt exhausted after talking to people and had to go to bed.

He felt “wiped out” if he spent any time in company.

He had to facilitate a group and managed to muster up a sort of nervous energy. Underneath it all he kept thinking that he wanted to go home and go to bed.

She was enjoying driving and was feeling kindly disposed towards people she passed on the road because she didn’t have to talk to them.

She found communicating on the phone easy, even enjoyable, because she could hang up. He went to a party and felt very withdrawn. He just wanted to sit quietly in a corner and was unable to communicate with anyone.

Confused on waking 5 provers

She awoke 5.00 am feeling very confused - didn't know where she was.

He had difficulty dragging himself into consciousness and awoke feeling confused.

She awoke with a feeling of trying to emerge from a fuzziness or haze. She had a feeling of being weighed down by something. Her head felt muzzy all day and she felt disorientated.

Irritability, Anger

He was dragging himself around all day and was extremely irritable.

He felt he was starting a flu. His body felt heavy and sore. All his limbs were sore and he was hot and feverish all day and very irritable.

He was quick-tempered, tired and his libido was fading

He was exhausted and feverish and had to drive 150 miles. He spent his time cursing "Nuala" and feeling sorry for himself.

She was getting very irritable and touchy and finding it easy to erupt; with this she was feeling feverish on and off all day

She was thinking about her past - saw herself as having been like a puppy, lapping around the place. She felt she was growing up. The idea of herself as the lone wolf appealed - proud and independent, howling at the moon.

He was getting outbursts of anger in the afternoon - coming in waves.

She was feeling suddenly annoyed in the afternoon between 4.00 pm and 6.00 pm.

She had a lot of anger flaring up in the afternoon and was fantasising having a flaring row with people. She would have loved a fight. She found it easy to get into hating people and would have loved to be able to "lay trips" on everyone.

He got into real bad moods and wanted to bite the head off anyone who looked sideways at him.

In the afternoon she had an outburst of anger - she could have exploded she was really uptight and was looking for a fight.

She was "pissed off" and dissatisfied with everything and everyone. She was full of negativity and did not experience her usual difficulty in allowing herself to indulge in it.

Abrupt, Rude

She found she could be blunt with people without caring about how they felt. In fact the only thing she cared about was herself.

She was becoming very insolent and rude when she wanted to be rid of company and couldn't care less if she was hurting them.

He was being very blunt with people and was quite enjoying it. He felt clearly that their reactions were their own responsibility, not his.

Laughing

Her period started and her energy was very high from 8.00 pm to 6.00 am. She danced all night and was very passionate and laughed a lot at nothing

She was laughing a lot at nonsensical things - almost hysterical.

She would laugh in all the wrong places - like when one of her children showed her a drawing that was supposed to be taken seriously. Once she started to laugh she couldn't stop and would burst into tears.

She knew how much she normally hated arguments. But she was damned if she was going to take any more shit. She had a big row with someone and got very emotional and ended up crying and laughing.

Betrayed, Forsaken

She went out for a walk in the morning to get rid of her headache - it helped. Coming back she felt near to tears. She had images of her mother and was feeling betrayed and deserted. Her eyes were stinging and she had a lump in her throat but she couldn't cry. On getting back she felt suddenly exhausted and her legs felt wobbly and she was getting hot and cold flushes. Her headache was worse again on going inside. She had to sleep for the afternoon.

She felt very "pissed off" and depressed and didn't feel like writing - "Damn the remedy and damn Nuala". She had a feeling of profound sadness and felt very alone. She felt she wanted something - didn't know what. She couldn't cry although she thought she would feel better if she did.

He experienced a very deep feeling of sadness and worthlessness. He felt extremely lonely. He could feel the tears welling up behind his eyes but he couldn't let them out.

She was feeling incredibly vulnerable and was watching everyone else's walls and barriers go up.

She wondered "Does anyone else ever listen or care". Love seemed to be the process of giving with no return and a lot of pain.

Anxiety, Fear

She had a feeling of anxiety rising up through her around 4.00 pm. Between 4.00 pm and 6.00 pm she was extremely nervous - her hands were shaking and sweating.

At 8.00 pm she had a sudden panic attack. A feeling of anxiety and panic rising up through her from her feet. Great fear for no apparent reason. She felt very restless and had to keep moving and looking for distraction. She was shaking and trembling all over and her hands were sweating. She was wishing she had someone who would understand to talk to.

Her energy level was high during the period except between 4.00 pm and 8.00 pm when she felt tired and continued to get anxiety/fear attacks. Her sexual energy was very high during the period.

She had a strong materialistic fear. She felt the need to accumulate money, because something big was about to happen, she didn't know what but felt she needed to be prepared for it.

He had a rising feeling of fear and panic and his hands were sweating and he was shaking all over. This came on suddenly and would go suddenly. He was restless and did not know what to do with himself.

While driving he kept getting sudden attacks of panic. He was very easily startled.

Apprehension 6 provers

She was getting peculiar feelings of anticipation. Uneasy feelings as if something were about to happen or as if she had something to do and couldn't remember what.

He was getting bouts of apprehension about the future, but couldn't get a handle on what he felt was going to happen.

Memory

If she put something down and left the room, she could not remember which room she had just been in.

He was feeling very confused because he kept forgetting where he left things.

She was feeling "spaced out" all day and very giddy. Her concentration was gone and she was very forgetful.

Her memory was lousy and she had a total lack of concentration.

She felt and smelt several past memories - very vividly. She felt engulfed in water and

was not fighting for air - just letting it happen.

Indecisive, Confidence

She found that trying to make decisions was a great effort - like trying to fight her way out of a dense thicket.

He was having feelings of self-doubt in relation to work - he didn't seem to have any confidence left.

She had no confidence left. This was totally accentuated in social situations.

Invasion

She felt she was fighting all the time for her own territory.

He felt invaded when anyone visited him.

She was in a foul mood - feeling a lot of hatred for all those meaningless people who seemed to keep invading her space.

Haughty

His mother came to visit. She was talking about happenings in his home town. He felt the claustrophobia of that closed, introverted community. He wanted to scream at his mother to shut up, that he didn't want to hear the petty details of that hemmed-in society. He felt this with incredible intensity and almost felt like getting sick.

She couldn't stand crowds and couldn't make any social effort. People seemed insignificant and petty and were really draining to be with.

He felt full of contempt for others - they seemed so worthless and insignificant.

Weeping, Sadness

She shouted a lot at her kids and cried loads of times. Life was very painful. She was crying out of self-pity. Crying out of loneliness. Feeling she was close to no-one. Crying she couldn't contain, that seemed to be for the waywardness of the whole world.

She experienced a deep profound sadness that made her feel intensely Irish. She associated this sadness with the west of Ireland (this proverb is Irish).

She cried and couldn't stop. It seemed to come from her soul. She had a profound feeling of sadness and couldn't see the point in anything.

She cried twice this day for her own needs. Deep sobs from the pit of her tummy - making her whole body rock with the urgency of it. She felt good after it.

She cried a lot and just wanted to lie down all the time.

Suspicious

She was feeling very suspicious of motives of others, including friends. She felt that others were trying to manipulate her.

He wondered if he was becoming paranoid, or were other people trying to pick fights with him.

Misc

He felt there was no pattern or inner dynamism in his life.

He was blaming everyone for the way he felt and he felt totally justified in feeling that.

Remarks on the Proving

Remarks made by friends and relatives of the provers included statements such as “He was unbearable to be with” and “couldn’t stand being around him”.

One husband said he was beginning to despair as he couldn’t handle the withdrawal and coldness of his wife. Another husband temporarily left because of his wife’s bluntness and anger.

From my own proving

During my own proving of Granite I had a series of dreams every night for two weeks. In these dreams I was following and observing a soldier in Cromwell’s army as he participated in the invasion and subsequent dispossession of Irish people of their homes and land. In the dreams I could intensely feel the guilt of this man. He appeared to be doing it because as a soldier in the British army he had to and not because he wanted to. In the final dream of the series a man came into my dream and said “This is why you had to study Homeopathy. You had to find Granite and liberate an old guilt for what happened in the west of Ireland”

On waking in the morning I had a great sense of freedom – as if a ton weight that I didn’t know I was carrying had been lifted off me.

A few months later I discovered that the first person of my mother’s family to settle in Co. Mayo was a soldier from Cromwell’s army (Co. Mayo is the county I came from)

A note on Oliver Cromwell:

There had been an eleven year rebellion in Ireland, against British rule. Oliver Cromwell came to Ireland to put this rebellion down “once and for all”. He marched on every city, killing everyone who got in his way. For example in Drogheda there were 3,000 unarmed civilians and Cromwell’s soldiers proceeded to kill everyone in sight. At the end of the day only 30 Irish people remained. In 1652 at the end of the war one third of the Irish Catholic population had been killed. Cromwell rewarded his soldiers by giving them large tracts of land. In order to achieve this he evicted Irish people from their homes and land in three of the four provinces. People were given

the option of moving across the Shannon River into the province of Connaught or die. His slogan was "To Hell or to Connaught". A lot of the soldiers who settled in Ireland married Irish girls and ended up converting to Catholicism and learning the language (undoubtedly contrary to what Cromwell had hoped for).

And so at the end of the day I was left contemplating my own personal Miasm or the Miasm of a nation.

DREAMS

Death

She had dreams about elderly relations - they were dying.

She had a dream about a vat of liquid that was used to preserve dead bodies.

She dreamt about a man left dying because nothing could save him.

Babies

She dreamt she was pregnant and gave birth to six babies.

She had horrible dreams about dead babies.

She dreamt she had to choose a baby from lots of babies, she was also giving birth.

Mother, Grandparents

She had dreams about grandparents and past situations.

She seemed to dream all night about her mum.

She had a dream about hiding from her mother.

He had an uncomfortable dream about his mother and relations.

His dreams were paranoid - connected with his mother.

Violent

Her dreams were very aggressive - she was beating up people.

He had dreams about being in a war.

She had a dream about her husband - she was thumping him for not understanding her.

She dreamt that she was in her grandmother's house with a mad preacher trying to get in. Outside there was violence and blood.

She had a paranoid dream about her children and she was trying to scream but her voice wouldn't come out. She ended up pulling their hair out and trying to bite their necks.

She had violent dreams of being raped.

Misc

His dreams were weird and confused.

She was waking on and off all night with feverish type hallucinations and couldn't tell which was dream and which was reality.

HEAD

Headache - frontal pressure 11 provers

Headache - with heat 8 provers

In the morning she had a frontal headache - pressure.

She was feeling very hot inside, particularly inside her head. Despite this she wanted to keep warm - couldn't stand cold.

He had a headache in the morning - frontal, with pain coming in waves.

Her headache was now very intense - frontal pressure and burning.

He had a frontal burning headache coming in waves.

She had an intense headache - like a tight band across forehead.

She awoke with headache much worse than previous days (tight band), aggravated by motion.

She had to sit down and take things slowly. The headache persisted until evening. His temples felt bruised and sore when he awoke, and didn't lift until evening.

He was drowsy and sluggish in morning after a deep and heavy sleep and his headache (frontal pressure) was very bad.

She slept very deeply and found it difficult to wake up. Her eyelids were very heavy and she had difficulty opening her eyes and her frontal headache had become very intense.

She had a sense of her head "lifting off" if she moved suddenly. Otherwise, there was an intense tightness across front of head.

He had a severe frontal headache - pressure and he was extremely weak and sweating a lot.

Awoke 3.00 am with a tight band type headache and a bad sore throat

She felt "blown out" and was getting really bad headaches.

She was very tense and any social contact seemed to bring on a headache and tension in the solar plexus.

He was feverish, his head was very hot and his scalp and forehead were very itchy.

Her forehead and scalp were very dry and itching. She had to scratch which brought up little lumps on her forehead. The itch was very intense and hot and she was burning after scratching.

Her scalp was getting very scaly and dry, extending down her forehead. She couldn't stop scratching and her head felt very hot.

He noticed he had dandruff and his scalp was very itchy.

Her skin generally was intensely itchy, as was her scalp.

EYES

Around her eyes a burning sensation and pressure behind her eyes.

Her eyes were stinging, burning and watering. She was sneezing a lot and her nose was running - watery and her vision was blurred.

His eyes were itching, burning and running.

His eyes were sore and burning and he was having sneezing bouts every two hours. She slept very deeply and found it difficult to wake up. Her eyelids were very heavy and she had difficulty opening her eyes and her frontal headache had become very intense.

His eyelids felt heavy all day. He seemed to be trying to hold his eyebrows up all the time to keep his eyes open.

His eyes were feeling like they wanted to close all the time and he was finding it hard to keep them open.

EARS

His ears felt like they were stuffed with cotton wool. His hearing was bad - voices and sounds seemed distant. Occasionally they would pop and be alright for a while.

Her ears had a feeling, like when she is going up in an airplane - pressure and popping.

She had intense pressure in her ears affecting her hearing. They would pop sometimes and feel clear for a while then the pressure would build up again. Her neck felt tense and painful with pain going up into her head.

Ear infection for over one year. Started with pressure and popping in ears which lasted two months. Then both ears became intensely itchy inside, and a thick discharge followed. The discharge became thinner and constant. An eruption like a cold sore appeared on the left ear lobe - scabby, pussy, itching. During the proving the eruption disappeared first, and the inner ear infection progressed back, stage by stage, to the original pressure and popping and then disappeared altogether.

NOSE

He also had a hard dry cough - very painful, and his nose was running.

Sneezing 5 provers

Smell - sense of acute 4 provers

FACE

He felt really strained all the time, the skin on his face felt tight and he was looking yellow.

Her skin was very yellowish and sick looking and her face and head felt very tense. Her face was pale and strained and she was frowning a lot.

THROAT

The sore throat and swollen glands remained for four days.

Her throat was sore and raw and her neck felt painful, a feeling of pressure outwards - felt like swollen glands, although the glands did not seem to be swollen. She had a cough, like she was clearing her throat all the time.

He had a short cough and tickling in his throat - he kept coughing in an attempt to get rid of the tickle.

EXTERNAL THROAT

Her neck, behind her ears, and forehead were very itchy all the time - she had to scratch.

She awoke with pain in left shoulder and neck

She had a neck ache, right side, affecting the movement of her head.

She broke out in pimples on her neck and back

STOMACH

Appetite lost with nausea

6provers

Her appetite was gone with a feeling of sickness in her stomach.

He awoke feeling nauseous, with no appetite and very thirsty - this lasted all day.

His appetite was gone and he felt sick - he forced himself to eat because he thought he should.

She felt hungry later in the day but without any appetite - nothing interested her.

He seemed to be nibbling at food all the time out of boredom although he had no real appetite.

Her appetite had increased although she didn't feel hungry and was quite indifferent to everything. Her eating seemed to be an emotional kind of eating.

She was feeling hungry but couldn't find any food that interested her - she kept picking at things.

He was picking at food all the time even though he didn't feel hungry.

ABDOMEN

She had a dull heavy pain in her lower abdomen.

He had a heavy feeling in his lower abdomen

She had pains in her lower abdomen similar to period pains and in her lower back.

She had diarrhoea with pains like pre-menstrual pains in her lower abdomen. She had to bend double. The pains radiated down her thighs.

She had diarrhoea with pains like pre-menstrual pains in her lower abdomen. She had to bend double. The pains radiated down her thighs.

Dragging ache in lower abdomen.

Her abdomen was distended and was very tense and hard and painful. Her period came two days later (seven days early). Cramps in lower abdomen during period and pain in lower back

She had a sharp stabbing pain in the abdomen and very low energy and was sweating a lot (ovulation time).

RECTUM, STOOL

Diarrhoea

7 provers

She had diarrhoea - chalky coloured and had to go to the toilet frequently

He had diarrhoea in the morning - spluttery and windy with cramps in his abdomen.

She had been constipated since starting the proving. Going to the toilet in the evenings with difficulty. Her stools were small and hard.

BLADDER, KIDNEYS

Kidney pain

7 provers

Urination frequent

5 provers

She felt a lot of pressure on her bladder. She had sharp, stabbing pains over her kidneys. She was urinating frequently.

She had an aching pain in her back over her kidneys.

She had a heavy dull pain in her lower back and was urinating frequently.

GENITALIA MALE

He was quick-tempered, tired and his libido was fading

GENITALIA FEMALE

Her sexual desire was completely gone.

Her sexual energy was very high during the period.

She had a sharp pain in her right ovary. She had no interest in sex.

Her sexual energy was extremely high

Her period came (three days early). She had severe pain in the lower abdomen and lower back (she had this for the past two days). The bleeding was very heavy. Her energy improved considerably and for the first time since starting the proving her sexual energy went up. Her period lasted four days.

Her sexual energy was high and she had desire for intense contact with one close friend (her period came next day).

Heavy bleeding. A sharp pain in right ovary. Her energy was good during the period - much better than during the remainder of the proving.

CHEST

She felt cold and her breasts were sore and swollen and she had a cramp type pain over her right ovary (her period started next day).

Her breasts felt heavy and sore and she felt very hot.

BACK

He had a dull ache in his lower back.

She also had pain - aching, dull, and heavy - in her lower back.

She broke out in pimples on her neck and back.

He was very itchy all over and his back was covered in pimples.

Aching lower back into hips and thighs

She had a lumbar backache and generally felt heavy.

EXTREMITIES

He was getting rheumatic pains in his right arm and left thigh at night and found it difficult to sleep.

She awoke with pain in left shoulder and neck. During the day both shoulders very bruised - sore and very tense.

Her arms were very heavy, she had no power in them, lifting things was very difficult.

She had a pain - sore bruised type in her left shoulder, over her left kidney and in her left hip. She also had a rheumatic type pain in her right thigh and calf - worse with motion and touch, better when lying down.

She had a neck ache, right side, affecting the movement of her head. Her right shoulder had a sore, bruised feeling.

His right shoulder was aching, with a cold feeling and he had a cramp type pain in his left thigh.

During the day, both shoulders, arms and thighs were aching with rheumatic type pain. All better lying down and better from heat.

Her forearms were covered in red dry patches - very itchy. Scratching brought up funny little lumps.

SLEEP

She felt really tired in morning after getting up. In the afternoon she had to go bed.

She was very exhausted on awakening in morning - didn't want to get up. She had to go back to bed after getting up and slept until 11.00 am, when she felt better.

He had aches and pains of deep tiredness and kept feeling he could collapse in a lump of putty on the floor.

She was suffering extreme exhaustion - slept 3.00 pm to 5.00 pm.

She felt she couldn't move with exhaustion. In the afternoon she had to go back to bed - slept from 3.00 pm to 6.00 pm, and only felt comfortable in a foetal position, left side, with her hands between thighs.

He had to go back to bed three times during the day - morning, afternoon, evening.

Refreshed after bad or broken sleep. 7 provers

He had a very patchy nights sleep. He awoke often, but felt refreshed in the morning after.

She felt fine in the morning after a bad nights sleep - she kept dozing and waking.

Unrefreshed after deep sleep 8 provers

He was drowsy and sluggish in morning after a deep and heavy sleep and his headache (frontal pressure) was very bad.

She slept very deeply and found it difficult to wake up. Her eyelids were very heavy and she had difficulty opening her eyes and her frontal headache had become very intense.

She was exhausted and had to sleep from 3.00 pm to 5.00 pm. From 5.00 pm to 6.30 pm she felt very hot and quite “out of it”.

She had been restless and waking frequently all night, with better energy in the morning. Her appetite was gone with a feeling of sickness in her stomach.

He was feeling really tired most of the time. Sometimes he would get a burst of clear energy - particularly mid-morning. Sometimes he would feel like falling asleep on his feet. His eyes were feeling like they wanted to close all the time and he was finding it hard to keep them open.

She was exhausted in the morning - went back to bed one hour after getting up and slept until 1.00 pm. On getting up she had another panic attack (same as night before). She was exhausted when panic lifted and went back to bed and slept until 6.00 pm.

She felt exhausted after talking to people and had to go to bed.

He felt “wiped out” if he spent any time in company.

FEVER, PERSPIRATION

He was feeling weak and a bit hot and feverish.

He was very hot and feverish and was sweating on his palms and back.

She felt very hot - burning inside and was sweating a lot.

She was very hot and feverish between 5.00 pm and 6.30 pm.

He was feverish, his head was very hot and his scalp and forehead were very itchy.

He felt he was starting flu. His body felt heavy and sore. All his limbs were sore and he was hot and feverish all day and very irritable.

He was exhausted and feverish and had to drive 150 miles. He spent his time cursing “Nuala” and feeling sorry for himself.

She was getting very irritable and touchy and finding it easy to erupt; with this she was feeling feverish on and off all day

He came down with flu. Awoke 3.00 am with a tight band type headache and a bad sore throat and swollen glands. His joints were aching and heavy. He was feeling very cold. By noon he had a high fever (temp 103). He was completely delirious by 9.00 pm. The fever broke at 4.00 am. The sore throat and swollen glands remained for four days.

He spent two days in bed with flu. He had a high fever. His bones felt heavy, his back weak, and his thighs very heavy. He also had a hard dry cough - very painful, and his nose was running.

He had a fever (temp 102). All his limbs felt very heavy and aching. He had a severe frontal headache - pressure and he was extremely weak and sweating a lot. The fever recurred every few days for a month.

He kept awaking feeling very hot during the night and was sweating a lot.

Sweating a lot in bed. 8 provers

SKIN

Her skin generally was intensely itchy, as was her scalp.

GENERALS

Alcohol amel 7 provers

If he had a few drinks at night all his symptoms disappeared.

She discovered that drinking alcohol made her “wild” and “bold” and very happy. (age 22, single). So she continued to drink through the remainder of the proving, day and night. She got no hangovers and her energy was very high. Her sexual energy was extremely high. She was hardly sleeping at all and didn't feel the need for sleep. After five weeks she collapsed with a fever - she has no recollection of what happened during that time - which lasted for about one week. Her temperature was extremely high and she was delirious and very weak. After that she was back to normal and feeling great.

She noticed that drinking alcohol relieved all her symptoms - headaches, tiredness, nausea and various pains and aches.

She was finding visitors uncomfortable and tiring and was contemplating investing in a bottle of whiskey for the solitary evenings.

Craving for sweets 9 provers

Although her appetite was bad and she had no interest in food she had a longing for sweets, particularly in the evening. She was also thirsty most of the time.

Heavy feeling	10 provers
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Her whole body felt heavy and aching - like she had a cold coming on.

If she had to talk to anyone socially she would get very tired and have to lie down.

She felt extremely weak all day - would like to have spent the day in bed.

She started smoking heavily (normally only smoked occasionally) although they made her feel sick.

He found himself smoking a lot (rarely smokes).

Her energy level was high during the period except between 4.00 pm and 8.00 pm when she felt tired and continued to get anxiety/fear attacks.

She was starting ovulation. Her energy was very low. .

She was freezing all day.

REPERTORY

MIND

Abusive

Anger contradiction, from

Easily

Indignation, with

Interruption, from

Sudden

Anxiety anticipation, from an engagement

Conscience, of

Fear, with

Future, about

Sudden

Trifles, about

Avarice, anxiety about future, from

Aversion to being approached

Cares trifles, about

Censorious, critical

Company, aversion

Friends

Presence of strangers.

Company, desire for

Friend, of a

Confusion waking on

Conversation agg.

Contemptuousness

Conversation, agg.

Aversion to

Delusions

Attacks and insults, defend themselves against imaginary

Diminished, others are, in size.

Dispossessed, will be

Enemy, everyone is an

Happen, something terrible is going to
 Inferior, people seen as
 Invaded, is being
 Wrong, he has done.

Dictatorial

Dwells on past disagreeable occurrences

Estranged friends, from

Fear

Causeless
 Danger, of impending
 People
 Shivering from
 Tremulous

Forsaken, feeling

Hatred persons who had offended, of

Home desires to go

Haughty

Indifference

Everything, to
 Others, towards
 Welfare of others, to

Insecurity

Insolence

Intolerance

Hindrance, of
 Interruption, of
 Spoken to, of being

Introspection

Irresolute

Irritable takes everything in bad parts

Trifles, from

Laughing

Immoderately

Weeping and, at the same time
Malicious

Memory, weak
Done, for what he has just
Say, for what he is about to
Moral Feeling, want of

Nervous in afternoon, with hands trembling and sweating

Occupation, diversion amel.

Offended easily

Pities, self

Power, love of

Prostration of mind
Conversation, during and after
Mental effort, after any
Writing, after
Quarrelsome

Reproaches, others

Restless anxious
Motion amel.
Rudeness

Sadness, weep, cannot

Selfish

Snappish

Spoken to, aversion to being
Alone, wants to be left
Starting easily
Noise, sudden
Driving, while
Superstitious

Suspicious

Talk, indisposed to

Thoughts past, of the

Touched aversion to being

Unfeeling

Unsympathetic

Weeping amel.

Vertigo

Light-headed recurring
On moving suddenly

Head

Dandruff

Eruptions scalp - scaly, itching
Forehead - dry, scaly, itching, intense and hot
Scratching brings up little lumps
Burning and scratching

Constriction forehead - band feeling tight across
Lying down amel.
Alcohol, drinking amel.

Fullness whole head
Menses, during

Fuzziness daytime
Lying and sleeping amel.

Heat forehead, recurring
Flushes of

Itching of scalp
Intense, must scratch
Forehead, must scratch, burning after

Pain aching dull
Forehead and behind eyes
Temples into eyes
Open air amel.
Lying down amel.
Bruised/sore
Forehead and around eyes

Motion agg.
Lying down amel.
Waves, coming in
Lifting off
Head feels like it is
Motion agg.
Driving agg.
Pressure - intense
Crown
Forehead and behind eyes
Lasting all day
Recurring
Tightness forehead, across
Lying amel.

Eyes

Eyelids heavy - difficulty keeping them open
Red, inflamed
Burning/sting around
Morning agg.
Headache during
Heavy tired, all day

Lachrymation morning - profuse, stinging, itching

Pressure behind eyes, feeling of
On eyes, feeling of
Sore/bruised feeling

Vision

Blurred with lachrymation
On waking

Ears

Fullness and pressure in
Then popping
Hearing impaired during

Nose

Discharge morning

Watery, clear

Profuse

Pressure across bridge

Sneezing morning

Bouts every 2 hours

Smell acute

Sense of

Face

Eruptions scaly, rough

Itching

Pimples

Pale

Yellowish complexion

Throat

Painful burning, stinging

Persistent

Raw - sore

Tickling in

External Throat

Glands swollen, painful

Painful sore pressure outwards - feels like swollen glands

Stiff painful - inhibiting movement of the head

Tension painful, going into head

Stomach

Anxiety felt in

Appetite lost, diminished

Morning

All day

Although hungry

Indifference to food, with

Thirst, with
Increased
Emotional eating although no hunger
Picking at food all the time though no hunger

Aversion to food although hungry

Desires alcoholic drinks

Sweets

Nausea morning

Anger, after

Continuous

Lying down amel.

Tobacco, smoking agg.

Thirst increased

Frequent

Abdomen

Distension tense and hard before menses

Pain aching

Lower abdomen

With lumbar back ache

Menses, during

Ovulation, during

Heavy during ovulation

Cramp like

Lower abdomen

Bending double amel.

Menses, during

Lower abdomen

Radiating down inside thighs

Sharp stabbing

Lower abdomen

Rectum & Stool

Constipation small, hard

Evening

Diarrhoea chalky coloured, frequent

Mornings, brown

Flatus - on passing

Urinary Organs**Bladder** pressure on, feeling of**Kidneys** painful, region of**Urination** frequent**Genitalia, Male****Sexual urge** diminished

Lost

Genitalia, Female**Menses** before agg.

During agg.

Early

Painful

During, with heavy flow

More flow more pain

Sexual urge aversion to sex

Diminished, lost in general

Increased during menses

Increased before menses

Diminished during ovulation, with weakness

Ovulation agg.

Pain sharp

Right ovary during

Cough**Short** with expectoration**Tickling****Chest****Mammae** heavy before menses

Painful, tender, sore

Swollen, before menses

Back**Eruptions** on

Pimples

Pain aching, dull

Lumbar region

Menses, before agg.

Menses, during agg.

Ovulation agg.

Bruised, sore

Lumbar back feels

Stabbing

Lumbar back

Weakness lumbar back

Extremities

Cold right shoulder feels

Eruptions forearms

Dry red patches intensely itching

Raised lumps after scratching

Heavy all limbs feel

And aching

Lying down amel.

Pain shoulders

Right, aching, with cold feeling

Both, bruised sore

Rheumatic type

Arms, right, rheumatic type, night, making sleep difficult

Both, bruised sore

Rheumatic type

Thighs, left - cramp type pain

Both - aching

Rheumatic type

Calves aching

Perspiration palms

Tension shoulders

Tightness in thighs

Trembling in hands with sweating, with anxiety

Weakness all limbs

Sleep

Falling asleep difficult

Frequent during day

3 to 4 times daily

Heavy with difficulty waking from

Prolonged and deep

Unrefreshed after

Refreshed after little sleep

Broken sleep

Although unrefreshed after deep sleep

Evening, after afternoon sleep

Sleepiness morning - has to go back to bed after being up one to two hours

Afternoon - need to sleep in

Meals - need to sleep after

Sleeplessness night

Waking difficult

Have to drag myself out of sleep

Confused disorientated feeling on

Frequently - for no apparent reason

From dreams

Weakness in morning on

Weighed down feeling in morning on

DREAMS

Blood

Childbirth

Children

Confused

Dead

Bodies

Children

Family;

Parents

Grandparents

Pregnant, being

Rape

Being raped

Violent

War

Fever

Aversion to cold, with, although hot

Chill with

Icy at first, then heat

Alternating with heat, in flushes

Sweating, with

Heat continuous for days

Then recurring

Sweat, with

Flushes, recurring with sweating

Every few days (temperature 102 degrees)

High delirium, with

Night with sweating

Awakes with

Hallucinations with

Perspiration

Daytime

Night in bed

Profuse

Fever, with

Skin

Eruptions pimples

Red patches, dry, itching intense

Scaly, rough

Little lumps after scratching

Itching intense with burning

Must scratch

Yellowness of

Generalities

Active night, with high energy

Air open amel.

Alcoholic drinks amel. all symptoms

Cold agg. - even when hot

Lie down, frequently must

Frequently want to

Lying amel.

On side, curled up with hands between thighs

Tobacco, smoking agg.

Increased desire for

Weakness

Morning, afternoon, evening

Alternating with high nervous energy

Dragging myself around all day, with

Myself out of bed in morning

General, but manage to muster up nervous energy for work

With shaky, wobbly feeling

Talking agg.

Tobacco agg.

Visitors agg.

Waves, comes in



Nuala Eising

[Provings volume 2](#)

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