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For further information on homeopathy please see Steve Smith's book:

Medical Homoeopathy ISBN (13) 9781874581901 medhom@winterpress.net

Proving of Chlamydia Trachomatis

BACKGROUND

This proving was carried out by students at the South Downs School of Homeopathy between January and April 2000. My thanks to the students for their commitment to the proving and diligence in carrying out their roles as provers and supervisors.

WHY THIS PROVING?

I read a spate of articles about Chlamydia in the press and became interested in the fact that it was carried by such a high proportion of the population, often without their knowledge. There was something so secretive and insidious about it. I was also interested in the subtle and not-so-subtle effects it might be having on long-term health. Was there perhaps a Chlamydia miasm?

THE REMEDY

The nosode was already available from Helios Pharmacy, and it was believed that it had been prepared from the attenuated Chlamydia bacterium. However, this was not entirely clear – the obfuscation and lack of clarity which was to be part of the proving had started already. Some clinical experience with the remedy had been obtained, but it had never been proven.

THE PROVERS

The proving was started in January 2000. It was conducted using the guidelines contained in *"The Dynamics and Methodology of Homeopathic Provings"* by Jeremy Sherr.

The provers were instructed to take up to a maximum of three doses, twice a day, for a maximum of two days and to stop as soon as symptoms appeared. There were five provers:

Prover	Gender	Potency	Comments
1	Female	30C	
2	Female	9C	
3	Male	12C	
4	Female	30C	
5	Female	Placebo	Some symptoms reported but not included in proving

With such a small group, this proving can only give an outline of the remedy picture, and it is hoped that a larger scale proving will take place in the future to flesh out the picture.

LAYOUT OF PROVING

The proving of a nosode appears to be slightly different to that of a mineral, animal, or plant remedy, in that it is difficult to know how much of the related disease symptomology to include in the proving. We would include information from toxicological reports in the proving of a mineral or plant remedy, so is the equivalent toxicological report for a nosode the disease symptoms that can result from the action of this bacterium? For the time being the effects of the Chlamydia bacterium have been kept separate from the effects of the proving. It might be considered useful to integrate this information further in the future. One is wary in doing this of over-interpretation of the proving results or suggesting spurious interpretations based on a perceived signature. At this stage, only the provers' symptoms have been repertorised, not those of the crude disease itself. There is a difficult balance here to be struck between suggesting a remedy picture based on a signature and relevant toxicological information. Some of the incidental and anecdotal information about the dynamics of the running of the

proving itself have been included within the text in *italics*, as they appear relevant to the remedy picture.

REPERTORISATION

All rubrics are from the Complete Repertory.

FEEDBACK

Please forward any more information, clinical experience or comments to Richard Bocock at richjb@lineone.net.

Remedy made from cultured Chlamydia micro organisms – an interesting organism that for a long time was considered half way between a bacterium and a virus. Now identified as a bacterium – an intracellular parasite.

SYMPTOMS

The organism causes three main types of diseases:

✚ CONJUNCTIVITIS in two forms:

- o Chlamydial conjunctivitis – conjunctivitis of the newborn due to infection from mother to child with the Chlamydia micro organism during the birth process . This is more frequently encountered than Ophthalmia Neonatorum.
- o Trachoma – a chronic contagious form of conjunctivitis, with hypertrophy of conjunctiva. The disease affects 400 million people worldwide, mostly in Asia and Africa and the SW of the USA. 20 million people have been blinded by the disease.

✚ PNEUMONIA – exposure to the Chlamydia micro-organism can cause pneumonia

✚ GENITO-URINARY INFECTIONS in males and females. In industrialised countries Chlamydia is the most common sexually transmitted pathogen, causing an estimated 3 million new infections annually. It is spread by vaginal or anal intercourse. It is thought that 35-50% of cases of non-specific urethritis (NSU) are caused by the microorganism. More common than herpes, genital warts, gonorrhoea and syphilis. New cases of Chlamydia are four times more common than new cases of genital herpes or genital warts combined. In the UK incidence of the disease has increased 76% in the last 5 years. In the last year there has been a 20% increase in teenage women and 23% in teenage men. It is estimated that 10-11% of sexually active women have Chlamydia, with prevalence highest in sexually active women under 20.

- o Transmitted by vaginal or anal intercourse
- o Symptoms usually appear within 2 to 6 weeks of infection but 70% of women and 50% of men do not produce symptoms – the disease remains hidden. It is termed by doctors a “stealth” disease.

Females may have:

- No symptoms at all (up to 70% of women don't have any symptoms)
- Change in colour, amount or odour of vaginal discharge
- Irregular vaginal bleeding or spotting between periods (especially when on the Pill)
- Pain or bleeding during sexual intercourse
- Abdominal pain
- A burning feeling when passing water
- Change in periods, or more painful periods (especially after changing partners)
- The need to urinate more often
- Slight fever
- Pain under the ribs on the right hand side
- Proctitis – inflammation of the rectum

Males may have:

- No symptoms at all (up to 50% of men don't have any symptoms)
- Pain or burning sensation during urination
- Clear mucus-like discharge from the penis
- Slight irritation or itch at the tip of the penis
- Need to pass water more often
- Pain in the testicles
- Proctitis – inflammation of the rectum

LONG-TERM EFFECTS

A recent article in a British tabloid newspaper described Chlamydia as a disease that causes “silent, devastating damage that can go unnoticed for years”

Female

With up to 40% of infected women, it spreads to the uterus, fallopian tubes and ovaries and causes pelvic inflammatory disease (PID). Each time a woman gets a pelvic inflammatory infection from Chlamydia, her chances of becoming sterile increase from 13% with the first infection to 75% by the third.

Tubal/ectopic pregnancy – these are potentially fatal pregnancies where the embryo develops in the fallopian tube. In the UK 5 women a year die from ectopic pregnancy. 9% of infected women are likely to experience these symptoms.

Sterility/Infertility. Fallopian tube problems caused mostly by Chlamydia are responsible for a third of all cases of infertility. Sexual Health experts consider it the single biggest preventable cause of infertility.

Pregnant women with the disease can transmit the disease to their infant during childbirth – often leading to eye infections or pneumonia in the child. In some countries antibiotic cream is smeared in the eyes of all newborn babies to prevent this. A pregnant woman with Chlamydia has a 50% chance of transmitting conjunctivitis to her child and a 20% chance of Pneumonia.

In a small number of cases: Lymphogranuloma venereum. From 7-12 days after exposure a vesicle similar to that cause by Herpes will appear, usually on the genitals. This ruptures and then heals painlessly. From 1-8 weeks later the regional lymph nodes enlarge become tender and may suppurate. These enlarged glands are called buboes. They heal and leave scars that may obstruct lymph channels. The perirectal lymph nodes in women may scar and cause rectal obstruction. Treatment is by Tetracycline (anti-biotic)

A study published in the Canadian Medical Association Journal 1995; 153: 259-262 showed that serologic evidence of *Chlamydia trachomatis* during pregnancy was a risk factor for pre-term delivery (before 37 weeks' gestation). Results: A total of 21 women (20%) out of a group of 103 were found to be seropositive for IgG antibodies to *C. trachomatis*. They were similar to the seronegative women with respect to maternal age, parity, history of pre-term birth, obstetric or medical problems, smoking status, history of drug abuse, educational status and psychosocial stressors. The seropositive women were significantly more likely than the seronegative women to have a pre-term birth (24% [5/21] v. 7% [6/82]; also the babies from the seropositive women had a lower average birth weight. The full report can be obtained from: Dr. Paul Claman, 552-737 Parkdale Ave., Ottawa ON K1Y 4E9; fax 613 724-4942

Studies also show that Chlamydia is a major risk factor in miscarriage.

Women infected with Chlamydia have a 3-5 fold increased risk of acquiring HIV if exposed.

Male

If it spreads to the testicles, the scrotum might become swollen and painful, leading to epididymitis.

Sterility

Urinary tract complications

Both

If it spreads to the blood, it might cause more severe illness, for example arthritis

TESTING & TREATMENT

The bacteria can be detected by a simple test using a dye to detect bacterial proteins and is treated conventionally with antibiotics (most commonly azithromycin, tetracycline, erythromycin or doxycycline). The disease is considered to be eliminated within a week. All sex partners of a person with chlamydial infection should be evaluated and treated to prevent re-infection and further transmission of the disease.

SECRETIVE/HIDDEN

Despite the considerable effects that the bacteria are having on women's and child health most people have not heard of it, and most people don't know they've got it, because it's hidden.

Sexually transmitted diseases are still considered as shameful and embarrassing – they are hidden from friends and family. Sexual health clinics are places where people can go anonymously and secretly for testing.

A recent report in the BMJ on the psychological impact of a Chlamydia diagnosis stated that “women were concerned about the perceived stigma of such infections and their future reproductive health and anxious about notifying partners”.

CASE REPORT

Ms X reported seven miscarriages and three ectopic pregnancies, which are thought to be linked to Chlamydia infection. She was advised to have a Chlamydia test after her first ectopic pregnancy, but didn't go through with it because she felt “embarrassed and wondered what other people's perceptions of her might be”

THE PROVING

MIND

CALM, LESS SENSITIVE:

- 003 00.15.xx Feel calm and confident – not as sensitive to criticism as before
- 003 08.xx.xx My family tell me that I answer back, whereas before I used to ignore criticism etc. But I feel calmer.
- 003 15.xx.xx I no longer feel calm any more - do not like criticism again
- 002 02.xx.xx I seem to be more patient today – possibly more patient than normal.
- 002 05.xx.xx Did not have my usual anticipatory anxiety in stressful situation at work
- 002 13.xx.xx Dream last night regarding friend that I upset on Friday – knew that I must hug her and all will be well. She opened a tin and I could smell the Christmas Cake
- 002 15.xx.xx Dream of man climbing into bed with me. Not sexually threatening but somebody I know and am fond of. Felt “oh, that's nice” – comforting feeling.

POISON/DANGER:

- 003 07.xx.xx Dream: I am walking along on a road, I take a leaf off a tree, I break the leaf and taste the milky fluid on my tongue. Having tasted it I was afraid that it could be poison, so I found myself lying down. I was comforted by a female, who also kissed me on the lips. Feeling of worry when I woke up.
- 003 08.xx.xx Dream: I'm standing in a house I use to live in 17-18 years ago with family and

- family friends. A lorry crashes into the house and I shouted “move out of the way” and immediately woke up. My wife also had a dream the same night: we are inside our house a lorry crashed into our house. We try to run, but we can’t run, can’t move out of the way.
- 004 11.xx.xx Bad dream – son died – dream concentrated on after the event. Trying to be normal and then just bursting into tears and rushing out from wherever I was (public place). Woke up freaked out by dream.
- 002 06.xx.xx Dream of driving in car with husband, passing very narrow bridge with nasty drop. Husband got out of car and I drove over (with a feeling of “I can do this”). But then car started tipping over to the left. I woke up shouting with fear and feeling “I do need him after all”

CONFUSION OVER COMMUNICATION/SECRETIVE/HIDING:

There were numerous problems with communication throughout the proving. This starts with the uncertain provenance of the remedy itself and the confusion for many years over whether Chlamydia was a bacteria or a virus. Provers were often very reluctant to discuss their symptoms with their supervisors, and indeed the full scope of the proving was only identified once the proving notebooks had been returned. Provers reported finding the attention of their supervisor intrusive or unwelcome at certain points in the proving.

- 00 11.xx.xx Forgot to phone supervisor yesterday – or was it supposed to be today? Have become forgetful of when I’m supposed to phone - even if it’s my turn or hers.
- 1
- 00 13.xx.xx Feels as if losing track of communication with supervisor – forgot to phone – could not remember if she was meant to.
- 1
- 00 16.xx.xx Communication with people, especially my Mum seems very very important to me at this moment in time.
- 1
- 00 After the first two weeks of the proving I didn’t want to continue regular and frequent communications. Communications generally I thought were a big part of the remedy.
- 1
- 004 Gener It has been incredibly difficult to write down my feelings and thoughts. This was al reflecti interesting when related to the secretive nature of the substance we were on proving.

MISTAKES:

- 0 08.x Intended to telephone my supervisor, but dialled another student’s number
- 0 x.xx instead.
- 3
- 0 00.0 Made silly mistakes – went swimming but took daughter’s (age 7) swimming
- 0 3.00 costume instead of my own, even though it’s kept in a different place. Took
- 2 engagement ring off to put on hand cream whilst waiting for traffic light in car and put ring on lap. Forgot about ring, got out of car and lost ring. (Found again later)
- 0 11.x Scatty all day – double book a lunch date and upset a friend.
- 0 x.xx
- 2
- 0 12.x I feel scatty – feels the way it did when I was pregnant.
- 0 x.xx
- 2
- 0 00.0 I have felt a bit dreamy, airy. I did have to try and concentrate a little bit more
- 0 2.xx to push the right buttons at work – and did make mistakes punching in
- 4 numbers.
- 0 04.x Had to double-check all the numbers I was punching into the till – I don’t
- 0 x.xx know if it is my eyes having trouble focusing on different distances all the
- 4 time, but I don’t have it with letters. I feel I could easily make a mistake.

MASCULINE & AGGRESSIVE BEHAVIOUR

- 001 00.06.50 Have found myself doing “manly” things e.g. lifting up my coat to put my keys in my trouser pocket like a man and putting my foot up on a wall to retie my shoelaces – I never do that. I was aware of doing something different and of

- what other people may think, but it didn't really worry me. I just thought, this is strange.
- 001 00.10.00 I noted I was walking along and was aware I was striding out more than I usually do; like a man's walk. This also happened this afternoon in the town. I checked myself and reverted back to my usual walk.
- 01 00.14.xx Became very aware of my shoulders being broad and aware of the width of the top half of my body.
- 002 01.xx.xx I'm being very nasty to my daughters – psychologically bullying them. I just seem to want to be in control and “better at doing things” than they are. Losing patience quicker. Daughter says that the remedy has stopped her mother from knowing her.
- 004 01.10.00 Irritable, especially with children who are driving me mad.

DREAMS

- 004 07.xx.xx Had a dream – we were moving into this kind of medieval barn – a mixture of both beautiful and scary. I don't remember much except having to put a bowl to catch a leak from the roof that was dripping on our bed. We didn't move all our belongings we just went back to pick up the things we needed at that moment – i.e. spade to dig the garden.
- 004 Dream about car booting. Clearing our house of crap, plus my sister doing the same, plus going to my partner's parents house (which is cluttered with stuff) and just telling them we were just going to clear all the excess. We did it and went and sold everything. I imagined boxes, clearly labeled, with contents and price e.g. Vests 10p. It was all very clear! Clothes were clean and ironed, on hangers, hanging from a clothes rail. Because there were three people doing one big stall, we had square plastic tubs that were different colours, so we all sold each others stuff, but the money went into the right pot.

VERTIGO

- 003 06.00.xx Felt dizzy – vertigo

HEAD

- 003 07.xx.xx Head feels so cold that he needs a hot water bottle.

HEAD PAIN

- 003 04.xx.xx Headache all over head and over the left eye. Head feels cold, tiredness, muscle ache
- 003 05.xx.xx Intermittent headache
- 003 06.xx.xx Head feels heavy
- 002 00.01.45 Vague headache on an off all morning, like a pressing pain over the front of my head and above eyes
- 002 00.08.15 Same headache more apparent – Feels as if it goes to the end of my nose. < leaning forward, < cold air, > firm pressure on forehead. Persists for rest of day. < thinking about it.
- 002 01.00.00 Headache went overnight but returned on waking (i.e. >lying down/sleeping/night). Headache made her feel like when she was pregnant.
- 004 00.xx.xx Head feels airy and congested today
- 004 01.02.00 “Ice Cream” headache (frontal)< cold, > warmth, < noise. My instinct is to massage it but it doesn't >
- 01.11.00 Headache is quite bad no – feels buzzy/throbbing, quite sharp, penetrating. Still mainly frontal – but I can feel it in my temples too.

EYE

- 002 02.xx.xx My eyes seem to sting slightly when I aware of my headache, as if watering.
- 002 08.xx.xx My eyes felt as if there were eyelashes in both of them for most of the morning. Also a bit watery.

004 01.00.00 Right eye watered all the way to work in cold air
004 01.12.00 Eyes a little sensitive to light.
004 04.xx.xx Right eye watered all the way to work – felt like it was crying – I constantly had to wipe it.
004 07.00.xx Right eye dribbling again on the way to work but later in day eye feels very dry and achy/tired.

FACE

001 00.03.20 Notice a red spot that has just come up on my face on the right side below my lip. It's a bump that feels hard under the skin – no head on it and painless. I only ever get a spot just before my period – this one has come after.

MOUTH

02 09.xx.xx Around lips burning and sore – but very cold outside.
&
10.xx.xx

TEETH

01 01.14.xx Noticed extreme sensitivity of my teeth to cold water when brushing them tonight. < cold; slightly > hot drink
01 02.07.00 My teeth are still very very sensitive to cold water. Hot drinks hurt my teeth but not as badly. As soon as I start rinsing my mouth or drinking the hurting stops. Pain is aching and very intense.

ABDOMEN

002 02.03.xx Lower abdominal ache extending to lower back.

RECTUM

03 00.15.XX No stools all day – constipated – unusual

URETHRA

002 10.xx.xx Normally during training and doing star jumps, have feeling as if would lose urine – usually I make sure I have an empty bladder just in case. This morning that feeling has disappeared – not a problem today.

Patient report from taking the remedy

“I was given it in a case of NBWS sexual transmitted infection (I had a misspent youth) and had terrible aggravations and then great improvement, especially in benign prostatic hypertrophy symptoms (of middle age) of pain and urgency and constriction (but no sx of dribble)”

URINE

003 13-17 & 21-22 Urine problem on waking. Having urinated. After walking drops of urine released.

FEMALE

MENSTRUAL TYPE PAIN

001 06.xx.xx Had a dull ache in my lower abdomen just like the period pains. I really thought I was coming on but I knew I couldn't be. I kept going to the bathroom to check for bleeding if felt so like my period pains. Also notice white leucorrhoea like I have when I'm ovulating but it's too early for that.
001 07.xx.xx Fleeting period type pains noticed again this morning – a dull ache. Leucorrhoea still present – white and sticky

- 002 00.03.00 Bloating tummy, feeling as if period would start – but not yet due for 10 days. Crampy pains in lower tummy.
- 002 01.06.xx Appear to have started period (9 days early) – passes small blood clot – but checked again 3 hours later and false alarm – no further bleeding. But 8 hours bleeding re-started. Period starts. Period seems to be a bit heavier than normal. Extremely bloated before bedtime. I look pregnant.
- 002 14.xx.xx Lower abdominal crampy pain like menstrual cramps
- 004 02.09.xx Cramping, period like pain in abdomen before stool – had this symptom after second child was born.

SEXUAL DESIRE

- 001 My husband felt very strongly that the proving had a direct effect on my libido. Looking back I think I was much more sexual. For the first 2 weeks of the proving I remember saying “Yes” to the sex part most days – that is not our usual pattern.
- 002 06.xx.xx Sex much more enjoyable/pleasant than anticipated.
- 001 15.xx.xx A delightful dream last night – very amorous liaison with xxx. We kept getting caught by various people, children, and grown-ups whilst trying to have sex. Managed it in a delightful mood – very exciting – left me feeling absolutely elated – so very happy
- 004 General reflection I can count on two hands how frequently we’ve had sex since the beginning of the proving. I have not been up for it at all. Can’t be bothered – but also a feeling of claustrophobia – my space is invaded almost.

SYMPTOMS RELATED TO PREGNANCY AND CHILDBIRTH

- 002 01.06.xx Extremely bloated before bedtime. I look pregnant.
- 004 02.09.xx Cramping, period like pain in abdomen before stool – had this symptom after second child was born.
- 002 00.03.15 Bumped into doctor who did epidural for her first child
- 002 01.00.00 Headache went overnight but returned on waking (i.e. >lying down/sleeping/night). Headache made her feel like when she was pregnant.
- 002 01.06.xx Met someone in town who was in same antenatal class and who was in hospital at the same time during birth of first child.
- 002 03.15.xx When setting down to sleep an old symptom from when I was pregnant and experiencing Braxton-Hicks contractions came back. Heavy pressing sensation in middle of my chest, followed by the same sensation in my head.
- 002 06.xx.xx Daughters keep wanting to pretend that they’re breastfeeding from me – games included being pregnant and expecting twins.
- 002 12.xx.xx I feel scatty – feels the way it did when I was pregnant.

CHEST

- 01 02.00.xx Felt sensation like a heavy weight behind my sternum in centre of my chest which lasted about an hour. It made me want to hunch my shoulders over. > rubbing. Slight feeling of being out of breath – more aware of breathing
- 01 03.07.xx Same feeling of weight behind sternum > sitting up right and rubbing. Most uncomfortable sensation, accompanied by palpitations and irregular heartbeat. Sensation like something moving around behind sternum, plus feeling of warmth in my chest at same place. As if something inside pushing forwards to get out. Unpleasant and uncomfortable. > for walking and drinking water.
- 001 06.xx.xx In the shower I noticed that my nipples were tender just like they are before a period but I have just finished my period. A soreness.
- 002 01.02.xx & 01.05.xx Stabbing pain on right side underneath ribs (last present 5 years ago when pregnant). Started whilst driving car, as it used to.
- 002 03.15.xx When setting down to sleep an old symptom from when I was pregnant and experiencing Braxton-Hicks contractions came back. Heavy pressing sensation in middle of my chest, followed by the same sensation in my head.

EXTREMITIES

001	02.14.xx	Small dark brown spot on right forefinger – like a mole or a blood blister. No sensation.
001	03.08.xx	Have a dry red patch over my right thumb joint. Raised, very dry and red. No sensation.
002	02.00.xx	Pain in right buttock – dull ache, constant, > standing, < sitting (previously noted when pregnant)
002	08.xx.xx & 09.xx.xx & 10.xx.xx	Cramp in toes on right hand side when driving children to school.
004	01.00.00	Wake up with a bruised feeling in the muscle just above knee in right leg
004	01.11.00	Have been restless – my foot is nodding whilst I'm sitting. Turning the fire on and off again.

GENERALS

003	07.xx.xx	Feel heavy and very cold
003	13- 14.xx.xx	Feel weak and muscles feel relaxed
003	14.xx.xx	Feel very warm on a cold day wants car window open and desires cold drinks
001	00.12.00	Flush of heat. It started at my neck and as quite intense. I was red in the face and felt hot to touch. Lasted about 1 minute. Passed off quickly. My daughter said "Mum is boiling".
001	01.04.xx	Sudden onset of extreme tiredness, eyelids heavy and gritty eyes. Had to lie down and rest for 1 hour. Couldn't sleep – too much on mind.
001	06.xx.xx	Today I went for a walk without my usual coat and didn't feel the cold at all. I was also very tired which usually makes me feel the cold even more.
002	00.05.00	Did not feel tired today after lunch as I usually would
002	00.xx. xx	My daughter and husband think the remedy has made me look tired.
002	03.xx.xx	Sudden desire to eat lots of cream crackers, butter and cheese.
002	08.xx.xx	Strong desire for chocolate.
004	General reflection	I have almost entirely given up smoking pot. I've gone from smoking all day and night to just having one joint in the evening.

CLINICAL EXPERIENCE

Bulgarian Homeopath Mario Boiadjiev in his book "Systematic Approach in Homeopathic Theory and Practice" (translated by Eleana Kirkova) and available from Minerva Books has considerable experience of using the remedy (over 300 cases). He says that an unclear remedy picture is most often due to chlamydial infection. He also considers that there is no case of cancer without an accompanying chlamydial infection, and that the remedy is particularly important in treating cancer patients. He believes Chlamydia should be the number one polychrest in the Materia Medica and the main anti-sycotic remedy. He says it is the remedy that has helped him solve the greatest number of "hopeless cases". He considers that the remedy's key symptoms are as follows:

-  **Unbearable itching in genital region**
-  **Sterility**
-  **Bone disorders**
-  **Cancer**
-  **History of Hormone Treatment**
-  **Allergies**
-  **Vascular disorders**
-  **Almost all diseases at an advanced stage when the patient is very weakened**
-  **Patients of advanced age**



- Conjunctivitis**
- Brittle fingernails**
- Paradontose**
- Sycosis**
- Ritter's disease**