Symptom Picture of Homeopathic Medicine
Aspergillus niger
in Healthy Participants:
A Randomized, Double-blind,
Placebo-controlled Study

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INTRODUCTION

Rationale

The homeopathic drug proving was carried out according to the directives as they are laid down in the consensus HDP of the German central association of homeopathic doctors (DZVHÄ) as well as in the Homeopathic Drug Proving Guidelines by the European Committee for Homeopathy (ECH) (see References).

The HDP is based on the Guidelines for Good Clinical Practice (GCP) which are described in the documents by the International Conference on Harmonization (ICH) and the European Central Council of Homeopaths (ECCH Guidelines for Homeopathic Provings).

The Study Protocol was approved by the Ethics Committee in St. Petersburg on February 24, 2014.

Objective of the study

The objective of the study is to record all physical and psychological reactions (symptoms) of healthy participants induced by the use of the homeopathic medicine *Aspergillus niger* and a placebo, and to compare them with their baseline picture reaction pattern as well as their symptoms recollected from the period before the baseline recording of symptoms.

Sponsor, principal investigator

**Sponsor:**
Pharmaceutical Manufacturing Company SANUM-Kehlbeck GmbH & Co. KG, Hoya, Germany

**Principal Investigator:**
Rolik, I., MD, PhD, professor
Institute of Regenerative Medicine of the Russian Academy of Natural Sciences, Moscow, Russia
METHODS

Blinding
The trial was double-blind, randomized, and placebo-controlled. The principal investigator, the research physician and study coordinator as well as the study supervisors were blinded. The only non-blinded investigator was the independent research physician.

Recruitment of participants
During the trial 12 voluntary persons took part as participants. Two of the 12 volunteers received a placebo. The principal investigator, study coordinator and study supervisors did not know which substance was applied to which participant.

All symptoms were described by the provers in their own words. At the beginning of the proving, the participants were thoroughly advised by the study coordinator to pay close attention to each occurring symptom during the drug trial to avoid any kind of negligence in this regard. The participants described the occurring symptoms in writing at the moment of the manifestation. Besides, the principal investigator and the study coordinator determined the modalities of the appearing symptoms, which also reflect in the trial documents.

The test persons were unaware of the substances and of the sample number of the substances applied to them. Only the independent research physician had this information.

Inclusion criteria
- Age of participants: 18 to 70 years

All persons were advised of the diary keeping in all phases of the homoeopathic drug proving.

Exclusion criteria
- General mental-emotional disorders;
- Planned allopathic medical treatment;
- Allopathic medicine;
- Pregnancy or lactation;
- Drug addiction;
- Participation in another trial within 3 months prior to the study.
**PHASES OF THE TRIAL**

The homeopathic drug proving was divided into the following phases:

**Run-in period:**

Preliminary observation during one week prior to the proving. Immediately before the beginning of the proving a special telephone line was installed to ensure that the study coordinator and the study supervisors were accessible to all participants day and night.

Before the trial all participants were examined clinically by the research physician. Additionally they were questioned according to the "head-to-toe-scheme" by the independent research physician, an experienced homeopathic professional, to establish the baseline picture reaction patterns of the provers.

All applicants were admitted to the proving, as they did not have any severe physical or psychic symptoms, did not need any medical assistance, were under no medical treatment before or during the trial, took no allopathic or homeopathic drugs.

Each participant signed the consent form of the voluntary participation in the trial after detailed instruction by the study coordinator with regard to the realization and the conditions of the proving.

**Test period phase 1**

Day of application of the homeopathic remedy and the day after.

All participants had sufficient homeopathic experiences to properly judge the occurrence of symptoms during the trial.

**Test period phase 2** (until 6 weeks after start of the HDP)

The completion of the diaries and the description of the occurring symptoms were carried out by the provers personally.

Observation time during week 1 after application: daily contact 1-2 hours.

Observation time during weeks 2 and 3 after application: three times a week or more.
Observation time during weeks 4-6 after application: 1-2 times a week.

**Follow-up** (3 months after start of the HDP)

After the end of the trial, the study coordinator and the study supervisors discussed the symptomatology with the participants either in a personal meeting, by telephone or by e-mail. As a result, specifications of the symptomatology were stipulated with approval of the participants. All anamneses, introspection protocols, and exam protocols are in the care of the sponsor, Sanum-Kehlbeck GmbH & Co. KG, and can be viewed upon request.

No rejections and adverse reactions were observed in the course of the trial and none of the provers discontinued the test.
**INTERVENTION**

*Homeopathic medicine*
This proving substance has not been subject to any proving before. The proving substances were produced and packed, according to GMP and GCP requirements, by the sponsor.

*Placebo*
The placebo, which was also manufactured and packed by the sponsor, did not differ from the proving substance in smell, color or viscosity.

*Dosage*
Dosage form and potency of the homeopathic substance for proving:
Globuli C12. 9 globuli, every 2 hours, up to 6 times per day, oral application.
No further application after appearance of the first symptoms.
30 minutes prior and after application: No smoking, no eating, no drinking, no conventional toothpaste.
RESULTS

Symptom list
The symptoms of the HDP in the "head-to-toe-scheme"

Mental/Emotional:

Head:

Sleep:

Vertigo:

Eye:
**Nose:**

**Ear:**

**Face:**

**Mouth:**

**Teeth:**
Slight toothache after third taking. Increased sensitivity to cold and acid food. High sensitivity of teeth during brushing.

**Throat:**

**Larynx and trachea:**
**Stomach and intestines:**

**Rectum / Stool:**
Feeling itching in the rectum after third taking. Increased flatulence during stool. Slight diarrhea at the next morning. Constipation during next two days. Anal burning after stool.

**Female genitals:**
The feeling of heat in the genital area. Menstruation began three days earlier. Did not want sexual contact with husband. Sudden urge to urinate. It seemed that the orgasm was more vivid. Back pain in the middle of the menstrual cycle. Slight numbness and coldness in the genital area. Unusual pain in the lower abdomen during menstruation. Suddenly felt sexual arousal. Pain in the right inguinal area in the evening. There were all sorts of depraved thoughts. A tugging feeling in the right lower abdomen. Menstruation began two days later than usual.

**Male genitals/ Sexual potency:**
As if an erection has become weak. Pulling sensation in right testicle. Suddenly felt sexual arousal. Aching pain in the left groin. Noticed some decrease in libido. The feeling of heat in the genital area. A small difficulty urinating. It seemed that the orgasm was more vivid. Aching pain in the testes. Obscene thoughts come to mind. Slight numbness and coldness in the genital area. Noted improved erection.

**Chest / Mammary:**
Shortness of breath when going outside. Feeling that the breasts are swollen. The feeling of shortness of breath and anxiety with large crowds of people on the subway. Intermittent shooting pain in chest when tilted. The feeling of lack of air when excited. Short-term pain in the breast. Woke up with a sense of fear and lack of air.

**Back/ Backbone:**
Tension and stiffness between the shoulder blades. In the morning increased crunch in the neck. Heaviness and tension in the lower back. For a moment it seemed that the neck feels nothing. Quivering in cervical region. Tension and slight pain in lower back at the evening. Numbness and stiffness in lower back after waking. Feeling of crunch and light pain in dorsal region. Sensation of
trembling between shoulder blades on anxiety. Lower back pain after sleeping on hard bed.

**Extremities:**
Crunch in the right shoulder joint on movements. The feeling of vibration in the arms in the evening when tired. Legs and arms heavy, as if paralyzed. Moderate pain and crunching in the knees. The evening after the working day tingling in the legs. Stiffness and crunching in the joints of the hands in the morning. Feeling of stiffness and numbness in shoulders. Shooting pain along the right arm with a sharp turn of the head. Lightness in the legs like can fly. Sensation of restless legs in the night. Pain and stiffness in the left elbow. Slight pain in the right hip joint. Feeling of numbness and tingling in the feet.

**Skin:**
Redness of the skin in a stuffy room. Skin like someone else's, not mine. Sensation that skin on the feet is chapping. Increased sensitivity of the skin of the scalp. Skin is very sensitive to the cold air. Irritation and redness of the skin from cold water. Light dryness and burning of skin after hot shower. Feeling that skin peels off. Itching of the skin between the shoulder blades in the night. Redness of the skin on the open air.

**Cold / Fever:**
Sweating in the night and woke up with anxiety. As if the whole body became numb and cold. Perspiration with nausea and languor while awaking. Heat and sweat at first day of menses. Increased perspiration on exertion. Intermittent chill the next morning after waking up. Feeling heat with chillness before menses. Coldness in general during emotional stress. Sudden chill at night followed by sweat. Heat of the whole body after breakfast. Weakness and perspiration after waking. Increased perspiration during anxiety. Short-time coldness with shivering after cough.

**General symptoms:**
Suddenly it seemed that all colors become brighter. Suddenly felt sorry for myself. While riding in the car suddenly lost orientation. Feel unconcern about past. Had a dream that drowns and suffocates. Suddenly felt lightness in the whole body. The whole evening felt sorrow remembering the dead parents. Sensation of carelessness about future. All the smells became sharper for a few minutes. The mood changed frequently throughout the day. Wanted to cry when remembered the first love.
### Table 1.

**Evaluation of symptoms**

<table>
<thead>
<tr>
<th>Attribute</th>
<th>Globuli C12 (Aspergillus niger)</th>
<th>Placebo</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of provers</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Gender ratio</td>
<td>7F/3M</td>
<td>1F/1M</td>
</tr>
<tr>
<td>Age (years)</td>
<td>21-65</td>
<td>30-48</td>
</tr>
<tr>
<td>Average age</td>
<td>43.6</td>
<td>39.0</td>
</tr>
<tr>
<td>Total of symptoms</td>
<td>211</td>
<td>19</td>
</tr>
<tr>
<td>Average symptoms per prover</td>
<td>21.1</td>
<td>9.5</td>
</tr>
</tbody>
</table>
Table 2.

Allocation of the symptoms (number, %):

<table>
<thead>
<tr>
<th>Region</th>
<th>Number of symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Globuli C12 (Aspergillus niger)</td>
</tr>
<tr>
<td>Mental/Emotional</td>
<td>26 (12.3 %)</td>
</tr>
<tr>
<td>Head</td>
<td>12 (5.7 %)</td>
</tr>
<tr>
<td>Sleep</td>
<td>10 (4.7 %)</td>
</tr>
<tr>
<td>Vertigo</td>
<td>9 (4.3 %)</td>
</tr>
<tr>
<td>Eye</td>
<td>7 (3.3 %)</td>
</tr>
<tr>
<td>Nose</td>
<td>6 (2.8 %)</td>
</tr>
<tr>
<td>Ear</td>
<td>9 (4.3 %)</td>
</tr>
<tr>
<td>Face</td>
<td>6 (2.8 %)</td>
</tr>
<tr>
<td>Mouth</td>
<td>8 (3.4 %)</td>
</tr>
<tr>
<td>Teeth</td>
<td>2 (0.9 %)</td>
</tr>
<tr>
<td>Throat</td>
<td>11 (5.2 %)</td>
</tr>
<tr>
<td>Larynx/Trachea</td>
<td>9 (4.3 %)</td>
</tr>
<tr>
<td>Stomach/Intestines</td>
<td>10 (4.7 %)</td>
</tr>
<tr>
<td>Rectum/Stool</td>
<td>4 (1.9 %)</td>
</tr>
<tr>
<td>Female genitals</td>
<td>12 (5.7 %)</td>
</tr>
<tr>
<td>Male genitals/Sex. Potency</td>
<td>12 (5.7 %)</td>
</tr>
<tr>
<td>Chest/Mammea</td>
<td>6 (2.8 %)</td>
</tr>
<tr>
<td>Back/Backbone</td>
<td>8 (3.4 %)</td>
</tr>
<tr>
<td>Extremities</td>
<td>13 (6.2 %)</td>
</tr>
<tr>
<td>Skin</td>
<td>9 (4.3 %)</td>
</tr>
<tr>
<td>Cold/Fever</td>
<td>13 (6.2 %)</td>
</tr>
<tr>
<td>General symptoms</td>
<td>9 (4.3 %)</td>
</tr>
<tr>
<td><strong>Total (100 %)</strong></td>
<td><strong>211</strong></td>
</tr>
</tbody>
</table>
**Figure 1. Occurrence of symptoms (%) in regions.**

1 – Mental/Emotional;
2 – Head;
3 – Sleep;
4 – Vertigo;
5 – Eye;
6 – Nose.
Figure 2. Occurrence of symptoms (%) in regions.
7 – Ear;
8 – Face;
9 – Mouth;
10 – Teeth;
11 – Throat;
12 – Larynx and Trachea.
**Figure 3. Occurrence of symptoms (%) in regions.**

13 – Stomach and Intestines;
14 – Rectum/Stool;
15 – Female genitals;
16 – Male genitals / Sex. Potency;
17 – Chest and Mammae;
18 – Back and Backbone.
Figure 4. Occurrence of symptoms (%) in regions.
19 – Extremities;
20 – Skin;
21 – Cold/Fever;
22 – General symptoms.
SUMMARY

This report presents the results of the proving of the homoeopathic medicine *Aspergillus niger* with the participation of 12 volunteers, two of whom received a placebo. The study provided some data characterizing the homoeopathic picture of this substance.

Many symptoms concerning different organs and body systems were observed in the process of careful questioning, observation and examination of the provers. Observed symptoms and manifestations were unusual patterns of reactions for them. At first glance some symptoms may be considered quite nonspecific. Manifestations matching with those ones from the placebo group were excluded after the final analysis.

In the analysis according to the "head-to-toe-scheme" frequent manifestations concerning mental/emotional (12.3 %), respiratory (12.3 %) and reproductive systems (11.4 %) were observed. Also symptoms concerning backbone and extremities were frequent (9.6 %).
DISCUSSION

Describing the homeopathic picture of the drug it is common to use the traditional “Head-to-toe” scheme. According to this scheme some symptoms were observed not so often.

But some manifestations concerning different regions (head, vertigo, larynx/trachea, stomach/intestines, rectum/stool, chest/mammæ, back/backbone, cold/fever, general symptoms, skin) resembled phenomena of autonomic nervous system imbalance.

These vegetative dysfunction symptoms distinctively often combined with manifestations concerning mental/emotional sphere and reproductive systems. For now we know enough about unity of nervous and endocrine regulations of the body.

The role of stress factors in the genesis of endocrine disorders is also well known. Symptoms of disorders are often nonspecific and difficult to interpret in this challenging regulating region.

Of course, it is difficult to identify the symptoms of influence on the endocrine glands in healthy volunteers using the "testing" dosage form of the homeopathic substance C12.

However indirectly, the frequent symptoms concerning genitals (because generally these symptoms manifest in the clearest way) confirm this influence. So it is possible to assume that this drug influences on the nervous system and endocrine regulation, because the combination of these groups of symptoms was frequently observed among provers.

The manifestations concerning the respiratory system also are frequently reminiscent of the autonomic nervous system imbalance. This is understandable because respiratory disorders are closely connected with the emotional sphere (fear, anxiety). In this case the high frequency of respiratory symptoms may speak of a principle of similarity. It is well known that human aspergillosis is mainly striking in the lungs, especially in conditions of immunodeficiency.

Also it should be noted that the symptoms concerning head, vertigo, extremities regions can be regarded as cardiovascular and neurological. But these symptoms are almost always combined with the manifestations of the backbone and
extremities. Therefore, it is more likely that the drug influences exactly on the musculoskeletal system.

In general this combination of symptoms of the musculoskeletal system and neuro-endocrine regulation suggest the drug influence on the structural and organizational sphere of the body.
GENERAL REMARKS

The occurring symptoms were slight and all symptoms were reversible and decreased within 24 hours. All manifestations disappeared in the period from 1 to 7 days.

No severe adverse reactions were observed during the study, no intercurrent diseases were diagnosed.

None of the participants discontinued the trial after accepting the consent form of participation and nobody was excluded.

Within 4 weeks after the study, there were no symptoms that could be associated with the application of the study remedy.
QUALITIES

Thus, on the basis of these findings it is possible to specify the following directions of *Aspergillus niger e volumine cellulae (lyophil., steril.)* C12 action:

- Disorders of the autonomic nervous system and neurological abnormalities in the area of mental-emotional sphere;
- Pathology of the endocrine system, especially reproductive system;
- Pathology of the respiratory tract;
- Problems of musculoskeletal system, mostly degenerative-dystrophic by nature.
INFORMATION ON THE INVESTIGATIONAL MEDICINAL PRODUCT (IMP)

_Proving substance_
Aspergillus niger e volumine cellulae (lyophil. steril.) C12, globuli [HAB methods 5a, 6, 10]

_Starting culture_
Aspergillus niger DSM 6563

.Raw material and production_
Biotechnological biomass production, separation from culture medium, cell mill treatment and further special manufacturing steps according to the master file of Sanum-Kehlbeck.

_Homeopathic starting material_
Aspergillus niger e volumine cellulae (lyophil. steril.), synonym Aspergillus niger e volumine mycelii (lyophil. steril.), as used for dilutions and triturations to produce several dosage forms of the Nigersan® line (Sanum-Kehlbeck).
REFERENCES

Guidelines:


Literature:


Reports of Remedy Provings:


