

**Anne Schadde**

**Lignum aquilaria agallocha**

**Wood, resin, fragrance of the eaglewood tree**

**Fragrance Between Dream and Day  
In the depths of the night the new day begins**

Feel invited to discover the mysterious world of a very old wood used for fumigation – the biblical wood aloë or eaglewood.

It contains the old alchemistic mythology of the process of transformation. The trees only grow in the deepest jungle, in the so-called heart of the earth, and it is threatened to die out. The secretion of the wood's resin develops in symbiosis with fungi.

The attempts of separation, repulsion and final integration of the infestation of the fungus are possibly the processes that make the wood so precious. Only after these processes does the precious resin called wood aloë or eaglewood come into being. Separation becomes integration and then we have, as essence, the substance for fumigation.

It has an outstanding position in the art of fumigation.

Try to imagine the most complicated and refined scent: aromatic and erotic, stimulating and balsamically soothing at the same time, earthy and woody. Eaglewood exudes an inimitable aroma, when it is fumigated.

The scent could not be reproduced synthetically. Scientists assume pheromone-like components in the scent. The ethnologist Professor Rätsch dedicates a whole chapter in his encyclopaedia of love substances to it. It is also referenced in the encyclopaedia of psychoactive plants. Wood aloë creates an atmosphere that stimulates, eroticizes and favours concentration.

“Scent is the sense of imagination,” said Rousseau.

The sense of smell links our feeling to our pictures of remembrance and experience. Try, for example, to remember a special scent from your childhood or suppose that you smell a very characteristic scent. Immediately your mind will recall intense images.

Perhaps the archaic experience of scent and fire creates in me the love for the fumigation ritual. Even lighting a fine, intense Japanese joss stick of eaglewood changes, through its scent, the atmosphere.

The fumigation itself is an alchemistic process. By the heating, in the glowing fire of fumigation, the resin is released into the air as fine scent, as essence. Before the substance has nearly no smell at all. The process of transformation follows a cycle: “earth” → “fire” → “air = spirit” → “ashes” → “earth,” thus the circle is closed. While fading, the resin renders us its royal scent. Through the ashes the wood is given back to the earth. This change of condition is brought forward to the observer through the scent. By changing the atmosphere, the spirit is influenced.

Eaglewood is part of the Japanese Koh-Doh, the Zen ceremony of the “Listening to the Scent.” This “Listening to the Scent” is conceived as perception of the inner worlds. It is “Listening inside,” like a silent prayer, like meditation. The centring of the inner voice becomes the exercise. Distraction from outside disappears.

Eaglewood plays a special role in different world religions.

- In Sufism, *oud* is used as medium for decisive phases of development. By the “death” of the old self, the new self comes into being. Ideally, the Sufi reaches his aim, a higher degree of consciousness.
- In the Bible, wood aloe or eaglewood is described as scented wood or as balsam.
- In Buddhism only joss sticks of wood aloe are allowed for certain sacrificial ceremonies. The ceremony, as practised ritual, shall further the growing of consciousness. Again we see the alchemy of transformation, the transformative process of development and change.

The mysticism of alchemy also takes place in the mental healing process (of becoming whole): old patterns and habits can be given up (earth), because thereby its condition suddenly changes (fire) in order to reach a new and higher spiritual level of consciousness (air = spirit).

Maybe these thoughts made you curious to read the results of the homeopathic proving of wood aloe. It has always been a joy and an exciting experience to triturate a substance with Anne Schadde. I thank her for her great energy that she is dedicating to homeopathy. She is an impressive therapist, teacher, speaker, giver of ideas and she has enriched classical homeopathy with her provings.

Walter Schmitt  
Pharmacist  
Enzian Apotheke, Munich/Germany

## **SUBSTANCE**

The paper presented here is the proving<sup>1</sup> of a scented wood, the noblest, most precious scented wood of the world, the wood of the eaglewood tree, *Aquilaria agallocha*. This tree grows in Indonesia, India, Assam and neighbouring islands is often also called aloe tree.

---

<sup>1</sup> Homeopathic medicinal self encounter.

The tree that can grow as high as 40m and has full rim of leaves and coloured blossoms brings out a fruit in a bipartite capsule.

The wood of the tree only becomes scented wood when its heartwood has been infected by fungi for several years. By that means the so-called *Agar* develops and only then becomes scented wood.

The soft resinous wood infected by fungi becomes, in the course of centuries – through the process of petrification – so tight and heavy, that it sinks in water. That's why the wood of aloë is also called "sinking scent." It has a higher specific weight than water and therefore can't float on the water's surface. The quicker the wood sinks, the higher its quality.

The fermented wood, refined by micro-organisms, gets a balsamic, amber-like, acrid and camphor-like scent. It is an expensive rarity – the most precious of all scented woods – that exists only in resin-saturated diseased wood.

Today, we know that the wood contains several components: p-methoxycinnamic-acid, agarotetrol, agarol, agarospirol, alpha- und beta-agarofuran, dihydroagarofuran, 4-hydroxydihydroagarofuran, oxo-nor-agarofuran and others<sup>2</sup>.

### **The Different Names**

The name eaglewood tree comes from the observation that the way its branches stick out resembles the wings of an eagle<sup>3</sup>.

AQUILARIA is derived from AQUILA, which means eagle in Portuguese. The Greek AGALLOCHON became ALOXYLON and then wood aloë. The wood aloë tree should not be confounded with the juice of the leaves of a lily species *Aloë succotrina*, which stiffens into a gum-like resin. The lily species come from the African island of Socotra at the estuary of the Red Sea. In Egypt *Aloë succotrina* was often used for mummification. The resin played a role in putting Jesus into his grave. It was also used as a strong laxative and is found in many prescriptions<sup>4</sup>.

In the Bible's old testament, in the Canticum Cantoricum 4:14 and in the Psalm 44:9, it is the wood aloë of the eaglewood tree that is referred to.

Other names of the tree are AQUILARIA SINENSIS; AGAR in Sanskrit; AGARO; AGURU and AGHIL in Tamil.

The names for the resin-saturated diseased wood LIGNUM AQUILARIAE RESINATUM or LIGNUM ALOES, wood aloë, eaglewood or paradise wood vary still further:

- The name used in India for "inflamed eaglewood" is AGARBATI
- In Nepal it is called AGARU or CALAMBAC
- In China it is called "sinking perfume" CH' èn-hsing
- In Japan the scented wood is called JIN KOH

---

<sup>2</sup> Rättsch, Christian; 1996, Räucherstoffe der Atem des Drachens; AT Verlag

<sup>3</sup> Fischer-Rizzi, Susanne; Botschaft an den Himmel

<sup>4</sup> Ohloff, Günther; 1992; Irdische Düfte – himmlische Lust, Eine Kulturgeschichte der Duftstoffe; Birkhäuser Verlag; S. 280

- The oil extracted from the wood is called OUD in Arabic. This name stems from AL OUD, the lute. In the Sufi tradition, the oil of OUD was used for various ceremonies.

### The Relations of the Families of Plants

The tree belongs to the family of *Thymelaeales*<sup>5</sup>, the Edgeworthia.

To the Edgeworthia belong:

- **Daphne indica** (Daph), sweet-scented Spurge Laurel; *Daphne odora*; *Wikstroemia indica*
- *Daphne mezereum*; **Mezereum** (Mez.), Spurge Olive, *Thymelaea mez.*, *Chamelae germanica*; Mezereon, Dwarf-bay
- **Dirca palustris** (Dirca), Leather wood; Moosewood, Wicopy

The family of plants of the *Tymelaeales* is closely related to the *Euphorbiaceae*<sup>6</sup>.

### The Fungus

The aroma of the wood comes from the emerging resin. The different fungi (*Phomopsis aquilariae* and *Phomopsis spp.* or *Aspergillus sp.* and *Fusarium sp.*) live in symbiosis with the wood and cause the secretion of the resin. The more resin the wood has and the older the wood, the stronger is the aroma<sup>7-8</sup>.

### The Different Species

The quality is measured in four different categories according to the development of the resin:

- Grade 1 = Black or True Agar (the impregnation of the resin is very intense, the wood resembles black stone)
- Grade 2= Batang (brown in colour without any black tone)
- Grade 3 = Bhuta or Phuta (brown in colour interspersed with 50% or more of yellow-coloured wood)
- Grade 4 = Dhum (mostly yellow with scattered streaks of brown or black resin)

The first three grades are used as incense, the wood of the 4<sup>th</sup> grade is distilled for the oil.

### The Properties

Acrid, bitter, warm, aromatic<sup>9</sup>.

### The Application

#### In Chinese Medicine<sup>10</sup>

- As stimulant and digestive
- It stimulates the channels kidney, spleen and stomach: "It is used for stagnant Qi patterns with such symptoms as distension, pain, or a feeling of pressure in the epigastric of abdominal region or if there is coldness in the organism and the

<sup>5</sup> Bolte, Angelika; Wichmann Jörg; Die natürliche Verwandtschaft der Heilmittel

<sup>6</sup> Bolte, Angelika; Wichmann Jörg; Die natürliche Verwandtschaft der Heilmittel

<sup>7-8</sup> Rätsch, Christian; 1996; Räucherstoffe der Atem des Drachen; AT Verlag

Fischer-Rizzi, Susanne; Botschaft an den Himmel

<sup>9</sup> Chinese Herbal Medicine, Materia Medica, Dan Bensky and Andrew Gamble, Eastland Press, 1986

<sup>10</sup> Chinese Herbla Medicine, Materia Medica, Dan Bensky and Andrew Gamble, Eastland Press, 1986

blood becomes congealed. Then wood aloe helps move the Qi and alleviates the pain. It directs the Qi downward and balances.”

- Excessive or deficient type of vomiting, belching or hiccups from cold deficiency in the stomach or spleen
- Asthma and wheezing from deficient kidneys
- Anti-microbial effect: decoctions of the wood are used against *Mycobacterium tuberculosis* and *Shigella flexneri*
- Dusted on clothes and skin it preserves against fleas and lice
- Cooking the wood in wine contributes to the alleviation of inner pin and heart pain
- Cancer of thyroid gland and tumours of the lung

### In Greek Medicine

Dioskurides writes: “The Agallochon is a wood that has been brought from India and Arabia, it resembles the wood of thuja, it is spotted, fragrant, a little astringent on tasting, at the same time with a certain bitterness, with a leather-like and spotted bark. Chewed and decocted it makes the odour of the mouth pleasant, it is also a scented sprinkling powder for the whole body. It is used for fumigation instead of incense. The root alleviates the weakness and heat of the stomach. It helps when drunk with water, those who have dysenteric abdominal or liver pains<sup>11</sup>.

### In Tibetan Medicine<sup>12</sup>

The glowing wood is used to chase away the spirits of disease, especially in treatment of mental diseases and psychic disturbances (depressions).

It is used above all to eliminate rLung, which is the cause for the sadness of the heart. The inhaling of incense of wood aloe – scattered on glowing charcoal – is said to be a psychoactive for use against mental and psychic disturbances, emotional instability, especially those caused by negative energies.

Tibetan psychiatry employs different scented woods therapeutically for mental disturbances and emotional instability, wood aloe being one of them. The patient inhales the scent of the wood that unfolds through the heating on glowing charcoal<sup>13</sup>.

### In Japan

In 1993 the effect of the wood was examined scientifically and it was concluded that the inhalation of the scent is a strong sedative and prolongs the time of sleep. Therefore, wood aloe should be inhaled in the evening, in order to relax the soul profoundly.

### In Western Aromatherapy<sup>14</sup>

- Sleeplessness
- Depressions
- Tensions
- Brain disorder
- Chronic fatigue syndrome

---

<sup>11</sup> Rätsch, Christian; 1996; Räucherstoffe der Atem des Drachen; AT Verlag

<sup>12</sup> Rätsch, Christian; 1996; Räucherstoffe der Atem des Drachen; AT Verlag

<sup>13</sup> Ohloff, Günther; 1992; Irdische Düfte – himmlische Lust, Eine Kulturgeschichte der Duftstoffe; Birkhäuser Verlag

<sup>14</sup> Soham; Essay „Oud“; Forum für Aromatherapie and Aromapflege, Heft 2/95

- Hysteria
- Forgetfulness
- Diseases of muscles and nerves

### Summary of Clinical Applications

- Antibiotic
- Aphrodisiac
- Asthma
- Diarrhoea
- Gastralgia
- Cancer (thyroid gland, lungs)
- Carminative
- Congestions, colics
- Kidney
- Hiccup
- Alleviating pain
- Stimulant
- Nausea

### Fumigations

Joss sticks (agarbatti) are used in nearly all traditions of the East. In mysticism, the scent served initiation and self-knowledge.

For Sufi meditations, all openings of the body are closed with rags soaked in oil of oud. According to the Islamic mysticism oud is used for advanced stages of spiritual growth.

In Japan eaglewood is used for the path of inner perfection by attentiveness. The ritual of the fumigation ceremony “to listen to the scent” called “Koh doh” describes the “path of the scent.” In this instance “to listen” means not only to smell but also to awaken all of the senses and perceptions. The rituals serve the growth of consciousness with simultaneous training of the sense of smell.

The scent of wood aloe is supposed to make the mind attentive and to lead us in the “pure hands of Buddha” and to draw the attention of the gods on us.

The scent helps to call the ancestors during magic rituals, to keep away demons from house and garden and to attract happiness and success. (Good spirits prefer well-scented surroundings!) Fragrant scents chase away impurities, ignorance and bad deeds<sup>15</sup>.

In the Chinese sphere also sacrificial fumigations play an important role in the worship of immortals, ghosts and ancestors. The smoke could chase away the demons that are the cause of disease and misfortune. It can purify clothes and houses and cause rain. Meditation, dietetics, respiration techniques, and sexual practices were recommended in order to reach the “path of eternal life”, the Tao. Joss sticks were used as “clock of smell,” the time was read from the ashes.

---

<sup>15</sup> Wollner Fred; Räucherwerk und Ritual; 1995; Buchverlag Fred Wollner, Kempten

It has a sedative and cheering effect, creates a state of trance and meditation and enables the spirit to reach higher levels of perception. Thus, it facilitates the process of accessing higher degrees of meditation. It should not be used when concentration and quick reactions are necessary<sup>16</sup>.

The scent grounds and leads to the roots; it erotizes and stimulates imagination. It is important of the transitional phases of life, “the guardian of the threshold,” as shown on old frescos at the court of the dead in Egypt.

It touches the source of melancholy and cheers up by ameliorating the brain function, it balances body and soul, and strengthens the nervous system<sup>17</sup>.

### **The Scent**

Eaglewood smells balsamic, amber-like, woody and deep.

In Japan a differentiation is made between the different characters of scent of *Jinkoh*:

1. Sweet, like the scent of honey or of boiled down sugar.
2. Sourly, like plums or other sourly food.
3. Sharp and hot, like red pepper thrown into the fire.
4. Salty, like seaweed dried above the fire.
5. Bitter, like bitter medicinal herbs, that are scalded.

Until today the scent could not be imitated artificially.

### **The Sense of Smell**

*“Scents that can't be perceived by the nose obviously have a mysterious power over men.*

It refers to the organ of Jacobson, which has been called the sixth sense by some scientists. The vertebrate perceive the pheromones by it. Since the organ of Jacobson degenerated in men in the course of the evolution other scientists did not attach any importance to it. Now it seems clear that this insignificant organ in the nasal cavity still has a bigger influence than believed. But only future psychological and chemical research will show how strongly men really are unconsciously influenced by scents<sup>18</sup>.”

### **History<sup>19</sup>**

According to the legend, a big piece of eaglewood was washed onto the Japanese coast in 630 AD. Villagers wanted to burn it and a strong scent developed thereby. They went to the ruler, prince Shotoku (Buddhist adherent), and he presented the drift wood to the emperor, who was fascinated by its fragrance. The wood was called “Jin” = “sinking under the water” and “koh” = “scents.”

A refined art of scents of high sensitivity developed in Japan. Wood and precious resins decorated the sacrificial altars for the “path of the gods.” Importance was attached for scents also for housing spaces and clothes: the scent floated through

---

<sup>16</sup> Rättsch, Christian; 1996; Räucherstoffe der Atem des Drachen; AT Verlag

<sup>17</sup> The World Preservation Society; Powerful and Unusual Herbs from the Amazon and China, Inc., 1993-1995

<sup>18</sup> Die Macht der geheimen Gerüche, in Süddeutsche Zeitung 12.3.1998

<sup>19</sup> Ohloff, Günther; 1992; Irdische Düfte – himmlische Lust, Eine Kulturgeschichte der Duftstoffe; Birkhäuser Verlag

the rooms. The Japanese nobility held competitions where the scents produced in a fumigation store had to be judged.

The arts of seduction were always supported by scents. In Hebrew history, Judith (the biblical adulteress) animates the youth Holofernes with a wave of scents: "I have sprayed my bed with myrrh, aloe and cinnamon. Come let us indulge in love<sup>20</sup>." Thereby, the Jewish people were liberated from the repression of the Assyrians.

King Salomo raved, after his amorous encounter with the Queen of Saba, about her fragrance, the scent of her spices, that contained the precious scents of wood aloe together with myrrh, saffron, cinnamon, etc.

According to Greek tradition aromatic plants always were of divine origin. The god manifested himself in their scent. This symbolism of scents was adapted by the Romans from the Greek. Wood aloe was dedicated to the god of war, Mars; cinnamon to Mercury; saffron to the god of the sun, Phoebus; musk to Juno; and amber to Venus. It was believed that the gods were keen on scents.

All cultures of India used the abundance of natural scents of flowers, herbs, resins, and woods for sacral, social and personal situations in their lives. In the Upanishades, the literature of Sanskrit, the distinguished culture of scents is described. Fire from scented woods had to be lit for the trinity of Indian gods Brahma, Vishnu and Shiva in the four cardinal points.

In lyrical Sanskrit poetry, scents were used to support sensual attractions: "For the feast the beautiful rub themselves with yellow sandal, pure and clear; they season their mouth with scents and perfume aloe in their hair." "The face of the beautiful like a lotus is impregnated with the juice of fragrant flowers, her bedchamber of lovely smoke of aloe<sup>21</sup>."

The Arabian potentates had a special attraction to wood aloe as seen in *Arabian Nights*.

Until today, it is part of the closing of an Arabian banquet that the guests fan themselves the scent of aloe onto clothes, hair and beard as a remembrance.

## PROVING

### The Preparation

The homeopathic trituration and potentization of *Lignum aquilaria agallocha* took place in the Enzian-Pharmacy on January 9th, 1998.

### Ceremony

A cube of charcoal was burnt and put in a cone-shaped mound of rice ash. A mica plate (quartz-plate) and a tiny piece of the wood, which had been previously weighed (0,062g) was placed on the cone of ash (like a small volcano). Through the heat of the charcoal the tiny piece of wood began to slowly combust from below and was thus brought to develop the scent. This was the moment – before the wood crumbled into ash – just when the scent started to gush forth, that the process of transformation

---

<sup>20</sup> the Bible, Judith, 10.4

<sup>21</sup> Kalisada; Der Kreis der Jahreszeiten, Insel Verlag 1919



through heat took place. Then the trituration of the substance to the C1 was started and then further to the C2 and C3. Then the substance was succussed to the C30.

The proving was held in 1998 in a course of the 1997-1998 class at the academy of homeopathy in Gauting (address see supply sources). Twelve provers participated (17 women and one man).

Numbers of the provers' journals:

- No. 1 female
- No. 2 female
- No. 3 female
- No. 5 female
- No. 7 female
- No. 8 female
- No. 11 female
- No. 13 female
- No. 15 female
- No. 16 female
- No. 18 female
- No. 19 female
- No. 20 female
- No. 23 male
- No. 25 female
- No. 26 female
- No. 27 female
- No. 30 female

## **The Collected Symptoms of the Proving**

### **MIND**

#### ***Fears***

- <sup>1</sup> Fear something will happen (20/10)
- <sup>2</sup> Anxiety about the future, fear of poverty, fear of failure (7/23)
- <sup>3</sup> Fear to miss a good chance (7/13)
- <sup>4</sup> No fear that anything happens to my husband bobsledding (2/18)

#### ***Energy***

- <sup>5</sup> Complete lack of energy (20/xx)
- <sup>6</sup> Feeling to be high, euphoric, silly, stimulated, in the morning and afternoon; changes abruptly into weariness, but I am sociable all the same (19/01)
- <sup>7</sup> Feel mentally exhausted and depressed, > listening to music (19/02)
- <sup>8</sup> Feel slack and grumbling, listless, hang around, can't get anything done. Want to get out of this state (19/56)
- <sup>9</sup> Exercise my breathing with my physiotherapist, start shivering and it is very exhausting (11/03)
- <sup>10</sup> From 19h onwards distinct increase of energy (11/23)
- <sup>11</sup> Worn out by the fight against myself (11/09)
- <sup>12</sup> Euphoric (11/12)
- <sup>13</sup> Unnerved, overburden (30/02) wishy-washy (30/01-02)
- <sup>14</sup> Energy is good, strong desire to work (26/xx)

- 15 Strong desire to work and euphoric (23/1)
- 16 No desire to work (23/7-14)
- 17 Cheerful, gay, wanton (2/01)
- 18 No desire to do anything, waste my time (18/xx)
- 19 Slow in the morning, it is hard to do anything (18/xx) but good concentration in class (18/08)
- 20 Mental weariness, feel handicapped, blocked (18/xx)
- 21 Strong weariness (8/01), weariness in the afternoon (8/xx)
- 22 Absolutely without strength or energy (5/2)
- 23 Feeling I can't make it (1/xx)
- 24 Fuddled, great prostration and weariness (27/01)
- 25 Feeling as packed in cotton (27/xx)
- 26 Tired and slack, want to have my peace (27/06)
- 27 Weariness changes into inner tension and restlessness (27/xx)

### ***Calmness, Indifference***

- 28 Calmer (20/xx)
- 29 No diarrhoea before exams (20/23)
- 30 Feeling nothing matters (20/xx)
- 31 Cheerful, gay mood, everything seems harmonious. I am not irritated by certain peculiarities of others. I am more indulgent, calmer, a bit like in trance (19/xx)
- 32 A tennis friend remarks: I am more relaxed than usual (11/02) Calm, can't get excited (11/06)
- 33 Indifference towards others (7/11) not concerned with events (7/04)
- 34 Very calm inside, can "let go" easier (30/xx)
- 35 Calmness, peace of mind (13/xx) indifference (13/04)
- 34 Was late for class, strangely no bad conscience (2/02) I am not so quickly excited (2/06) had a small car accident, I don't care (2/21)
- 35 Indifference towards nature, don't feel the same joy as usual (18/xx) feeling of indifference, certainty that everything will be OK (18/xx)
- 34 No emotional share at the funeral of a relative (5/01) no fear driving the car, although there is a lot of snow on the road, unusually relaxed for these road conditions (5/xx)
- 35 On the one hand without feeling when it comes to reactions to events, on the other hand was relatively clear about what was going on. Equanimity towards things that cannot be changed (1/xx)
- 36 No desire to do anything (27/07) A good deal is unimportant and doesn't matter (27/xx)

### ***Contact with Fellow Man***

- 37 Can bear much better to be alone (20/xx)
- 38 Have not a single friend (20/12)
- 39 Good contact to the others, feel safe (19/03)
- 40 Want to be undisturbed (19/06)
- 41 Like to be among people (19/34)
- 42 At the moment it is difficult to look straight at someone (11/11)
- 43 Talk to everybody who is only remotely known to me, get into contact extremely easily (11/xx)
- 44 Tendency to be ironic (11/13)
- 45 Feel more openness, detachment and clarity in the relationships in the class (11/30)

- 46 Difficult relationships e.g., the one to my sister ameliorate (11/31)
- 47 Desire to be touched, carried (7/xx)
- 48 Aversion to company (7/xx)
- 49 Don't feel related to the others (7/11)
- 50 Sensitive to criticism (13/21-23)
- 51 Distanced (13/02-03)
- 52 Can get distance more easily (13/05)
- 53 More tolerant (30/05-07)
- 54 Have the idea of not being able to develop in married life (23/01)
- 55 More inclined to slander (2/08)
- 56 Went out a lot, felt free and had no bad conscience doing so (2/xx)
- 57 Feeling to be alone, like under a bell, people seem to be far away (18/xx) my feelings are enclosed, I let nothing come in or go out (18/12) would like to run away from family and friends and not hear or see anything (18/41) feeling that I don't belong, alone (18/7)
- 58 Great desire for physical contact (5/13)
- 59 Harmony in a big group, feeling of solidarity (1/xx)
- 60 Hypersensitive on the one hand and again totally cool on the other hand (1/08)
- 61 Doubts about relationships to my friend, there are not enough emotions (25/xx)
- 62 Don't want to talk to the supervisor (25/xx)
- 63 Withdrawal (27/xx)
- 64 Feel very perfidious, strong feelings of guilt afterwards, I am very much ashamed (3/xx)

### **Concentration**

- 65 Good concentration (7/03)
- 66 Clarity of mind (13/xx)
- 67 Don't understand some things (13/04). Concentration difficult, dullness while studying, distracted, absent-minded (13/xx)
- 68 Don't feel as if I am talked to, not interested (20/xx)
- 69 Pronounce words and syllables wrong (20/10)
- 70 Don't understand connections, but concentrated (20/xx)
- 71 I am like in trance or like in a dream (19/04). Wake up very confused and upset. Feel that this mood comes from the dreams (19/06)
- 72 Feel that I see more (19/06)
- 73 Have misplaced the keys twice today (19/07)
- 74 Make many mistakes in writing simple words, for example I confound "v" with "f" or I don't know any more how to spell simple words. I am tired and dull (19/xx)
- 75 Feel dull and dazed, not inclined to work (19/35)
- 76 In speaking I confound letters and invert sentences (11/11)
- 77 Next to myself (11/19)
- 78 Hardly receptive (30/02)
- 79 Can express my thoughts better, but I have to read words twice because I feel to have spelled them wrong (2/xx)
- 80 Have forgotten my credit card number and the telephone number of my friend (2/04)
- 81 Mistakes in writing, continuously (18/xx)
- 82 Forgetful (18/xx), but perceive details very intensely for a moment (18/05)
- 83 Mentally present, can express myself more precise and more to the point (5/5)
- 84 Continuous daydreaming (5/xx)
- 85 Disorientation and lack of concentration (1/xx)

- <sup>86</sup> Strong desire to work (1/xx)
- <sup>87</sup> Feel as if I drive my car automatically (25/xx). Absorbed in thoughts (25/xx)
- <sup>88</sup> Slightly forgetful, problems to concentrate (27/03), blackouts, for short moments not in the present (27/xx)
- <sup>89</sup> Hallucinations, read other words than are actually there (27/xx)
- <sup>90</sup> Feeling to miss the way or to have missed the way (16/01)
- <sup>91</sup> Confusion in general (16/02)
- <sup>92</sup> Confusion, alternating with mistaken acts (16/xx)

### ***Irritability***

- <sup>93</sup> Irritable in the morning, don't want to be addressed by certain people (19/57)
- <sup>94</sup> Bad mood (11/19)
- <sup>95</sup> Tactless, offensive (7/11)
- <sup>96</sup> Aversion to noise (7/09)
- <sup>97</sup> Very irritated, could kill my husband (13/02). Anger, irascibility, irritability, quarrelsome (13/xx).
- <sup>98</sup> Restlessness (13/05)
- <sup>90</sup> Irritable because of nothing (2/xx). Angry at myself (2/xx)
- <sup>91</sup> Angry that I feel so bad (18/xx)
- <sup>92</sup> Irritable and impatient towards my class neighbour, satisfied afterwards that I have shown my feelings (18/24)
- <sup>93</sup> Noise in class is unbearable (18/7)
- <sup>94</sup> In the morning feeling of anger towards my husband because of a dream (here reality and dream are probably mixing) (5/1)
- <sup>95</sup> Very sensitive to sounds: sound of brushing teeth
- <sup>96</sup> Agitated because my neighbours can't let me do my things in peace, angry at myself, because I let get myself exploited (5/25)
- <sup>97</sup> Anger, feeling to have been treated unjust, morose mood (5/xx)
- <sup>98</sup> Fatigue in the evening extending to aggression (27/02)
- <sup>99</sup> Helpless, aggressive and sad (27/xx)
- <sup>100</sup> Irritable and impatient in trifles towards the children, guilty feeling afterwards (3/02)
- <sup>101</sup> Irritable towards my supervisor with disinclination to tell anything (3/08)

### ***Self-confidence***

- <sup>102</sup> Feeling of nothingness, as not existent; like someone nobody want to have to do anything with (20/11)
- <sup>103</sup> Self-confident behaviour in public (7/xx). More daring to speak, less timid, self-confident (7/xx)
- <sup>104</sup> Doubt decisions (7/17)
- <sup>105</sup> Why am I so silly? (5/xx)

### ***Sadness, Discouragement***

- <sup>106</sup> Sadness (20/xx). Have cried and couldn't stop (20/11)
- <sup>107</sup> Feel discouraged because I didn't find the remedy in an exam (19/31)
- <sup>108</sup> Feel depressed in the morning and forenoon, dissatisfied (19/32)
- <sup>109</sup> Satisfying sadness (11/02)
- <sup>110</sup> Cry because of a sad report on TV (7/04)
- <sup>110</sup> Discouraged, morose (13/04)
- <sup>111</sup> Depressed (2/03)
- <sup>112</sup> Quickly on the verge of tears (2/10)

- 113 Sad thoughts with the feeling of never being able to be happy again, 5 o'clock in the morning (2/31)
- 114 Numbness, heavy, dark mood (18/xx)
- 115 Grief, forsaken feeling (1/xx)
- 116 Pessimistic, could cry out of anger and disappointment (25/xx)
- 117 Can't cry (16/xx)

### ***Unusual Observations***

- 118 Could grin all the time (19/08)
- 119 Can't bear to have to wait, rather don't buy anything (19/34)
- 120 Buy a nut-crescent because I am very hungry. After having eaten half of it, I imagine that cockroaches or other vermin could be inside, stop eating (19/36)
- 121 Impression that the remedy increases existing talents and brings them into flow (11/15)
- 122 During a trance: feeling of totality, ecstatic (11/15)
- 123 Surprised how slow the time passes (11/15); feel as if I have a lot of time (11/32)
- 124 Observe unusual conditions of light, I am fascinated (30/01)
- 125 Feeling not to be of this world. Think a lot about dreams, life and death, religion (30/03)
- 126 Feeling as if I am shielded (30/5-7)
- 127 Feeling time passes too slowly (13/00)
- 128 Feeling I am standing next to myself and I observe myself (13/00)
- 129 Delusion, feverish, distances are increased (13/07)
- 130 World seems unreal to me, far away and to some extent ridiculous (13/07)
- 131 Biting my fingernails (13/xx)
- 132 Orderliness (26/xx)
- 133 While driving the car: oncoming lights irritate, everything seems much too fast to me, feeling of being stuck to the car seat, like on a roller-coaster (2/01)
- 134 While driving the car desire to go very fast, to reach the destination quickly, like being drunk (2/25)
- 135 Feel like I have taken drugs (2/02)
- 136 See grey mice scurry by for short moments (2/xx)
- 137 Feel possessed (2/64)
- 138 Pity with shabby cat, take care of it (2/08)
- 139 Awkwardness, spill things more frequently (2/10)
- 140 Accumulation of small accidents, misfortunes and coincidences in my near surroundings (2/18-21)
- 141 Feel as if I went through a big gate and have arrived at a place where I can start to be myself (2/12)
- 142 Feel more presence (2/13)
- 143 Impression that I laugh much more (2/08)
- 144 Feel well and look forward to all new things (2/16)
- 145 Delusion, dead inside (18/05)
- 146 Feeling for time is missing, like between day and dream (18/07)
- 147 Everything is too slow, feeling there is not enough time (18/09)
- 148 Feelings as in pregnancy, also because of physical symptoms (oedema, heaviness, bloated stomach, sickness etc.) (18/xx)
- 149 Feel like benumbed by pain (18/41)
- 150 Unsteady, drunken feeling, as having drunk alcohol (5/xx)
- 151 Difficulty in writing (speed too fast), nearly cramps (5/02)

- <sup>152</sup> Again and again the feeling to stand aside, staggering unsteady feeling, awkward in pouring tea (5/xx)
- <sup>153</sup> Feeling as if the inside (the soul?) pushes at the ribs coated by mucous membranes and as a matter of fact want to get out (5/02)
- <sup>154</sup> Feeling I am behind a glass plate, feel courageous and safe behind it (15/01)
- <sup>155</sup> Feeling my handwriting is bigger, stronger, easier (15/02)
- <sup>156</sup> In the afternoon great restlessness in the region of the solar plexus. Feeling: everybody has claims on me. (5/xx)
- <sup>157</sup> My nerves are bare, even low sounds are painful (5/5)
- <sup>158</sup> Feeling as if I could sense a part of my coronary vessels (5/11)
- <sup>159</sup> See with my inner eye a "garland vessel", which is approximately 10cm long and branched out, like out of silver (5/30)
- <sup>160</sup> Fit of laughter (5/xx)
- <sup>161</sup> Inner "pictures" of the middle ages (5/xx)
- <sup>162</sup> Quick change of mood without notice (1/xx)
- <sup>163</sup> Extremely benumbed, like packed in grey-white cotton (27/xx)
- <sup>164</sup> Feeling of a glass plate, feel unreal (27/06)
- <sup>165</sup> Quick-motion phenomenon, time seems too long and sometimes too short (27/013)
- <sup>166</sup> Feel I have to change something (27/13)
- <sup>167</sup> On driving the car or on walking: visions of moving figures in the corner of the eye. On focusing I see that it was only a fixed object (27/xx)
- <sup>168</sup> Pessimistic concerning the future of the earth, of mankind (27/xx)
- <sup>169</sup> Feel my energy is leaving me, have to keep moving in order not to fall asleep (16/xx)
- <sup>170</sup> Feel I am moving in different times (16/xx)
- <sup>171</sup> Feel time is passing differently for me (16/xx)
- <sup>172</sup> Feel the night is endless (16/01)
- <sup>173</sup> Can't listen to music (16/xx)
- <sup>174</sup> Feel that I begin to have hysterical tendencies (16/18)

## **DREAMS**

Comment: in the dreams 175-212 the number of the prover and the day of appearance of the dream was forgotten while writing them down in the provers journals. However, the dreams were included in this materia medica, because to some extent they make possible the understanding of the remedy.

- <sup>175</sup> Two elderly somewhat crazy women want to have their child treated in the students practice. Feeling: there are many unclear things for all of us, but I can see behind things.
- <sup>176</sup> Kidnapping of a couple in a bus. The attempt to escape fails, my mother seems to be the only chance.
- <sup>176</sup> Several dreams about pregnancy and delivery
- <sup>177</sup> Imprisoned with others because of a witch. Have to die, physical and mental decay before. Want to flee, come into a room with a corpse. Some time I am also affected by the poison, perhaps the flight fails and I have to die.
- <sup>178</sup> Food – clear away untidiness
- <sup>179</sup> Help in preparing food. Try to draw the attention to the fact that rice and potatoes need to be prepared – finally my message comes through.

<sup>180</sup> I am in France with several people, drive in the last car. Suddenly everybody is gone, I get lost, the road becomes narrow, there's a precipice on one side. I can't get through, have to return.

<sup>181</sup> During class: a teacher collapses and is dead. At first nobody bothers, then two pupils drag him out of the room, on his stomach. The dead sits up, opens his eyes and says something although he is blue already.

<sup>182</sup> Travel with someone and a small child through Thailand. Very beautiful landscape – pleasant, quiet, contented

<sup>183</sup> Japanese geisha parades in front of a Bavarian farm, she is the owner. Something is wrong here.

<sup>184</sup> Run a kindergarten for monkey in the wilderness. When I want to teach them, they sit in a line and cover their faces with their hands. Feel they are making fun of me.

<sup>185</sup> Fly with spread out arms over a beautiful river landscape, everything is green.

<sup>186</sup> Young boys row, I also feel like it and start to row. Suddenly I see that the river ends in two concrete tubes, that means that I can't go on like before but that I have to look back all the time. Then I don't feel like it anymore – it is not relaxing. Feel I have to mind, to stop in time.

<sup>187</sup> Spend the night with a man, have to get home to my parents quickly, so that nobody notices. However meet my father on the street, want to be home before him but don't succeed because of heavy bags. All the same I sneak into the house and behave as if I had been there all the time. Nobody notices anything.

<sup>188</sup> Climb on a ladder shakily, slowly tip over, come down relatively safely. I am astonished and understand that it is no doubt disagreeable to fall but not menacing. Climb again – more courageous. But the feeling of falling is disagreeable because I am at the mercy of forces, am determined by them.

<sup>189</sup> I am seriously ill (cancer). Have to decide the therapy. Find out that I am very much attached to life. Feeling: stress.

<sup>190</sup> Have to go to the station, don't dare to ride my bike because it is so steep. At the station a revolt is going on, a young man throws stones at me, I throw back, it becomes too dangerous, run away. Then I sit naked with a man in front of the house.

<sup>191</sup> Two figures out of gold melt into a black bubbling liquid. Cut. I am in the Himalayas where the Dalai Lama has died. He is carried downhill, wrapped in white blankets, in a colourful decorated procession with prayer flags.

<sup>192</sup> About a broken off relationship, dealing with revenge and lack of understanding on my part – did me too much harm. Intensive and painful

<sup>193</sup> Play in a somehow unnatural forest

<sup>194</sup> We want to land in a very small air plane, this is very problematic

<sup>195</sup> Want to disappear with a young man and woman out of a hut in the wood. First we have to narcotize an elderly man with ether. Have to do the washing up yet, a lot and for a long time. The two men in uniforms arrive, who are looking for the three of us. How good that I am wearing an apron – disguise. Later we have disappeared.

<sup>196</sup> Buy by mistake two purses in a shop for leather articles in the wood. Have to lend money from a friend.

<sup>197</sup> See the moon in its full size, every crater, beautiful

<sup>198</sup> See that old woman (mother) is soon going to die, can bear that well

<sup>199</sup> Feeling to be shadowed in the dark streets of the old town. Run away.

<sup>200</sup> Fly a kite, on the border of a cliff, suddenly I realise that I am falling into the sea. I am terribly afraid but I have a soft landing. Think how soft that was, there was no need to be afraid.

<sup>200</sup> Nightmares, with fearful waking, it seem to me that waking up is like fleeing from the dreams.

<sup>201</sup> Ball in the officer's club: on greeting several couples I am becoming shorter, until I am only 50cm high.

<sup>202</sup> Kill an enemy in a fight. Mortal fear afterwards.

<sup>203</sup> Fly with a colleague in the living room and not in an air plane to the shooting ground. Everything is so unreal.

<sup>204</sup> I am in Western city, feel threatened. Have to dig an underground passage in order to escape.

<sup>205</sup> Fly with a pilot, very fast, I am a little bit afraid because I have no influence.

<sup>206</sup> My house is burning, several people nevertheless proceed in their occupations. Only my husband helps to extinguish the fire. I know that nothing is going to happen to my family.

<sup>207</sup> Teacher who is a know-all is pregnant. She asks me about my experiences with children.

Surprised that she is willing to have my advice.

<sup>208</sup> Stand on a jumping platform which is not even but has an undulation. Therefore I can't see the end and decide not to jump.

<sup>209</sup> Together with a friend I meet a homosexual couple, shortly afterwards we go to bed together. Later I and these people meet my father in a bar, he knows everything, I am ashamed.

<sup>210</sup> My uterus has fallen out, try to stuff it back

<sup>211</sup> Dreamt twice of a burnt down church

<sup>212</sup> At a party a beautiful woman dressed elegantly staggers to her chair. Spotlights are directed on her. Feel her imploring look, she wants to be left in peace. Try to help her, but nobody listens to me. See that fading life in the graceful body and feel helpless because I can't do anything.

<sup>213</sup> On a spot where there used to be house there is nothing all of a sudden. Drive in a well known street and see a new white house. Look again and suddenly the house is gone. Then I see myself naked without hair (3/05)

<sup>214</sup> Of an old friend: there was a strong feeling of love. Had to save him and escape with him (27/01)

<sup>215</sup> Met my big old love in an old park (27/02)

<sup>216</sup> Of my mother's death who lives in the black Forest. Get a call that she is dying and I can't make it to be with her (27/xx)

<sup>217</sup> Get the message that I have only a few more days to live (27/)

<sup>218</sup> At night stand outside with a few friends and look at the stars – suddenly I see how the crescent of the moon falls from the sky like a shooting star and shatters like a piece of china far away on the ground. Feeling: end of time (27/xx)

<sup>219</sup> My children and I are thinking about shooting ourselves. But I am afraid to do so and don't really want to. Matter-of-factness and little feeling is involved, rather fear of pain (1/07)

<sup>220</sup> Threat through a bomb. We know of it beforehand but can't escape out of the room, because there are already persecutors in the corridor. We are innocent but can't explain it. Look through the skylight. Danger through threat (1/14)

<sup>221</sup> War, persecution (with pain in the bladder), I am like paralysed, nearly wake up out of fear, hide a knife under a tree, because perhaps I want to get it back later in order to survive. Use the moment when the enemy is gone to hide some of my important things further down in a room. However, I am afraid to go and get more things. Feel, that every moment the enemy could come back and become suspicious. I know my way in the rooms, think that I have had the same dream before already (1/18)



<sup>222</sup> A huge street is being built. I watch children play in a valley and then this valley is filled up little by little. I wonder how my children get away in time (1/26)

<sup>223</sup> Beautiful day, I walk through town and meet friends. Then suddenly I am the dentist. Two friends are with me, sitting next to me in the room where I am treated. I lie upside down on the seat. The dental practice is a pub which is known to me. I don't know what the dentist wants to do, he is standing next to me with a razor blade in his hand, on the other side the assistant with a hair dryer. I have to bite on a compress and open my mouth. The dentist wants to examine something and comes closer with his razor blade. I slide away. He says: "But it is only a hair dryer." I slide still further away and suddenly feel the hair dryer in my back. The friends are standing next to the seat, the dentist is about to do something, I am still biting on my compress – then everything suddenly stops, it gets dark in the room. The doctor lowers the blade, the assistant steps back, my friends go to their seats. Feeling: everybody knows what's wrong with me. The doctor says: "We don't have to go on, I suspect what it is." Everybody nods. "It's got to have to do with the nerves, with the spinal cord." I myself suddenly know, it is an amyotrophic lateral sclerosis. I get up from my seat and wake up. No panic. No shock (25/01)

<sup>224</sup> I am on the way with a passing acquaintance from work. We are looking for my daughter who has disappeared. We are somewhere in America/Canada. We walk on a broad road through a wood. No fear, no panic. I am conversing with him quite normally about everyday matters and about the disappearance of my daughter. The road is winding slightly uphill and on the hill I see a wooden house. Suddenly I know that Herbert, with whom I am looking for my daughter, has brought her here and locked her in. He intends to do the same to me. I try to leave a trace, in case someone is looking for us. I talk normally to him, don't show my feelings. We are close to the house and I can hear my daughter's voice, my elder daughter's voice too, although I had not yet missed her. Suddenly I know that Herbert wants to bring me into the house as well and set everything on fire (25/14)

<sup>225</sup> Fly with my little daughter in a balloon over France. I know that I have no possibility to navigate or to determine where we land. We fly over meadows, fields, lakes, towns. Suddenly we have landed and are in a room of a farm house, it looks French. Should I trust the people in the room? I look around and notice that I know the furnishings. I am in a foreign country but still many of the furniture are familiar to me. They are the furniture of my deceased husband (25/17)

<sup>226</sup> I am together with my father. It is very exhausting because he is very affectionate. He absolutely wants to pass on to me his talent for painting and drawing. So I practice the different shades for colours of the eye, green to deep blue. Then my father gets up to go and fetch something. Suddenly I notice that he is blind. He feels his way through the room, his look goes into the distance, somewhat glassy (25/26)

<sup>227</sup> I am at a petrol station, it is a rainy day. I see from afar my school friends whom I haven't seen for years. I run towards them with mixed feeling, full of joy. Suddenly I see that there are two of them and I don't know which one is the right one. I was totally confused but didn't show my feelings and hugged them. One of my friends had grown very old. I was shocked, but then it turned out that it was the mother (16/05)

<sup>228</sup> It was my wedding, I am looking forward to it. We were in a village with an old church. When we started for church, many armed men started to run wanting to protect us from killers. This made the whole thing dangerous. Nevertheless we went into the church and got married. I was extremely happy (it was not my present husband). Then we all went back in order to celebrate. The atmosphere was not good, I don't know why. Then suddenly I urgently had to get back to church, I had to telephone. Something had happened, I think with my husband. The closer I come to

the church, the steeper the road became. My heart was beating fast, on the one hand out of fear of the precipice, on the other hand I had to get into the church. A carpet dealer was sitting up there and said: "You will only make it if you are fast."

At this moment I fell down tremendously deep and only held fast to a rope (16/05)

<sup>229</sup> I am somewhere, don't know where, a run-down region. Was a doctor and my son was with me. We were in a sort of tent. I felt something terrible happened outside, a crime, dealers, Mafia, someone is killed. My son sees everything. Then all of a sudden I am fleeing in this grey and cold region. I am very much afraid for my boy. We hide under a car, that was suddenly gone, without protection. I heard police and summoned up courage. We crawled under another car, there was a lot of cat shit, it went all into my face and mouth, but I thought hopefully they are going to be caught soon. My son was relatively calm, thought it was a big adventure, I was afraid for him. Then suddenly everything was over. Alleviation, the fear was over. Then all of a sudden there was a man with blond hair, plaited. He was gay, I was in love with him. Kissed him, but nothing came back. I wanted him to feel like I did. I thought all the time, he is so cold, so infinitely cold, why do I love him. This passion was endless. I wasn't allowed to have him (16/08)

<sup>230</sup> There was a huge house in a garden. Then war began and I was very much afraid. There was no more house, bombs fell, table chairs were scattered everywhere under the trees. No roof over my head. I was afraid of death. I was so afraid, was looking up all the time trying to see the planes and trying to find out where their bombs came down. I ran restlessly from one side to the other. My heart beat fast, the bare fear of survival (16/14)

<sup>231</sup> We were at school, the rooms were all brown. It somehow looked noble. I sat in the back, my daughter was with me but she wasn't my daughter, but my cousin and I should look after her. However I felt there was something more. It was really a relaxed atmosphere, but I didn't feel well, so naked, even if I was dressed (16/14)

<sup>232</sup> Dreamt that my daughter is dead. Couldn't believe it, felt a great sadness. But couldn't express it. There were no tears. Her eyes were weld together, it was horrible. Then she turned back to life, her eyes were still closed. She tried to open them, this was very hard work. I was so glad but still felt a lot of sadness (16/28)

<sup>233</sup> In front of other people my husband brought my domestic incapacity to light. So my slackness becomes obvious. I feel exposed to ridicule, I am angry, I pinch his cheek and turn away (5/00)

<sup>234</sup> Place, presumably the southern lakeside of the lake of Starnberg, the landscape was not entirely realistic. Lake-dwellings, many footbridges above marshy ground, in between very narrow canals, there were huts, there were black headless coat-beings (looked like tent-like black wrapped coats), I had the chance to heal these being from serious, life-threatening disease (it could have been the pest, something dark in any case) (5/03)

<sup>235</sup> In a big building, like a castle, an invitation is held. Somehow I am also responsible, but I don't know my domains exactly. Only notice that the floor needs to be swept, because a lot of loose dirt is lying around. Feeling: once the numerous guests have arrived, you won't see it anymore. Somehow the surroundings change, the whole suddenly takes place in a landscape resembling an Alpine pasture. The head organiser is my father, I see a young man from behind and realise that I know him, but really he is a crooked old little man. Feeling: how is it possible that someone looks young from behind and old from before? Suddenly pieces of wood or something similar are being thrown on the people from a hill. I see very angry men standing up there and throwing. I go up and ask them what's the matter: they are

angry and beside themselves because so many people have been “torn” by my father to this beautiful place. I show my understanding and by it they calm down (5/07)

<sup>236</sup> A big crater, coated with ground and grass, very steep walls, yet naturally, suddenly is to be seen on an area where in a big mill or a sort of factory tiles are produced out of red material like terra-cotta, with wonderful fossils, shells and ammonites. On the area there is a sort of silo in which sheered unwashed sheep wool is stored. I was with my younger children in the crater and we had to try to climb up, that wasn't possible, we glided back downwards again and again. I propped my outstretched arm in a cleft and wanted that my daughter held fast to it but nothing worked. Feeling: it was a very menacing situation. Suddenly my son discovered that there was a ladder right next to him which meant escape. I continued being afraid because my husband had to roller-skate downhill in a group of people and I was afraid that he couldn't brake in time in front of a very busy street at the bottom of the hill (5/27)

<sup>237</sup> I had to go to the celebration of my friends birthday. On arriving there, I was told that her mother had died and the celebration had been changed into a funeral repast. I was responsible for dinner and had to provide a big brass band with roast pork...in reality I didn't know my friends mother, she had died 30 years ago (5/28)

## **VERTIGO**

<sup>238</sup> Attacks; feeling not to be able to estimate distance to ground (20/xx)

<sup>239</sup> Slight vertigo and numbness all day long (19/06)

<sup>240</sup> Slight vertigo, feeling that I drift to the right with the upper part of my body, like after a wild ride on a roundabout. Feel as if I float (2/xx)

<sup>241</sup> Vertigo in head (15/02)

<sup>242</sup> General vertigo (15/xx)

<sup>243</sup> On walking in the pause, like drunk. Feel as if the ground is shaking, slight nausea > sitting inside (27/06)

<sup>244</sup> Vertigo, benumbed after every dose (3/xx)

## **HEAD**

<sup>245</sup> Boils and evacuation of pus on the hairy head and the right temple, painful, itching and burning (18/xx)

## **Head Pain**

<sup>246</sup> Pain in forehead, heavy, dull, in the evening and morning on waking with tense neck. Bending <, rubbing of forehead and holding of head > (19/xx)

<sup>247</sup> Pain right side at the back, dull (7/04)

<sup>248</sup> Pain forehead, heavy, dull (13/07)

<sup>249</sup> Head pressure, pain and vertigo (18/7-trituration)

<sup>250</sup> Pain in forehead, heavy, ascending from occiput, accompanied by photophobia and nausea (5/xx)

<sup>251</sup> Slight pain in vertex (5/24)

<sup>252</sup> Head pain: vertex, forehead, occiput (5/48)

<sup>253</sup> Head pain: vertex bursting, as if head was completely overfilled (5/58)

<sup>254</sup> Pain at the forehead and tension in neck, > on the right side, < jotting in the car, < in the morning on rising (1/06)

<sup>255</sup> Pain above left eye-brow, > pressure, rubbing, lying (1/27)

<sup>256</sup> Short-time strong headache, right side of the neck, lasting two minutes (25/00)

<sup>257</sup> Dull headache on the left side (25/01)

- 258 Short-time headache on the right side: extending from inside to upper molars (25/01)
- 259 Headache behind left eye (25/30)
- 260 Headache on the right side and pressure in frontal area (27/02)
- 261 Headache, temple and forehead benumbed (3/xx)
- 262 Headache with vertigo, benumbed feeling (3/xx)
- 264 Headache with nausea, burning, stitching (16/03)
- 265 Pain in the forehead on the left and right side (16/01), dull, > hot showers, desire for sour and salty food
- 266 Violent pain, stitching, sharp, > lying, hot shower, peppermint tea, fresh air; < stress, smoke, closed rooms, greasy food, car-driving (16/xx)

### ***Unusual Observations***

- 267 Dull feeling in forehead (19/06) irritation and numbness in head for a short time
- 268 Feeling of prickly hot scalp (19/14)
- 269 Ringing feeling in whole head, feels heavy (7/05)
- 270 Hot head, bursting of heat, cold compresses > (7/xx) slight numbness in occiput (7/03)
- 271 Feeling, something presses from the inside on the forehead (13/07)
- 272 Scalp and hair get greasy faster, rancid smell (18/xx)
- 273 Feeling, brain is telescoping (1/27) – images interweave
- 274 Feeling, head is stuffed (3/xx)

### **EYES, VISION**

- 275 Itching of canthi, inside on the right side (19/xx)
- 276 Swelling in the morning, huge lachrymal sacs (11/06)
- 277 Yellow dried crusts in inner canthi on waking (11/07)
- 278 Burning without redness (11/11)
- 279 Red knots, painless, inside on left lower lid (11/24)
- 280 Feeling as if eyelash is inflamed, lower lid on the right. Small red spot there (2/01)
- 281 Above the left eye small, slightly red spots, itching (2/xx)
- 282 Swelling of upper and lower lids (18/xx)
- 283 Tears being outside and in a room (18/xx)
- 284 Haemorrhage into conjunctiva on the right side (18/17)
- 285 Feeling of pressure in the left eye, visible blood-vessel is swollen and red, many small red veins starting from there (18/43)
- 286 Eyes stuck together in the morning (8/03)
- 287 Swelling under the lids (8/xx)
- 288 Redness in the morning, feeling of heaviness (8/xx)
- 289 Yellow secretions (8/xx)
- 290 Blurred vision, in the morning, while copying from the blackboard (5/51)
- 291 Burning in the eyes (1/25)
- 292 Eyes – look tired (25/xx)
- 293 Pressing pain alternating in right and left corner of the eye (3/07)

### ***Unusual Observations***

- 294 Can't focus so well anymore, difficulty to estimate distance to ground (20/xx)
- 295 Pressure in both eye-balls as if lids are going to close (11/52)
- 296 Feeling, dry and cold (1/28)

## **EARS, HEARING**

- <sup>297</sup> Frequent attacks of tinnitus, on the left side, on the right side as well, come suddenly, get slowly better (20/xx)
- <sup>298</sup> Right ear feels hot (7/04)
- <sup>299</sup> Some liquid secretion (2/04)
- <sup>300</sup> Feel as if the inside of my ear is wet, this is not the case (2/xx)
- <sup>301</sup> Can't perceive the piping sound of the TV in the classroom, normally I am sensitive to it (18/xx)
- <sup>302</sup> Stitching pain on the left side, as if something was inside, then on the right side (1/4)
- <sup>303</sup> Pressure on the eardrum from the inside. Right ear turns hot and it feels as if hot wind is blowing out of the head (3/xx)

## **NOSE**

- <sup>304</sup> Itching in the nostrils (8/01)
- <sup>305</sup> Left side of the nose red (8/01)
- <sup>306</sup> Cold tip of the nose (25/xx)
- <sup>307</sup> Cold feeling in the nose, like menthol (3/07)
- <sup>308</sup> Numb feeling in the left nostril (3/xx)
- <sup>309</sup> Strong itching in lower nose (3/07)
- <sup>310</sup> Sore feeling in the inside of the nose, on the left side, feels dry, no herpes, drawing, dry (16/04)
- <sup>311</sup> Nostril clogged, in the morning, on the right side (23/2)
- <sup>312</sup> Dry nose, nose clogged (15/03)
- <sup>313</sup> Formation of crusts in the nose (5/17)

## ***Coryza***

- <sup>314</sup> Fluent mild clear discharge (20/xx)
- <sup>315</sup> Some fluent discharge, white, in the morning and after outdoor exercise < (2/26)
- <sup>316</sup> Intense fluent discharge with clear secretion, constant attacks of sneezing (7/21)
- <sup>317</sup> Clear secretion without reason (19/06)
- <sup>318</sup> Glassy coryza, stronger on the left side (25/07)
- <sup>319</sup> Slight coryza in the morning (1/13)
- <sup>320</sup> Mucus in the nose, on the left side, have to blow nose constantly (19/27)
- <sup>322</sup> Strong coryza with attacks of sneezing, copious, clear, mild (19/58+59)
- <sup>323</sup> Sneezing, often and violent (1/xx)
- <sup>324</sup> Sneezing and the nose is running more on the right side, mild, nose-sinuses painful as well (3/17)

## ***Epistaxis***

- <sup>325</sup> Dashes of blood on blowing nose, on the right side (19/xx)
- <sup>326</sup> Epistaxis on the left side, respectively on both sides (11/xx)
- <sup>327</sup> Epistaxis, right nostril (15/02)

## ***Smell***

- <sup>328</sup> Getting more and more sensitive to odours. In class it is especially stuffy, it smells – among other things – of ammonia (11/10)
- <sup>329</sup> Feeling to have smelled things more intensely (5/xx)
- <sup>330</sup> Sensitive to odours (1/xx)

## **FACE**

- 331 Hot face, red (7/xx)
- 332 Colour face pale, rings under the eyes (30/03)
- 333 Dark rings under the eyes (18/xx)
- 334 Oedema, look strange, marks are visible till the afternoon (18/xx)

## **Skin, Eruptions**

- 335 Herpes flared up again (20/xx)
- 336 Herpes nose, two vesicles (15/xx)
- 337 Herpes lower lip, itches, burns, swollen, thick yellow crusts (19/xx)
- 338 Herpes lower lip, on the right side, simultaneous with menstruation (11/15)
- 339 Herpes is healing, bleeding. Completely dried up lips in the afternoon (11/21)
- 340 Herpes lower lip (13/xx)
- 341 Herpes upper lip on the left side, on healing blazing-red skin under the crust (18/xx)
- 342 Lips dry, white, crusty, chapped, nostrils sore at the same time (18/03)
- 343 Lower lip very dry, peeling (19/xx)
- 344 Lower lip chapped, painful (1/04)
- 345 Normally dry lips feel velvety (11/05)
- 346 Dry, scaly lips are better after remedy (23/1-6)
- 347 Huge pimple on the right side of the chin, very inflamed for a couple of days, a lot of yellow liquid pus evacuated on squeezing (5/xx)

## **MOUTH**

- 348 Have had "eating difficulties" for some time, i.e. I smudge myself, things come out of my mouth again (19/xx)
- 349 On eating I bite my lips of cheeks, no good manners (19/52)
- 350 Tongue sticks to the palate if I don't drink (11/03)
- 351 Dryness of mouth (27/01)
- 352 Swelling of tongue, seems too big, especially in the morning (18/xx)
- 353 Swelling of gums and inflammation (18/xx)
- 354 Bad breath (13/11)

## **TEETH**

- 355 Dental enamel crumbles away on biting on something hard (20/27)
- 356 Pain, on the left side above and below, incisors (7/06)
- 357 Clenching of molars (30/xx)
- 358 Pain, stitching, cold < (26/01)
- 359 Stitching pain in upper right incisor. Coldness and strong pressure < (23/4-6)

## **INNER THROAT**

- 360 Pain, like a wide throat, like sucking an eukalyptus-bonbon with soreness (20/xx)
- 361 Sore throat, feeling of soreness, aversion to speak. On clearing throat little mucus evacuates (19/xx)
- 362 Hardly no voice, have to clear throat frequently < after meals (1/19)
- 363 Wake up with sore throat, that disappears after getting up (11/xx)
- 364 Inner throat, on the right side, feels swollen and hot. Cold drinks > (7/04)
- 365 Tickling in the throat (7/17)
- 366 Strong burning in the throat, better for a short time after eating and drinking (3/17)
- 367 Raw pain in the throat was gone during the whole proving (2/xx)
- 368 Feeling of having to swallow and sore throat is better (15/01)

### **Unusual Observations**

- 369 On swallowing feeling of lump in throat (1/xx)
- 370 Feeling as if I would swallow on top of a bubble (25/07)

### **THROAT EXTERNAL**

- 371 Distorted M. sternocleidomastoideus today: presentiment since 10th day short-time paralysis in the posterior left throat (20/26)
- 372 Tension resp. pain in the neck extends to shoulders, have to move head often for relaxation, warmth >, movement < (19/xx)
- 373 Neck is stiff (7/03)
- 374 Pain in the neck, on the right side, at night <, getting up >, pressure and warmth don't help (18/31)

### **STOMACH**

- 375 Wake up because of attacks of heartburn (27/03)
- 376 On drinking cold tea: feel the coldness as far as my stomach (5/8)

### **Appetite**

- 377 Food doesn't taste very well. Don't know what I would like to eat (19/56)
- 378 Completely without appetite (11/06)
- 379 No desire to eat (2/xx). Eat little, no appetite in the evening (2/31)
- 380 Appetite rather appeased (7/xx)
- 381 Variations, sometimes little appetite, then I can't control myself (2/xx)
- 382 Without appetite, even on seeing tempting delicacies. Eat nevertheless – no feeling of satiation (18/xx)
- 383 Appetite increased (25/xx)
- 384 Appetite increased (16/xx)
- 385 Appetite increased, continuously (8/xx)
- 385 A lot of hunger, appetite without hunger, but don't know what I want (1/22)
- 386 Appetite increased, constant desire to eat (25/xx)

### **Thirst**

- 387 Great thirst for wine and water (19/05)
- 388 Incredible thirst (11/xx)
- 389 Thirst (30/03)
- 390 Thirst increased (7/xx)

### **Nausea**

- 391 Nausea, feel full after breakfast, in the afternoon or evening, eating >, belching > (19/xx)
- 392 Nausea, worse on lying down (19/55)
- 393 Slight nausea at night (11/06) (7/03)
- 394 Nausea after coffee (13/08)
- 395 Nausea as in pregnancy; nausea, in the morning on waking up, eating >; with frequent belching that doesn't > (18/xx)
- 396 Nausea and quick pulse after black tea (18/36)
- 397 Slight nausea (1/24)
- 398 Pressure on the stomach, feeling of nausea, eating > (25/01)
- 399 Strong nausea, > after dinner (27/02)

- <sup>400</sup> Nausea in the morning, < after smoking, coffee, stress, nausea, > peppermint tea, zwieback, driving a car (16/xx)  
<sup>401</sup> Slight nausea and pain in the stomach (27/07)

### ***Pain***

- <sup>402</sup> Short-time pressure in the stomach (30/04)  
<sup>403</sup> Stomach pain, paroxysmal and very violent (5/2) stomach pain, paroxysmal (5/11)  
<sup>404</sup> Pressure in the region of the stomach (27/00)

### ***Unusual Observations***

- <sup>405</sup> Slight stomach pain, as if a glowing fire burned in the stomach, slowly went out and ascended (19/02)  
<sup>406</sup> Attacks of nausea every few minutes, have the feeling of having to vomit in a minute. It comes up from the stomach like a reversed peristaltic wave, but I have to swallow it. Desire heat, visits > (19/55)  
<sup>407</sup> The bean dish I normally like lies heavily in my stomach, as if the stomach doesn't transport it (19/57)  
<sup>408</sup> Constricted feeling in the cardia, eating does not > (30/xx)  
<sup>409</sup> Feeling of emptiness in the stomach (1/11)  
<sup>410</sup> Feeling of a hole in the stomach after breakfast (25/05)  
<sup>411</sup> Constant nausea like in pregnancy (3/xx)

## **ABDOMEN**

### ***Flatulence***

- <sup>412</sup> Flatulence, in the morning and in the evening (19/xx)  
<sup>413</sup> Since diarrhoea no more flatulence after lunch while eating the same things (11/25)  
<sup>414</sup> Blown-up abdomen and flatulence from 16h onwards with stomach symptoms, stomach (30/xx)  
<sup>415</sup> Abdomen is much blown up. Feeling of a lump in abdomen. Not > after not eating (2/xx)  
<sup>416</sup> Strong flatulence (18/xx)  
<sup>417</sup> Flatulence (1/xx)  
<sup>418</sup> Slight flatulence, have to open my belt (25/00)  
<sup>419</sup> In the afternoon: constant stinking flatulence, lasting until the early evening (25/08)

### ***Pain***

- <sup>420</sup> Slight pressure on abdomen is unbearable (11/34)  
<sup>421</sup> Pain, liver, stitching (13/02)  
<sup>422</sup> Sudden, stitching pain in the region of the liver, ventral to dorsal (23/03)  
<sup>423</sup> Pain at the right lower costal arch, stitching (1/03)  
<sup>424</sup> Pain, region of the liver, stitching; pain in the left hypogastrium, stitching, in spots (5/17)  
<sup>425</sup> Pain in left epigastrium, extending to back (5/26)  
<sup>426</sup> On walking fast stitching pain under right costal arch (27/xx)  
<sup>427</sup> Short-time stitching pain in lower abdomen and rectum (27/01)  
<sup>428</sup> Constant tearing pain, < pressure, > heat, blown-up abdomen, flatulence (27/01)  
<sup>429</sup> Paroxysmal pain in lower abdomen with nausea (27/03)  
<sup>430</sup> Sudden pain in the right groin (20/03)



## **RECTUM**

- <sup>431</sup> On taking a shower feel a haemorrhoid that wasn't there before (27/03)  
<sup>432</sup> Sudden urging of stool with slight cramps, > after stool, slight nausea (27/00)

## ***Unusual Observations***

- <sup>433</sup> Tickling in the anus in the evening (11/20)

## **STOOL**

- <sup>434</sup> Diarrhoea, light-coloured, greenish, tenesmus, stool fatty, oily looking, odor of blueberries (5/11)  
<sup>435</sup> Always diarrhoea-like stools (5/13)  
<sup>436</sup> Stool alternating hard and soft (1/xx)  
<sup>437</sup> At 18h suddenly watery diarrhea without announcement (11/05)  
<sup>438</sup> Watery diarrhoea several times a day (7/04)  
<sup>439</sup> Stool hard (30/xx)  
<sup>440</sup> Increased stool, tenacious and viscid (2/xx)  
<sup>441</sup> Discharge of yellow mucus from the rectum during urination. Odor suppurative, putrid. Later blood as well, bright red and mucous membrane (18/xx)  
<sup>442</sup> Stool more frequent than normal and at unusual times, colour yellow/orange. Lumpy and hard (18/xx)  
<sup>443</sup> Liquid stool, after feeling of flatulence (18/18)

## **BLADDER**

- <sup>444</sup> Bladder, involuntary urination (3/02)

## **KIDNEY**

- <sup>445</sup> Stitching pain in the region of kidneys (20/16)  
<sup>446</sup> Pulsation in the right region of kidney, twitching, a slight dull pain goes with it (1/16)  
<sup>447</sup> Tearing pain in the evening in the right region of kidney (27/14)  
<sup>448</sup> Kidney pain, > stretching back, > lying down (3/03)

## **URETHRA**

- <sup>449</sup> Pain in the urethra (1/23)

## **URINE**

- <sup>450</sup> Urine short-time darker, more concentrated, profuse (20/xx)  
<sup>451</sup> Urine scanty, have to press on urinating (18/34)

## **FEMALE GENITALIA**

- <sup>452</sup> Strong itching in vagina, very dry (5/18)

## ***Menstruation***

- <sup>453</sup> Menstruation somehow shortened, 6 instead of 8 days (20/xx) blood brighter (20/xx)  
<sup>454</sup> Menstruation profuse on second day, stronger than normal (19/55)  
<sup>455</sup> Menstruation with labour-like pain, starts after 20 days (11/35)  
<sup>456</sup> Menstruation starts at night, which is not normally so and I have no pain, bleeding somewhat stronger than normal, no scanty bleeding the last days (2/xx)  
<sup>457</sup> Bleeding extremely strong, gushing, bright red and black clots (18/xx)

<sup>458</sup> Beginning of menstruation: brown clots, odor unusual, blood dark brown most of the time (5/xx)

<sup>459</sup> Menstruation too late (1/xx)

<sup>460</sup> Beginning of menstruation with little brownish blood, blood seems crumbled, pain across the back goes along with it (25/15) blood seems thicker, pain in the back like bruised after an awkward movement (25/16)

### ***Pain***

<sup>461</sup> Tearing pain behind the pubic bone, in the morning (19/38-39)

<sup>462</sup> Slight paroxysmal tearing behind the pubic bone (11/35)

<sup>463</sup> Tearing pain in the entire abdomen (7/13)

<sup>464</sup> Tearing pain in the hip bone extending in the direction of the liver, on ovulation (2/31)

<sup>465</sup> Wave-like, strong pain during menstruation with extreme unrest, walking doesn't > (18/xx)

<sup>466</sup> Tearing pain in the region of ovaries, feeling as if short before menstruation (27/07), heat >

### ***Sexual Desire***

<sup>467</sup> Sexual desire increased (20/xx)

<sup>468</sup> Sex more spontaneous and more intense (2/08)

<sup>469</sup> Libidinous feeling during coition: colourful, red pictures like in a jungle, plants look like tongues (5/12)

<sup>470</sup> Sexuality is not so important, not as normally. No frustration because nothing happens just now (1/xx)

<sup>471</sup> Sexual desire diminished (13/xx)

### ***Leucorrhoea***

<sup>472</sup> Leucorrhoea increased (7/13)

<sup>473</sup> Leucorrhoea like egg-yolk. Strong, bad smelling creamy leucorrhoea (2/xx)

<sup>474</sup> Leucorrhoea, white, large quantity, suddenly, discharged in a gush (18/26)

<sup>475</sup> Leucorrhoea, odour like burnt leather or gum (5/xx)

### ***Unusual Observations***

<sup>476</sup> Feel ovulation on the right side, like a hot stone. Heat towards pelvic bone stronger than other pressure. Moving and vibration <, heat and lying > (2/03)

<sup>477</sup> Feeling as if sacrum is widening during menstruation. Lying, heat and rubbing > (2/43)

<sup>478</sup> Feel pregnant, tearing in abdomen (1/04)

<sup>479</sup> Feeling of weakness in the abdomen with gurgling (1/05)

### **LARYNX**

<sup>480</sup> A lot of tenacious mucus in the throat and larynx, ejected or swallowed with difficulty (7/xx)

<sup>481</sup> Tickling, on the right side (7/04)

<sup>482</sup> Pain in the trachea (7/18)

### **SPEECH/VOICE**

<sup>483</sup> Difficult speech, cannot pronounce complicated words (19/xx)

<sup>484</sup> Often cannot pronounce words I want to say, pronounce a similar word, e.g., "stick on" instead of "strap on" or I can't say a word at all (3/xx)

485 Difficulty to pronounce and to find words (1/xx)

## **COUGH**

486 After swallowing the wrong way: strong irritating cough leading to vomiting (19/07)

487 Tickling cough irritation with nausea, drinking > (19/xx)

488 Dry cough, irritating cough, desire for a hot water bottle on chest, during the day >, lying down <, cough causes waking up at night, cold tea > (19/xx)

489 Slight cough without expectoration (7/17)

490 Cough with pain behind the sternum (7/xx)

491 Cough with soreness behind sternum (25/12)

492 Cough, outside > (2/09)

493 Cough, clear mucus, rattling, painful, feeling from deep down, frequent hacking cough leading to tears in the eyes, lying down, sleeping, at night > (1/19)

## **CHEST**

494 Dull, tearing pain behind the sternum (7/xx)

495 Tearing pain, extending from behind the sternum to the larynx, feeling of tightness behind the sternum (7/17)

496 Pain in chest, movement and pressure < (30/3)

497 Feeling of tightness caused by cat allergy stronger than normally (30/xx)

498 Retrosternal pressure, oppressive, suffocating (15/01)

499 In the morning pressure on the chest (5/00)

500 Sore pain in left side of chest (5/9)

## **Mamma**

501 Pain in mammae in the second half of cycle (1/13)

## **Heart**

502 Intense palpitation, irregular (13/xx)

503 Stitching pain in left angulus venosus, extending to the heart, especially on laughing (18/18)

504 Oppressive pain in the heart (8/xx)

505 Feeling of heat in the region of the heart (8/xx)

506 Stitching pain in the heart with the feeling that I can feel the course of the vessels (5/12)

507 Pressure in the left side of the thorax/apex of the heart (25/00)

508 Feeling of palpitation up to the throat (15/01)

509 Feeling as if the heart would stop (13/xx)

## **Unusual Observations**

510 Taking pains to draw breath deeply (11/09)

511 Feeling as if the lung is not filled sufficiently with air (7/13)

512 Feeling as if all mucus in the lungs should be ejected by concussion of cough (2/09)

513 Feeling of oppression and coldness in bronchia was gone during exams (2/xx)

514 Feeling as if a lump is in my chest (7/13)

515 Feeling something is in my chest that takes my strength away (7/17)

516 Heaviness on chest, feeling of an armour (1/xx)

517 Strong restlessness in the region of solar plexus, along with the feeling as if several pulses were beating at the same time (5/5)

## **BACK**

- 518 Pain in the shoulders and region of the shoulders, racking (5/xx)
- 519 Stitching pain on the left side of the shoulder blade (1/08)
- 520 Pain of lifting the right arm, weakness in the right hand, < by stretching backwards and bending forwards, > heat, pressure of the hand. Feel like stretching (1/08)
- 521 Weakness in cervical and lumbar region of spine (1/xx)
- 522 Tension in right shoulder, woke up by it, lying on it > (18/22)
- 523 Pain in middle part of back (19/19)
- 524 Pain and tension in back, on the right side, in the middle, like bruised, desire to stretch and for heat (19/29)
- 525 Pain in lumbar region on the right side (11/37)
- 526 Pain, lumbar region of spine, inter-articular disk palpable and painful (18/xx)
- 527 Pain, sore, in lumbar region of spine, without reason (5/xx)

## **EXTREMITIES**

- 528 Swelling (oedema) of hands, arms, feet, legs (18/xx)
- 529 Tickling and numbness of hands, legs and feet. Concomitant of disturbance of the cardiac rhythm and oedema (18/xx)

### ***Upper Extremities***

- 530 Loud cracking of right elbow (19/08)
- 531 Jerking of right hand on falling asleep (19/03)
- 532 Swelling of right small finger, as if tied off and numbness (18/61)

### ***Lower Extremities***

- 533 After walking in cold wind: burning ice-cold thighs, only on the front side, deep red, rubbing >, afterwards extremely bright red like burning hot (25/18)
- 534 Feeling of heat in knee, burning hot, standing >, walking and sitting with bent legs < (2/xx)
- 535 Exostosis on big toe joint, mobile, movable, painless (1/18)
- 536 Restlessness of legs while sitting (13/05)
- 537 Jerking of muscles in thigh after physical exercise (23/02)
- 538 Jerking of muscles on the front of right thigh > in the evening (27/05)
- 539 Cracking of left ankle on moving (19/11)

### ***Cold***

- 540 Whole cord of veins sensible, legs are ice-cold as far as the patella (20/23)
- 541 Hand ice-cold (7/04), feet ice-cold (7/17)
- 542 Ice-cold feet (15/xx)
- 543 Frost: shuddering, in region of left leg, especially exterior part of thighs (5/9)
- 544 Feeling as if frost goes from above to below (5/xx)
- 545 Strong feeling of frost in the feet as far as lower leg, especially on the left side (25/xx)
- 546 Frost: right hand and foot (25/19)
- 547 Extremely cold feet, extending to lower legs (27/01)

### ***Unusual Observations***

- 548 Feeling as if something angular falls around loosely in knee (2/35)
- 549 Forearms as if without gravity (2/02)
- 550 Right hand as if gone to sleep, numb, palms and fingers (3/07)

## **EXTREMITIES PAIN**

### ***Upper Extremities***

- 551 Pain right arm, on exterior side, tension (19/29)  
552 Tearing pain, left hand, on exterior side (2/00)  
553 Burning, stitching, right palm red, forefinger blue, not > cold water (18/14)  
554 Left forefinger, middle joint: red, painful after pressure, strained, tearing. Movement and heat <, coldness and healing earth compresses > (19/xx)  
555 Pain and a red hot round spot at the joint of the thumb, as from a blow (1/14)  
556 Pain in right hand, side of small finger, as sprained, like a blue mark (1/09)  
557 First joint of forefinger painful, tearing especially after pressure, numbness extending to forefinger. Feeling as if finger is swollen and joint loosened (2/xx)

### ***Lower Extremities***

- 558 Pain in left hip while lying, if I move and turn my leg (19/09)  
559 Tearing pain in thigh, like influenza (5/26)  
560 Pain in thigh, on the left side, like beginning thrombophlebitis (20/23)  
561 Pain tearing, pressing, like beginning thrombosis, right leg, hollow of the knee (18/09)  
562 Stitching pain in left knee, as if something is stitching from the inside into the patella. In the evening, movement with strain < (2/35)  
563 Sudden pain in left knee (20/02)  
564 Pain in right knee joint (18/7)  
565 In the evening: sudden pain of right knee joint, on palpitation slight swelling; pressure and crouching < (27/08)  
566 Short time pain in left lower leg (25/00)  
567 Spraining of ankles, very painful (19/xx)  
568 Pain in right ankle, < on tipping ankle to the outside, tearing, extending to knee. Rest <, massaging > (2/01)  
569 Short pain in left ankle joint, nearly sprained my foot while walking normally (25/xx)  
570 Pain in both feet (passage between instep and lower leg) on waking up, movement > (19/18)  
571 Tearing pain in right top of the foot while moving, extending to toes (19/20)  
572 Tearing in top of the foot, in the morning (11/04)  
573 Pain in second toe, jerking (13/03)

## **SLEEP**

- 573 Restless night, feel well rested all the same (20/04-05), sleep better, faster (20/xx)  
574 Restless sleep (27/06)  
575 Restless sleep (19/xx) after-dinner nap is good (19/27)  
576 Bad sleep (8/xx)  
577 Sleep variable, frequent waking up (11/06)  
578 Little need of sleep (26/xx)  
579 Little sleep, go to bed late (2/xx), can fall asleep only late (2/xx)  
580 Short waking up at night, wide awake, but fall asleep again right away (25/xx)  
581 Quick falling asleep, very deep and fast sleep (27/03)  
582 Diving into deep sleep, short waking up, can hardly recover my senses. Difficulty to keep eyes open, constant falling asleep. In the morning after waking up: tired, heavy, benumbed, without initiative, even after sufficient sleep (18/xx)  
583 Waking up from strong noisy winds (18/xx)

- 584 Sleep restless, waking and dreaming are blending into each other (18/xx)  
585 Deep and fast, many dreams (1/xx)  
586 Wake up early but can't get out of bed, feeling like being nailed fast, can't move a millimetre, I want to and am able to stay up late (1/xx)

### ***Unusual Observations***

- 587 Wake up at night from pulsation of blood, especially in the hands, feeling as if hands were not there anymore, only the wave of the pulse (18/29)  
588 Extreme weariness, can't fight against sleep, as well during class and driving a car (25/xx)

### **CHILL**

- 589 While just sitting feel chilly, in the afternoon have ice-cold hands and bluish lips (11/04)  
590 Freezing of the whole body (7/04), freeze on slightest draft of air (7/19)  
591 Extreme sensitivity to chill with heat in head (7/20)  
592 Alternating feeling of chill and heat (30/02)  
593 Feel chilly, with following heat (13/07)

### **FEVER**

- 594 Fever, slight fever (7/xx)  
595 Feel feverish, even if I don't have a fever (13/07)

### **PERSPIRATION**

- 596 Offensive under arm perspiration (2/xx)  
597 Offensive under arm perspiration, like burnt rubber, similar to using a rubber (18/xx)  
598 Perspiration, feeling it runs down like water (15/02)  
599 Disturbing, offensive odour of sweat, especially after drinking coffee (5/xx)  
600 I am hot and cold at the same time, > by extreme heat (bath, sauna) (1/xx)

### **SKIN**

#### ***Dryness***

- 601 Extreme dryness, eruptions dry up, damaged spots of skin with discharge dry up, hands very dry and scaly (20/xx)  
602 Hands feel dry, have to put cream on often (11/22)  
603 My aesthetician is shocked: my skin is dry, yellowish and scaly – as if it is stripping off (11/55)  
604 Sore skin and chaps on the hands, painful (2/xx)

#### ***Eruptions***

- 605 Itching at beginning and end of proving, as from very thin needles (30/xx)  
606 Eruptions of chest and back, itching, dry, like lichen, so bad on chest today that I scratched myself bloody (23/7)  
607 Small, slightly itching spots in elbows, scales shine like silver (2/xx)

### **GENERALITIES**

#### ***Modalities***

- 608 Rest and heat > (11/22)

- 609 Intense exercise and letting out steam > (11/30)  
 610 Cigarette smoke, which I smell on the street, doesn't bother me, whereas normally it bothers me extremely (19/xx)  
 611 Odour of cigarettes is unbearable, causes nausea (18/xx)  
 612 Disinclination to wash myself (7/21)  
 613 Great sensitiveness to small amounts of alcohol "completely drunk", "like in an own world", "like packed in cotton" (30/6-7)  
 614 Alcohol not so important, stand it better than normally (1/xx)  
 615 Paralysed feeling on waking up (2/02)  
 616 Swellings, like oedema (18/xx)  
 617 Feeling of heaviness (18/xx)  
 618 Everything > by exercise: by dancing (1/xx)  
 619 Everything < before menstruation (1/xx)  
 620 Crying is difficult (16/xx)

### ***Energy, Weariness***

- 621 Lots of energy, 6 h of sleep sufficient (23/1-7)  
 622 Little energy, lots of sleep necessary, desire afternoon nap (23/7-14)  
 623 Weariness (20/xx)  
 624 Weariness, afternoon nap > (19/27)  
 625 Get very tired at 20 h and have to lie down at 22 h, which is very unusual (11/03) sleepy in the Afternoon (11/xx) more tired than normally (11/19)  
 626 Extreme weariness (7/xx)  
 627 Very tired around 23 h, can't stay awake, have to go to bed (normally around 0-1 h) (30/xx)  
 628 Fell asleep at 22 h (2/xx)  
 629 Weariness caused by intellectual effort (13/xx)  
 630 Little need of sleep (26/xx)  
 631 Very tired at 11 h with nearly unavoidable impulse to sleep (2/01)  
 632 Extreme weariness, heavy as lead. Fall asleep in sitting position at 19.30 h (18/xx)  
 633 Weariness, also when driving a car (25/xx)

### ***Frost, Heat***

- 634 Feel ice-cold after walk, like chilled, without life (18/xx) coldness of arms extending to elbows (18/xx)  
 635 Very cold > sun (1/xx)  
 636 A lot of freezing (25/xx)  
 637 Very cold, hot water bottle >, blankets (16/06)  
 638 Strong desire hot water bottle (7/19)  
 639 Cold feet with the feeling calves are standing in cold water (2/02) I am much warmer than normally (2/08)  
 640 Don't carry my scarf regularly anymore (20/xx) frost doesn't < anymore (20/xx)  
 641 In spite of temperatures below zero I am not so sensitive to cold (11/23)

### ***Food and Drinks***

- 642 Appetite increased for sweets, liquorice (20/xx)  
 643 Desire sweets, chocolate (19/xx)  
 644 Desire cookies and chocolate, appetite hardly under control in the morning (2/14)  
 645 Desire oranges (2/xx) desire large quantities of orange juice (2/xx)  
 646 Desire lemons (7/xx), tangerines, sauerkraut (7/20)

- 647 Desire cold drinks (7/xx)
- 648 Eat bread with butter and mustard (11/02) use more salt and curry as seasoning (11/04)
- 649 Desire hot food: soup, tea, coffee, hot, pepper (1/xx)
- 650 Desire salami, meat, ice-cream (18/xx)
- 651 No desire to smoke (25/13)
- 652 Aversion to smoke (16/22)
- 653 Desire to smoke (16/02)
- 654 Aversion bananas (11/xx) can stand coffee better (16/xx)

## SUMMARY

The following summary of different themes is a hypothesis, that helps – through the presented proving - understand this unusual remedy.

### Themes during trituration

find a house – cellar – find a home – cosily round – closed – protection – soft – veil - pheromons – geishas – ceremonies – spreading scents – dispersing – organ of scent – caress – symbioses – fungi – death – burnt wood – destruction of the perfect – transitional phases of life – atmosphere – a lot of money – expensive – precious – debts – nose – smelling – sexual organs – unconsciousness – willingness to perform

### Themes of provers

The symptoms can be found under the mentioned numbers:

#### IRRITABILITY

93-101

#### DEPRESSION, PESSIMISTIC

106-116, 168

#### MUSIC

*7...depressed mood, improves by hearing of music..*

#### WORN OUT – WITHOUT ENERGY

5, 7, 8, 11, 13, 16, 20, 21, 22, 23, 26, 27

#### HIGH – DESIRE TO WORK

6, 12, 15, 17

#### HARMONY

The scent harmonizes, creates a balancing atmosphere; a fine scent that flows forth  
 31-35, 51, 52, 53....*cheerful, everything seems harmonious....calm and composed inside...peace of the soul...121....increased intuition, concentration, empathy...*

#### LIKE IN COTTON – CHANGED FEELING FOR TIME – UNREAL

25, 613...*like packed in cotton...163 ...gray-white cotton...57 ...like under a bell...71...like in trance.... 84 ....daydreaming....129 ....distances seem bigger...*



123, 127, 146, 147 ...*time passes slowly...* 171, 172 ...*night seems endless...* 130  
...*world seems unreal...* 134 ...*like being drunk...* 136 ...*gray mice scurry by...* 154,  
164 ...*behind a glass plate...*

#### INCREASED SENSITIVITY TO SMELLS

The basic substance itself makes clear, that it is experienced by “smelling” and this is done exactly the same way today. The scent creates a balancing atmosphere. After potentiation there was a feeling of menthol in the respiratory tract: 360 ...*like sucking an eucalyptus candy...* 307 ...*cold feeling in the nose, like menthol...* 266, 400 ...*peppermint-tea ameliorates...* 434 ...*odor of blueberries...* 475 ...*odor like burnt leather or rubber...* 597 ...*under arm perspiration, like burnt rubber...* 596, 599 ...*offensive under arm perspiration...* 610, 611 ...*cigarette smoke...* 328-330 ...*getting more and more sensitive to odors...*

#### INCREASED SENSITIVITY TO SOUNDS

95, 96...*sensitive to sounds...* 157 ...*my nerves are bare...*

#### AWKWARDNESS

139, 152 ...*spill a lot of things...* 348 ...*things come out of my mouth again...*

#### SLEEP

The fumigation calms down and lets fall asleep easily. In the proving there was 573-577 ...*restless sleep as well as* 581, 582, 585 ...*diving into deep sleep...*

#### RED – BURNING – BURNT – REDNESS – INFLAMMATION- HOT

245, 341 ...*burning boils...* 268 ...*hot scalp...* 270 ...*hot head...* 278, 291 ...*burning eyes...* 281, 288 ...*red eyes...* 198, 303 ...*hot feeling at ears...* 305 ...*red nose...* 331 ...*hot, red face...* 352, 353 ...*swelling of gums, tongue...* 364-366 ...*sore throat, hot...* 375 ...*heartburn...* 405 ...*as if a glowing fire burned in the stomach...* 475 ...*like burnt leather or rubber...* 597 ...*under arm perspiration, like burnt rubber...* 476 ...*ovulation like a hot stone...* 533 ...*thighs bright red like burning hot..* 534, 562-565 ...*burning hot knee...* 553, 555 ...*burning, redness of hand, around thumb...* 587 ...*pulsation of blood...* 469 ...*colourful, red pictures like in a jungle, plants look like tongues...*

#### ICECOLD

540-547...*icecold extremities...* 589-593 ...*chill, with following heat...* 600 ...*sweating and freezing...* 634-639 ...*very cold...*

#### HOT

648, 649 ...*hot, curry, pepper...*

#### BURSTING

253 ...*vertex bursting, like overfilled...* 271 ...*pressure from inside...* 274 ...*as if stuffed...*

#### FLOWING

314-324 ...*coryza with fluent discharge...*

#### PULSATION

517 ...*as if several pulses were beating at the same time...* 587 ...*wave of pulse...*

## SORE – DRYNESS

339, 342, 343, 344 ...lips... 345, 346 ...healing of dryness... 350, 351...of mouth... 360, 361, 367, 368 ....soreness, sore throat... 601-604 ....dryness of skin...452 ...of vagina...

## STIFFNESS

371-374 ...neck... 522, 524 ....tension in shoulders....

## CRUMBLED

355 ...dental enamel crumbles away... 460 ...blood seems crumbled... 557...loosened joints...

## FLOATING

238, 294 ...vertigo, can't estimate distance to ground... 240 ...vertigo, like floating... 243 ...the ground is shaking...

## HOLE – LUMPS

410 ...hole in stomach... 415 ...lump in abdomen... 548 ...something angular falls around loosely in knee...

## LIKE PREGNANT

148 ...oedema, heaviness, bloated abdomen, sickness... 176 ...dream: pregnancy and birth... 395 ...as in pregnancy... 411, 478 ...as pregnant...

## OEDEMA

334 ...in the face... 528, 529, 616 ...of extremities...

## HEART

158 ...as if I could sense my coronary vessels... 502-509 ...pain of the heart...

## CHEST

486-498 ...cough, tight feeling... 510-514 ...not enough air... 514 ...lump in the chest... 516 ...armour on chest...

## THROMBOSIS

560, 561 ...beginning thrombophlebitis...

## HERPES

335-341...herpes blisters...

## **Themes of the dreams**

### ORDER

178, 235 ...remove disorder... 195 ...do the dishes, wash up...

### FLYING AND FALLING

185 ...flying... 194 ...and landing... 200 ...and falling... 203, 205 ...in the airplane to the shooting ground... 188 ...falling... 208 ...on a jumping platform... 210 ...uterus has fallen out... 218 ...falls from the sky... 225 ...flying in a balloon... 228 ...precipice... 236 ...crater...

## ILLNESS, DEATH, DYING

189 ...*cancer*... 212 ...*fading life*... 216, 237 ...*death of the mother*... 217 ...*the own death*... 223 ...*amyotroph lateral sklerosis*... 234 ...*coat-beings*...*pest*..

## THREAT – PURSUIT

220, 230 ...*bombs*... 221 ...*during war*... 229 ...*mafia*...

## BURNING

191 ...*two figures out of gold melt into a black bubbling liquid*... 206 ...*my house is burning*... 212 ...*burnt down church*... 224 ...*to set something on fire*...

## BLINDNESS

226 ...*father is blind*... 232 ...*eyes weld together*...

## NUDITY

190, 213, 231

## COUNTRIES

182 ...*Thailand*... 183 ...*Japan*... 191 ...*Himalaya*...

## **General thoughts of proverbs**

- think a lot about life, death, religion.
- Impression that the remedy intensifies existing capacities and brings them into flow
- feeling, I have to do it alone, nobody can help me

## poem, prover no 20

My hardest way

The invitation

It hit me hard

no worry, don't worry

What should I give

How should I go

no worry, don't worry

What impression would I make

How will it be

no worry, don't worry

When I am spoken to

If I must commit myself

no worry, don't worry

The day is getting nearer

No more running away

It has to be so

no worry, don't worry

Am I strong enough

Where could I get help

no worry, don't worry

The way to one's own funeral is the hardest journey

# REPERTORY

## Gemüt/Mind

- Gemüt/Mind; ANGST/ANXIETY; Zukunft, um die/future, about (133)
- Gemüt/Mind; EMPFINDLICH, überempfindlich/SENSITIVE, oversensitive; allgemein/general; Gerüche, gegen/odors, to (72)
- Gemüt/Mind; ENTFERNUNG/DISTANCE; unrichtige Beurteilung von/inaccurate judge of (21)
- Gemüt/Mind; ERSCHÖPFUNG, geistige/PROSTRATION of mind, mental exhaustion, brain fag (292)
- Gemüt/Mind; EUPHORIE/EUPHORIA (30)
- Gemüt/Mind; FEHLER, macht/MISTAKES, makes; Reden/talking (120)
- Gemüt/Mind; FEHLER, macht/MISTAKES, makes; Schreiben, beim/writing, in (106)
- Gemüt/Mind; FLEIßIG, Arbeitswut/INDUSTRIOUS, mania for work(131)
- Gemüt/Mind; FURCHT/FEAR; allgemein/general; geschehen/happen; etwas werde/something will (113)
- Gemüt/Mind; GESELLSCHAFT, Gemeinschaft, Geselligkeit/COMPANY; Abneigung gegen, agg./aversion to, agg. (221)
- Gemüt/Mind; GLEICHGÜLTIGKEIT, Apathie, Teilnahmslosigkeit/ INDIFFERENCE, apathy (355)
- Gemüt/Mind; GLEICHGÜLTIGKEIT, Apathie,
- Gemüt/Mind; GLEICHGÜLTIGKEIT, Apathie, Teilnahmslosigkeit/INDIFFERENCE, apathy; Traurigkeit, Trübsinn, bei/sadness, in (7)
- Teilnahmslosigkeit/INDIFFERENCE, apathy; Arbeit, mit Abneigung gegen/work, with aversion to (12)
- Gemüt/Mind; INTUITIV/INTUITIVE; allgemein/general (4)
- Gemüt/Mind; KONZENTRATION/CONCENTRATION; schwierig/difficult (332)
- Gemüt/Mind; REIZBARKEIT, Gereiztheit/IRRITABILITY; allgemein/general (549)
- Gemüt/Mind; REIZBARKEIT, Gereiztheit/IRRITABILITY; allgemein/general; Geräusche, durch/noise, from (34)
- Gemüt/Mind; REIZBARKEIT, Gereiztheit/IRRITABILITY; allgemein/general; Ehemann, gegenüber dem/husband, towards (3)
- Gemüt/Mind; SPOTTEN/MOCKING; allgemein/general; Sarkasmus/sarcasm (27)
- Gemüt/Mind; TRANCE/TRANCE(21)
- Gemüt/Mind; TRAUM, wie im/DREAM, as if in a (91)
- Gemüt/Mind; TRAUERIGKEIT, Trübsinn, Niedergeschlagenheit, Depression, Melancholie/SADNESS, despondency, depression, melancholy (605)
- Gemüt/Mind; VERWIRRUNG, geistige/CONFUSION of mind (428)
- Gemüt/Mind; VERWIRRUNG, geistige/CONFUSION of mind; Fahren, beim/driving, while (2)
- Gemüt/Mind; VERWIRRUNG, geistige/CONFUSION of mind; Schreiben, beim/writing, while (13)
- Gemüt/Mind; VERWIRRUNG, geistige/CONFUSION of mind; Reden, beim/talking, while (11)
- Gemüt/Mind; VERTRAUEN/CONFIDENCE; Mangel an Selbstvertrauen/want of self (120)
- Gemüt/Mind; WAHNIDEE, Einbildung/DELUSIONS, imaginations; schwanger, sei/pregnant, is (16)

Gemüt/Mind; WAHNIDEE, Einbildung/DELUSIONS, imaginations; unwirklich/unreal; alles erscheint/everything is (29)

Gemüt/Mind; ZEIT/TIME; vergeht zu langsam, erscheint länger/passes too slowly, appearing longer (43)

Gemüt/Mind; TRÄUME/DREAMS; Tod, vom/death, of (100)

Gemüt/Mind; TRÄUME/DREAMS; Feuer/fire (87)

Gemüt/Mind; TRÄUME/DREAMS; Flucht, von/escape, of (9)

Gemüt/Mind; TRÄUME/DREAMS; verfolgt werden/pursued, of being (39)

Gemüt/Mind; TRÄUME/DREAMS; Krankheit/disease (60)

Gemüt/Mind; TRÄUME/DREAMS; Krieg/war (17)

Gemüt/Mind; TRÄUME/DREAMS; Fliegen/flying (24)

Gemüt/Mind; TRÄUME/DREAMS; religiös/religious (5)

### **Schwindel/Vertigo**

Schwindel/Vertigo; BODENS, wie durch Bewegung des/FLOOR, as from motion of (1)

Schwindel/Vertigo; SCHWEBEN, Gefühl zu/FLOATING, as if (83)

### **Kopf/Head**

Kopf/Head; HITZE/HEAT (336)

Kopf/Head; HITZE/HEAT; Scheitel/vertex (72)

Kopf/Head; HITZE/HEAT; Kälte/coldness of; Extremitäten, der/extremities, with (78)

### **Kopfschmerzen/Head Pain**

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL; fahren in einem Wagen/riding in a carriage; agg./agg.; beim/during (33)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL; Stirn/forehead (536)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL; Liegen/lying; amel./amel. (138)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL; Schmerzen in anderen Körperteilen, mit/pains in other parts, with; Nacken/neck; Genick/nape of (68)

Kopfschmerzen/Head Pain; DUMPF/DULL (271)

### **Augen/Eyes**

Augen/Eyes; VERFÄRBUNG/DISCOLORATION; Rötung/redness (328)

Augen/Eyes; SCHWELLUNG/SWELLING; allgemein/general; Lider/lids (182)

Augen/Eyes; SCHWELLUNG/SWELLING; allgemein/general;

Tränengänge/lachrymal; Tränensack/sac (5)

Augen/Eyes; SCHMERZEN/PAIN; Brennen, Beißen/burning, smarting, biting (332)

### **Ohren/Ears**

Ohren/Ears; HITZE/HEAT; allgemein/general (155)

Ohren/Ears; HITZE/HEAT; allgemein/general; rechts/right (15)

### **Nase/Nose**

Nase/Nose; TROCKENHEIT innen/DRYNESS inside; allgemein/general (230)

Nase/Nose; KÄLTE/COLDNESS (88)

Nase/Nose; SCHNUPFEN/CORYZA; allgemein/general (445)

Nase/Nose; ABSONDERUNGEN/DISCHARGE; wäßrig/watery (189)

Nase/Nose; NIESEN/SNEEZING; allgemein/general; anfallsartig/paroxysmal (35)

Nase/Nose; NASENBLUTEN/EPISTAXIS; allgemein/general (304)

### **Gesicht/Face**

Gesicht/Face; HITZEGEFÜHL/HEAT; allgemein/general (317)

Gesicht/Face; HAUTAUSSCHLÄGE/ERUPTIONS; Herpes/herpes (145)

Gesicht/Face; HAUTAUSSCHLÄGE/ERUPTIONS; Herpes/herpes; Lippen/lips (71)

Gesicht/Face; TROCKENHEIT/DRYNESS; allgemein/general (208)

### **Zähne/Teeth**

Zähne/Teeth; ZAHNSCHMELZ insuffizient/ENAMEL deficient (3)

### **Mund/Mouth**

Mund/Mouth; BEIßEN/BITING; Wange, in die, Sprechen oder Kauen/cheek, talking or chewing; beim/when (11)

### **Hals/Throat**

Hals/Throat; KLOBGEFÜHL/LUMP, plug sensation (193)

Hals/Throat; RAUHEIT/ROUGHNESS (177)

Hals/Throat; SCHMERZEN/PAIN; Brennen/burning (287)

Hals/Throat; SCHMERZEN/PAIN; Brennen/burning; Getränke/drinks; amel./amel.; kalte/cold (5)

### **Magen/Stomach**

Magen/Stomach; APPETIT/APPETITE; fehlt/wanting (422)

Magen/Stomach; APPETIT/APPETITE; vermehrt, Hunger allgemein/increased, hunger in general (363)

Magen/Stomach; DURST/THIRST; extremer/extreme (239)

Magen/Stomach; EINSCHNÜRUNG/CONSTRICTION; allgemein/general (137)

Magen/Stomach; LEERE, Schwächegefühl, Hungergefühl/EMPTINESS, weak feeling, faintness, goneness, hungry feeling (290)

Magen/Stomach; SCHMERZEN/PAIN; Drücken/pressing (276)

Magen/Stomach; STEINGEFÜHL/STONE sensation (97)

Magen/Stomach; ÜBELKEIT/NAUSEA (550)

Magen/Stomach; ÜBELKEIT/NAUSEA; Essen/eating; amel./amel.; nach/after (52)

### **Abdomen/Abdomen**

Abdomen/Abdomen; AUFTREIBUNG/DISTENSION; allgemein/general (427)

Abdomen/Abdomen; KLUMPEN, Empfindung von einem/LUMP sensation; im/in (64)

Abdomen/Abdomen; SCHMERZEN/PAIN; Stechen/stitching, sticking, etc. (328)

Abdomen/Abdomen; SCHMERZEN/PAIN; Allgemein/general; rechts/right (3)

### **Rektum/Rectum**

Rektum/Rectum; AMEISENLAUFEN, Kribbelgefühl/FORMICATION, crawling; Anus/anus (77)

Rektum/Rectum; DURCHFALL/DIARRHEA; allgemein/general (493)

Rektum/Rectum; SCHLEIMABSONDERUNG/MUCUS, discharge of (22)

### **Stuhl/Stool**

Stuhl/Stool; WÄßRIG/WATERY (282)

### **Nieren/Kidneys**

Nieren/Kidneys; SCHMERZEN/PAIN; Allgemein/general (333)

### **Weibliche Genitalien/Female**

Weibliche Genitalien/Female; AUSFLUSS, Fluor/LEUCORRHEA; profus/profuse (152)

Weibliche Genitalien/Female; HITZEGEFÜHL/HEAT (66)

Weibliche Genitalien/Female; MENSES/MENSES; profus; allgemein (324)

Weibliche Genitalien/Female; MENSES/MENSES; dickflüssig/thick (33)

Weibliche Genitalien/Female; MENSES/MENSES; dunkel/dark (123)

Weibliche Genitalien/Female; SCHMERZEN/PAIN; Ziehen/drawing (37)

Weibliche Genitalien/Female; SEXUELLES/SEXUAL; Verlangen/desire; gesteigert/increased (155)

### **Speechen & Stimme/Speech & Voice:**

SPRECHEN/SPEECH; schwierig/difficult (148)

### **Husten/Cough**

Husten/Cough; REIZHUSTEN/IRRITABLE (24)

### **Brust/Chest**

Brust/Chest; SCHMERZEN/PAIN; wund, Prellungsschmerz, zerschlagen/sore, bruised; Husten, durch/coughing, from (98)

Brust/Chest; HERZKLOPFEN/PALPITATION heart (398)

Brust/Chest; SCHMERZEN/PAIN; Stechen/stitching; Herz/heart (185)

Brust/Chest; SCHMERZEN/PAIN; Drücken/pressing; Herz/heart (89)

Brust/Chest; SCHWERE GEFÜHL/HEAVINESS (77)

Brust/Chest; BEKLEMMUNG/OPPRESSION (388)

### **Atmung/Respiration**

Atmung/Respiration; SCHWIERIG/DIFFICULT (472)

### **Rücken/Back**

Rücken/Back; SCHMERZEN/PAIN; Allgemein/general; Lumbalregion, Lumbago/lumbar region, lumbago (459)

Rücken/Back; SPANNUNG/TENSION; Zervikalregion/cervical region (110)

### **Extremitäten/Extremities**

Extremitäten/Extremities; HITZEGEFÜHL/HEAT; allgemein/general; Beine/lower limbs; Oberschenkel/thighs (24)

Extremitäten/Extremities; HITZEGEFÜHL/HEAT; allgemein/general; Beine/lower limbs; Knie/knees (23)

Extremitäten/Extremities; HITZEGEFÜHL/HEAT; allgemein/general (302)

Extremitäten/Extremities; KÄLTE/COLDNESS; allgemein/general; Beine/lower limbs (339)

Extremitäten/Extremities; KÄLTE/COLDNESS; allgemein/general; Arme/upper limbs; Hände/hands (247)

Extremitäten/Extremities; KÄLTE/COLDNESS; allgemein/general; Beine/lower limbs; Füße/feet (287)

Extremitäten/Extremities; LEICHTIGKEIT, Empfindung von/LIGHTNESS, sensation of (27)

Extremitäten/Extremities; LOCKERHEIT/LOOSENESS; Empfindung von/sensation of; Gelenke/joints (11)

Extremitäten/Extremities; PULSIEREN/PULSATION; Obere Gliedmaßen/upper limbs; Hände/hands (25)

Extremitäten/Extremities; SCHWÄCHE/WEAKNESS; Gelenke/joints; verrenkt oder verstaucht, leicht/sprained easily (4)

Extremitäten/THROMBOSIS, lower limbs (70)

Extremitäten/Extremities; VERFÄRBUNG/DISCOLORATION; Rot, gerötet/redness (185)

Extremitäten/Extremities; VERFÄRBUNG/DISCOLORATION; Rot, gerötet/redness; obere Gliedmaßen/upper limbs; Hände/hands; Handflächen/palms (10)

Extremitäten/Extremities; VERFÄRBUNG/DISCOLORATION; Rot, gerötet/redness; obere Gliedmaßen/upper limbs; Finger/fingers; Daumen/first, thumb; Fleck/spot (3)

### **Gliederschmerzen/Extremity Pain**

Gliederschmerzen/Extremity Pain; ALLGEMEIN/GENERAL; Obere Gliedmaßen/upper limbs; Schultern/shoulders (395)

Gliederschmerzen/Extremity Pain; ALLGEMEIN/GENERAL; Untere Gliedmaßen/lower limbs; Knie/knees (404)

Gliederschmerzen/Extremity Pain; ALLGEMEIN/GENERAL; Untere Gliedmaßen/lower limbs; Knie/knees; links/left (75)

Gliederschmerzen/Extremity Pain; ALLGEMEIN/GENERAL; Untere Gliedmaßen/lower limbs; Knie/knees; rechts/right (66)

Gliederschmerzen/Extremity Pain; ALLGEMEIN/GENERAL; Untere Gliedmaßen/lower limbs; Fußknöchel/ankles (273)

Gliederschmerzen/Extremity Pain; ALLGEMEIN/GENERAL; Untere Gliedmaßen/lower limbs; Füße/feet; Rücken/back (141)

### **Schlaf/Sleep**

Schlaf/Sleep; SCHLECHT/BAD (42)

Schlaf/Sleep; ERWACHEN/WAKING; schwierig/difficult (71)

### **Schweiss/Perspiration**

Schweiss/Perspiration; GERUCH/ODOR; verbrannt/burnt (5)

### **Haut/Skin**

Haut/Skin; HAUTAUSSCHLÄGE/ERUPTIONS; abschilfernd/desquamating; allgemein/general (110)

Haut/Skin; JUCKREIZ/ITCHING (448)

Haut/Skin; RAUH/ROUGH (48)

Haut/Skin; TROCKENHEIT/DRYNESS (233)

### **Allgemeines/Generalities**

Allgemeines/Generalities; ABGESCHLAGENHEIT, Lustlosigkeit/WEARINESS; allgemein/general (269)

Allgemeines/Generalities; SCHMERZEN/PAIN; Stechend, Stiche/stitching (304)

Allgemeines/Generalities; THROMBOSE/THROMBOSIS (21)

Allgemeines/Generalities; SCHWÄCHE, Entkräftung, Erschöpfung, Prostration, Hinfälligkeit/WEAKNESS, enervation, exhaustion, prostration, infirmity (809)

Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Lakritz, verlangt/licorice, desires (1)



Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Süßigkeiten/sweets; Verlangen/desires (123)  
Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Senf, verlangt/mustard, desires (13)  
Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Gewürze, Pikantes, gut gewürzte Speisen/spices, condiments, piquant, highly seasoned food; Verlangen/desires (56)  
Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Bananen/bananas; Abneigung/aversion (3)  
Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Sauerkraut/sauerkraut; Verlangen/desires (5)  
Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; saure Dinge/sour, acids; Verlangen/desires (121)  
Allgemeines/Generalities; TABAK/TOBACCO; Abneigung/aversion; empfindlich gegen den Geruch von/sensitive to smell of (15)  
Allgemeines/Generalities; TABAK/TOBACCO; Verlangen/desires; Rauchen/smoking (16)  
Allgemeines/Generalities; TABAK/TOBACCO; Abneigung/aversion (94)

## REPERTORY

### MIND

ANXIETY; future, about (133)  
COMPANY; aversion to, agg. (221)  
CONCENTRATION; difficult (332)  
CONFIDENCE; want of self (120)  
CONFUSION of mind (428)  
CONFUSION of mind; driving, while (2)  
CONFUSION of mind; talking, while (11)  
CONFUSION of mind; writing, while (13)  
DELUSIONS, imaginations; pregnant, is (16)  
DELUSIONS, imaginations; unreal; everything is (29)  
DISTANCE; inaccurate judge of (21)  
DREAM, as if in a (91)  
DREAMS; death, of (100)  
DREAMS; disease (60)  
DREAMS; escape, of (9)  
DREAMS; fire (87)  
DREAMS; flying (24)  
DREAMS; pursued, of being (39)  
DREAMS; religious (5)  
DREAMS; war (17)  
EUPHORIA (30)  
FEAR; general; happen; something will (113)  
INDIFFERENCE, apathy (355)  
INDIFFERENCE, apathy; sadness, in (7)  
INDIFFERENCE, apathy; work, with aversion to (12)  
INDUSTRIOUS, mania for work(131)  
INTUITIVE; general (4)  
IRRITABILITY; general (549)

IRRITABILITY; general; husband, towards (3)  
IRRITABILITY; general; noise, from (34)  
MISTAKES, makes; talking (120)  
MISTAKES, makes; writing, in (106)  
MOCKING; general; sarcasm (27)  
PROSTRATION of mind, mental exhaustion, brain fag (292)  
SADNESS, despondency, depression, melancholy (605)  
SENSITIVE, oversensitive; /general; odors, to (72)  
TIME; passes too slowly, appearing longer (43)  
TRANCE(21)

### VERTIGO

FLOATING, as if (83)  
FLOOR, as from motion of (1)

### HEAD

HEAT (336)  
HEAT; coldness of; extremities, with (78)  
HEAT; vertex (72)

### HEAD PAIN

DULL (271)  
GENERAL; forehead (536)  
GENERAL; lying; amel. (138)  
GENERAL; pains in other parts, with; neck; nape of (68)  
GENERAL; riding in a carriage; agg.; during (33)

### EYES

DISCOLORATION; redness (328)  
SWELLING; general; lids (182)  
SWELLING; general; lachrymal; sac (5)  
PAIN; burning, smarting, biting (332)

### EARS

HEAT; general (155)  
HEAT; general; right (15)

### NOSE

COLDNESS (88)  
CORYZA; general (445)  
DISCHARGE; watery (189)  
DRYNESS inside; allgemein/general (230)  
EPISTAXIS; general (304)  
SNEEZING; general; paroxysmal (35)

## FACE

HEAT; general (317)  
ERUPTIONS; herpes (145)  
ERUPTIONS; herpes; lips (71)  
DRYNESS; general (208)

## TEETH

ENAMEL deficient (3)

## MOUTH

BITING; cheek, talking or chewing; beim/when (11)

## THROAT

LUMP, plug sensation (193)  
PAIN; burning (287)  
PAIN; burning; drinks; amel.; cold (5)  
ROUGHNESS (177)

## STOMACH

APPETITE; increased, hunger in general (363)  
APPETITE; wanting (422)  
CONSTRICTION; allgemein/general (137)  
EMPTINESS, weak feeling, faintness, gone-ness, hungry feeling (290)  
NAUSEA (550)  
NAUSEA; eating; amel.; after (52)  
PAIN; pressing (276)  
STONE sensation (97)  
THIRST; extremer/extreme (239)

## ABDOMEN

DISTENSION; general (427)  
LUMP sensation; in (64)  
PAIN; stitching, sticking, etc. (328)  
PAIN; general; right (3)

## RECTUM

DIARRHEA; general (493)  
FORMICATION, crawling; anus (77)  
MUCUS, discharge of (22)

## STOOL

WATERY (282)

## KIDNEYS

PAIN; general (333)

## FEMALE

HEAT (66)

LEUCORRHEA; profuse (152)

MENSES; dark (123)

MENSES; profus; allgemein (324)

MENSES; thick (33)

PAIN; drawing (37)

SEXUAL; desire; increased (155)

## SPEECH & VOICE

SPEECH; schwierig/difficult (148)

## COUGH

IRRITABLE (24)

## CHEST

HEAVINESS (77)

OPPRESSION (388)

PAIN; pressing; heart (89)

PAIN; stitching; heart (185)

PAIN; wund, sore, bruised; coughing, from (98)

PALPITATION heart (398)

## RESPIRATION

DIFFICULT (472)

## BACK

PAIN; general; Lumbalregion, lumbar region, lumbago (459)

TENSION; cervical region (110)

## EXTREMITIES

COLDNESS; general; lower limbs (339)

COLDNESS; general; lower limbs; feet (287)

COLDNESS; general; upper limbs; hands (247)

DISCOLORATION; redness (185)

DISCOLORATION; redness; upper limbs; fingers; first, thumb; spot (3)

DISCOLORATION; redness; upper limbs; hands; palms (10)

HEAT; general (302)

HEAT; general; lower limbs; knees (23)

HEAT; general; lower limbs; thighs (24)  
LIGHTNESS, sensation of (27)  
LOOSENESS; sensation of; joints (11)  
PULSATION; upper limbs; hands (25)  
THROMBOSIS, lower limbs (70)  
WEAKNESS; joints; sprained easily (4)

### EXTREMITY PAIN

GENERAL; lower limbs; ankles (273)  
GENERAL; lower limbs; feet; Rücken/back (141)  
GENERAL; lower limbs; knees (404)  
GENERAL; lower limbs; knees; left (75)  
GENERAL; lower limbs; knees; rechts/right (66)  
GENERAL; upper limbs; shoulders (395)

### SLEEP

BAD (42)  
WAKING; difficult (71)

### PERSPIRATION

ODOR; burnt (5)

### SKIN

DRYNESS (233)  
ERUPTIONS; desquamating; general (110)  
ITCHING (448)  
ROUGH (48)

### Allgemeines/Generalities

FOOD and drinks; bananas; aversion (3)  
FOOD and drinks; licorice, desires (1)  
FOOD and drinks; mustard, desires (13)  
FOOD and drinks; sauerkraut; desires (5)  
FOOD and drinks; sour, acids; desires (121)  
FOOD and drinks; spices, condiments, piquant, highly seasoned food; desires (56)  
FOOD and drinks; sweets; desires (123)  
PAIN; stitching (304)  
THROMBOSIS (21)  
TOBACCO; aversion (94)  
TOBACCO; aversion; sensitive to smell of (15)  
TOBACCO; desires; smoking (16)  
WEAKNESS, enervation, exhaustion, prostration, infirmity (809)  
WEARINESS; general (269)

## Bibliography

Chinese Herbal Medicine, Materia Medica, Dan Bensky and Andrew Gamble, Eastland Press, 1986

Powerful and Unusual Herbs from the Amazon and china, The Worl Preservation Society, Inc. 1993-1995

Süddeutsche Zeitung vom 12.3.1998 "Die Macht der geheimen Gerüche"

Forum für Aromatherapie und Aromapflege 2/1995; Hölzer: Essay: Oud

Fred Wollner, 1992; Räucherwerk und Ritual, Buchverlag Fred Wollner, 87448 Waltenhofen

Rätsch Christian; 1996; Räucherstoffe, der Atem des Drachen, AT Verlag, Aarau/Schweiz

<http://www.rain-tree.com/aquilaria.htm>

### Lignum aquilaria agallocha

Bolte, Angelika; Wichmann, Jörg; *The Natural Relationship of Remedies*, 1997

Chinese Herbal Medicine, Materia Medica, Dan Bensky and Andrew Gamble, Eastland Press, 1986

Fischer-Rizzi, Susanne; *Botschaft an den Himmel*

Ohloff, Günther; *Irdische Düfte - himmlische Lust*, Eine Kulturgeschichte der Duftstoffe; Birkhäuser Verlag; 1992

Rätsch, Christian; *Räucherstoffe der Atem des Drachen*; AT Verlag; 1996;

Soham; Essay "Oud"; Forum für Aromatherapie und Aromapflege, Heft 2/95, Wollner, Fred; *Räucherwerk und Ritual*; Buchverlag Fred Wollner, Kempten; 1995

The World Preservation Society; Powerful and Unusual Herbs from the Amazon and China, Inc. 1993-1995

*Die Macht der geheimen Gerüche*, in Süddeutsche Zeitung 12.3.1998

Bibel, Judith, 10.4

Kalidasa; *Der Kreis der Jahreszeiten*, Insel Verlag 1919