

Bitis arietans arietans

Foreword

My study of Bitis arietans goes back to my student days, when I read in the Boericke's Materia Medica, under the remedy Cenchrus contortrix, where there was a two-line reference of Clotho arietans. Boericke states "...should have a great sphere of usefulness in many conditions where excessive swelling is a leading feature." Since then I had decided to make use of this remedy and experiment further its avenues in different clinical conditions. After I graduated and started practicing in the early 90's, I came across the proving of Bitis arietans very nicely done by Dr. C. Wright. I studied this proving in detail and when I came across the chapter of 'dreams and mind', I was fascinated to read the symptoms it produced in the prover. The ones that struck me as most important were –

Delusion, alone, of being

Delusion, forsaken

Delusion, body, separated, mind, from

Delusion, separated, from the world, he is

Delusion, unreal, everything seems

Delusion, veil, mind and reality, between

In those days, I use to compare Clotho with other remedies like Cannabis indica and Thuja.

I had a small theme that indicated to me that the person who requires Clotho is:

A very lonely man.

Unloved by the family, society and world.

Mild.

Suffers from severe depression with poor concentration.

These features are often seen in old persons living all alone and who have been deserted by their family members for some reason or the other. I was only waiting to find such a case in my practice, which I ultimately got in the year 1998. An old man who was handicapped was suffering from severe non-healing varicose ulcer, with varicose eczema and varicose veins. This man was living alone and was looked after by the neighbors for his daily needs. He had no one in his life to look after him. He did not have money to even afford treatment for his condition. On the request of a friend, I happened to see him. That was the first time that I got a chance to use Clotho, which at that time I imported from my good friend Tony Pinkus of Ainsworth Pharmacy, London, in the 30C potency. I decided to give him this remedy repeatedly for a few months. To my surprise, the patient's pain, eczema and ulcer greatly improved. With this unique experience, I took the liberty of using this remedy empirically in cases of excessive venous swelling; e.g. Venous thrombosis, varicose veins, cellulitis, pyoderma, and furunculosis.

In the month of March 2003, I discussed with my colleague, Dr. Ameet Panchal, about my desire to prove the remedy. With his encouragement and support we started the proving; the present work is the fruit of our combined effort.

Acknowledgement

I offer my sincere gratitude to the following provers, who were so courageous and sincere:

Dr. Ameet Panchal

Dr. Aziz Kapasi

Dr. Farzana Furniturewala

Dr. Nandkishor Sonawane

Dr. Neeta Panchal

Dr. Niloufer Ghansar

Sunita Shah, as usual has been a strong support for having seen this proving go through the press. The credit for research on the internet, working with Adobe Photoshop and page making goes to her. I heartily appreciate her kind and helpful service.

Dr. Pinky Bilimoria, Dr. Priya Jani and Dr. Jayesh Dhingreja are the three silent pillars, who always believe in putting solid work without a whisper.

My sincere thanks go to Rene Otter for his constant support and help and also for supplying the drug at a short notice.

Thanks also to Mr. Dale Emerson, Dr. Fredrick Schroyens and the complete team of Archibel, Belgium for their help, support and guidance.

Last but not the least, I thank the Puff Adder snake for helping me to serve humanity.

Most of the provers were between the ages of 23-36 years. Name of the drug was not disclosed to the provers, and all of them were homeopaths enjoying reasonably good health.

Prover No. Name

Male/Female Potency Dose

1.

Dr. A. K.

Male

30C

TDS

2.

Dr. N. P.

Female

30C

TDS

3.

Dr. F. F.

Female

30C

TDS

4.

Dr. N. S.

Male

30C

TDS

5.

Dr. N. G.

Female

30C

TDS

General introduction of bitis arietans (clotho arietans)

Taxonomy

Superkingdom Eukaryota

Kingdom Animalia

Subkingdom Metazoa

Phylum Chordata

Subphylum Vertebrata

Superclass Tetrapoda

Class Reptilia

Subclass Lepidosauria

Order Squamata

Suborder Serpentes

Superfamily Colubroidea

Family Viperidae

Subfamily Viperinae

Puff Adders belong to the genus *Bitis*. Puff adder is a viper belonging to *Bitis* and allied genera. *Bitis arietans* (African puff adder) is a snake so called because it inflates its body when excited.

The Puff Adder is the second largest of the dangerous vipers. It shares this genus with some famous snakes.

Gaboon Vipers (*Bitis gabonica*)

Rhinoceros Vipers (*Bitis nasicornis*)

The Horned Adder (*Bitis caudalis*)

Peringuey's Adder (*Bitis peringueyi*)

Bitis arietans arietans.

Bitis arietans somalica

Distribution

Most of the Puff Adders are found in Africa, Saudi Arabia, Iraq, Lebanon, Israel, and Jordan.

Description

It is a very thickset snake, on the average about 90 cm in length. A specimen of about 90 cm may have a circumference of more than 20 cm or a diameter of 7 cm or more. The body colour is yellowish, or light brown to olive brown, with more or less regular backwardly directed chevron-shaped dark-brown to

black bars or bands over the back and the tail. The body could also be dark-brown to black with yellow to orange markings.

Behaviour

Puff Adder is an almost totally solitude animal. It does not take a lifelong mate nor does it exist in groups. It lives in a single den and hunts near its home. The Puff adder does not slither from side to side like most snakes, but instead travels in a 'caterpillar-like' motion.

Puff Adders are normally very sluggish and reluctant to move away from asking place. This habit and its camouflage presents the danger of the *Bitis arietans arietans* and *Bitis arietans somalica* in being trodden on and the victim is bitten before he or she is even aware of the snake's presence.

It is largely nocturnal, hunting at night and seeking shelter during the day's heat. It is not shy when approached. It draws its head close to its coils, makes a loud hissing sound, and is quick to strike any intruder. When disturbed, it inflates itself with air, which is let out in loud hisses or puffs as a warning that it is ready to strike. In contrast to their sluggish locomotion, they can strike very fast, either forward or sideways, but never backwards. The long curved fangs are situated in front in the upper jaw. Unlike the back-fanged snakes and some of the Elapids, they do not hang on after biting.

Habitat

The Puff Adder is probably the most widespread snake in Africa, avoiding the severe parts of the Sahara desert, tropical rain forests and high altitudes. It extends from the southern Cape to southern Morocco and also into southern Arabia. In southern Africa it may be found in most areas, but it avoids the extreme desert conditions, dense forests and altitudes above 2000 meters.

Venom and snake – bites

Most adders possess venom that is cytotoxic in composition. These venoms affect the blood vessels and tissue, and can cause tissue death. The long fangs possessed by most of these snakes means the venom is injected deep into the tissues, which can be quite detrimental to the bitten limb. The large quantity injected by Puff Adder can cause extensive necrosis of the affected area. Approximately 100 mg of Puff Adder venom is a lethal dose to humans. Anywhere from 100-350 mg of venom may be injected in a single bite!

The venom is cytotoxic, destroying blood and other tissues. Intense pain, massive swelling and internal bleeding are the most characteristic symptoms. The venom is slow acting and a life-endangering effect, such as pronounced shock, is usually not observed until 12 hours or more after the bite. When receiving a bite from a Puff Adder one can expect local pain and swelling to develop within minutes. Swelling is the obvious feature and can be quite extensive, spreading throughout the bitten limb and on to the body. Extensive subcutaneous bruising, blood blisters, and painful lymph glands are common. As little as four drops of Puff Adder venom is needed to kill a healthy adult, but the size and fitness of the victim is also very important. The bigger the person, the more blood he has and the more venom is necessary to kill him. A large Puff Adder could probably discharge as much as 15 drops at a time.

Diet

Diet of the Puff Adder usually consists of small rodents, which are ambushed using its cryptic coloration. It will also take birds and lizards. Puff Adders usually employ the bite, release, and trail method of feeding. It uses its venom as a tool and risks minimal injury in this way.

Reproduction

In early spring, male Puff Adders begin their ritual combat dances that precede mating. Females

increase feeding during this period in preparation for their upcoming offspring. Litters are usually born in late summer or early autumn. Neonates usually measure 15-20 cm (6-8 inches) at birth. Growth is rapid in newborn Puff Adders and sexual maturity is reached in about 2 years. They are ovoviviparous, and the eggs develop completely within the body of the female. When laid they contain fully developed young that wriggle free of the egg capsule within minutes. On occasion the young hatch inside the mother and are born alive, but they never eat their way out.

Young Puff Adders are almost immediately active and venomous after hatching.

Puff Adders are not without problems as mammalian and avian predators take them. Man is their major enemy, but they also fall prey to secretary birds, eagles and other raptorial birds, mongooses and small carnivores.

Prover number 1

30th March 2003

Took first dose at 9.00 a.m. , 2nd dose at 2 p.m. , 3rd dose at 8 p.m.

31st March 2003

Took 4th dose at 8.00 a.m.

Stomach

After one hour there was nausea feeling but had no vomiting.

1st April 2003

Mind

In the afternoon at around 3 p.m. , I was waiting at the bus stop, and a man approached me with a broken file in his hand. He asked me where is (a place called) Pydhonie and which bus would take him there. I answered him but my eyes were on his hands carrying the broken file. I was afraid that he would hit me with it and hurt me. I was fearful from inside. I guess my fear was apparent on my face because that person told me that he was carrying this file as a sample, yet my eyes would not budge from his file.

Dream

The same night I got a dream that I am running for my life and men brandishing swords are chasing me.

2nd April 2003

Mind

On that same bus stop I was waiting for the bus when I see this man sitting on the parapet near the bus stop. I was suspicious whether he would rob me, as there was nobody else waiting at the bus stop. I passed my time looking for the bus and other moment looking at the movements of this person.

I realized that since the last few days, the fear of death has cropped up into me. I had never felt this before.

10th April 2003

Head

I went to barber shop. There I noticed I have developed 3 bald spots on my head. Probably fungal???

17th May 2003

Head

Made another visit to the barber's shop. Now there are 2 bald spots left on the scalp.

Prover number 2

4th April 2003

Started taking the medicine from this date – 3 pills thrice a day.

5th April 2003

Took 3 pills thrice a day.

Mind

Feeling more active than usual.

Dream

There is a man and woman in the dream, where the female looks like an actress. They are in love with each other. People do not approve their love. They are brought on a stage, naked and thousands and thousands of people are watching them. They beat the man mercilessly. But in the dream I feel bad for the woman. I feel this is the most shameful and embarrassing moment where she has to stand absolutely naked in front of so many people.

Skin

Prickly heat under my breast. Never had anything like this before.

6th April 2003

Took 3 pills thrice a day.

Mind

At night – I had a fight with my husband, where my husband had provoked me. Usually I try to control, but on that day my anger was out of control. I was abusive. I wanted to slap him and hit him very badly. I was having fear of my own impulses. Just did not have control over myself. Later on I was wondering why did I behave in such a manner.

There is a strong desire to hit somebody without any reason.

Menses

This was the 1st day of my menses. But there was no pain. Usually I have a lot of pain.

7th April 2003

I have stopped taking the medicine.

Mind

I am feeling tired and sleepy. Not fresh at all in the morning.

Dreams

Of fire, arson, and riots. People scattered here and there. Dead bodies lying on the railway tracks. Injured people on the road. I am running and some policeman is after me. But I lock him somewhere and runaway.

Of wearing transparent saree without bra and blouse and exposing my breasts.

Of being extremely violent. I am too angry in this dream. I hit the person very badly continuously.

9th April 2003

Mind

I have become very impatient. I was trying to make a phone call but could not get through – I became abusive because of this.

I have become very abusive when I am alone because I cannot be abusive in front of others.

I don't like to be disturbed. It is irritating me.

Sleep

There is a lot of sleepiness. I need more sleep than normal.

Mouth

I have developed aphthae on the right side inner side of the lower lip. I am having a slight burning pain

while eating and drinking.

12th April 2003

Mind

I am feeling lethargic.

There is a lot of anger. I feel as if something within me is driving me to pick up quarrels.

Very impatient and abusive.

Usually when I dance I remember my dance steps but now I don't.

I want a lot of hugging from my husband. He also observed that this is not usually the case with me.

Nothing seems to please me.

No sexual desire at all. This is never the case otherwise.

Everything seems boring.

Generals

Tired feeling, which I usually get during summer.

Mouth

Aphthae was same for 4 days. White in the center and red outside. Today it is less.

Mammae

I had pain in the left breast. It was a stitching pain and I could not move or breathe during that pain.

This is my ordinary symptom. Previously a few year's back I would get it before my menses but this time I got it after my menses.

20th April 2003

Mind

Symptoms have reduced in intensity, but I still get those bouts of anger. I feel like hitting the opposite person. It is a great effort trying to control this impulse. Then I start banging at some object.

Usually I remember my dreams very well but nowadays I don't seem to remember them. I know that I had a few dreams but I cannot remember them clearly.

Dreams

Somebody strikes me or punches me and I get into a rage and I hit that person back. Even while writing this I am getting angry. I am clenching my teeth in anger.

My husband is playing in the garden with my sister. He goes to find the ball. There he sees a black snake, which is lying quietly. He picks it up, swirls it round and round vigorously and throws it away. The snake lands in the compound of my old building and starts biting people. The snake is then after me and wants to bite me. I woke up and was very scared and could not sleep for sometime.

I am going for a picnic. There I see an old lady who is injured. I take care of her and she starts recovering.

Sleep

Sleep has increased. I need a lot of sleep.

21st April 2003

Stools

Constipated – No urge to pass stools with bloated feeling and heaviness in the abdomen. For some days I didn't have any symptoms.

I again took the medicine for 2 days.

4th May 2003

Dreams

Of a snake. I do not remember anything else.

Listening to a Satsang, i.e. religious discourses.

7th May 2003

Mind

Irritable – mind is in a state of agitation.

Anger over people who have been treating me unjustly.

I have become abusive.

Dream

Of fighting a gang of toughs, all of who have weapons with serrated edges.

Sleep

Disturbed sleep. Waking early, and then again going off to sleep.

12th May 2003

Mind

I am quite restless.

I feel very lazy to do anything nowadays. I keep postponing things. Usually I would not do that.

I have become very abusive.

Usually I have lack of confidence. But nowadays I do my things quite confidently.

Sleep

Sometimes I am sleeping too much and sometimes I get up too early and then cannot go to sleep.

I do not get peaceful sleep. I get up many times. Normally I can sleep nicely.

Dream

Of getting married – Initial ceremony has all Hindu rites but later on it becomes a Christian wedding.

I am throwing away all the old shoes.

Of going in the lift. The lift goes out of the building. And I am hanging in the air. I am scared I will fall.

My mother saves me.

I am going to college and writing down some notes.

Generals

Cannot control hunger. Though otherwise also it is difficult for me to control my hunger, now I tend to become impatient with it.

I feel tired very easily.

Mouth

Aphthae on the inside of the right lower lip. Burning in the lower lip since 2 days.

Abdomen

Since 2 days has a pain in the abdomen after eating. Goes away after 2-3 minutes. Pain is around the navel region.

Stools

Soft and offensive stools, which are not well formed, with offensive flatus.

Menses

Got my menses on 9th May. It was 4 days late. Last month also it got delayed by 3-4 days.

Usually I have severe pain during the 1st day of menses. But this time there was no pain at all. I didn't even realize that it was the 1st day of my menses. Even during the second day there was hardly any

pain.

My husband said that he didn't even realize when my menses got over, since usually I tend to have severe pain during menses and so he immediately comes to know.

15th May 2003

Mind

Anger for a short time but it is really bad. I feel I will do something crazy because of this anger.

I am quite snappish. But I become normal very fast. This would never happen before. I would keep brooding over one thing for a long time.

Back

I have developed this tremendous pain in the cervical region since yesterday. Bending head forwards would aggravate it. Otherwise I can move my head in all directions.

I was weeping with the pain since I could not bear it. Usually I can tolerate the pain but this was just unbearable.

Dream

I want to urinate and I cannot control. I urinate in a small-enclosed place near the kitchen (looks like a small Dhaba) where people can see me. I am not bothered because it is not possible for me to control anymore.

17th May 2003

Abdomen

I had some heaviness of abdomen, which started immediately after eating and lasted for hours. There was a lot of discomfort.

Prover number 3

29th March 2003

Took a dose in the morning at 10 a.m. , then another at 1 p.m. and another at 9 p.m.

30th March 2003

Took a dose in the morning at 10 a.m. and another at 4 p.m.

Abdomen

I felt a great sense of discomfort in my abdomen with constant ineffectual urge for stools. This remained throughout the day.

There was a bloated feeling in the abdomen even on an empty stomach.

1st April 2003

Stools

They are very sticky with a lot of mucus. I have to strain really hard and wait for a long time to pass soft stool. I was prostrated and tired after passing stools because of the straining.

Generals

In the afternoon felt giddy. I was feeling tired and weak as if I would fall down. The giddiness lasted for a few seconds only but there was a complete blackout.

2nd April 2003

Nose

I felt stuffiness in my nose with lot of crusts and scabs in the nostrils. My nose was blocked. There is an irritation in the nose with itchiness.

Mind

Mentally very dull with great aversion to work – lethargic.

I like to sit and watch television or listen to music – idling around. Previously I was not so fond of movies or music. Music seems to relax me.

3rd – 5th April 2003

Generals

I have great aversion to cooked food like rice, dal, and vegetables.

Nose

Stuffiness in the nose continues with a sensation of dryness inside.

Dryness in nose betters by blowing hard.

Dryness is worse with dust and in the morning on waking.

Stools

Unsatisfactory stools – everyday I get up with an urge but I don't pass stools or very little after great straining.

6th – 8th April 2003

Generals

I used to love fried food but now I have an aversion to it.

I like eating cheese a lot. I like eating a lot of bread nowadays (previously I did not prefer eating bread).

10th – 12th April 2003

Menses

My menses have started today. No problem on the 1st day.

I had leucorrhoea before menses. I have never had leucorrhoea before.

Mind

I have become very nervous and apprehensive.

Usually I am a very bold person but recently I have developed this nervous attitude. I feel nervous to speak in front of 10-12 people. I feel nervous to go out at night. I keep thinking, "what if this or that happens" regarding any situation.

Today since morning I am irritated at trifles. Recently I have observed that I get irritated very fast. Someone just needs to incite me and I blow my fuse. I started shouting loudly without any reason. I used to be quiet and calm always but since some days I get angry very fast and during anger I really become insane. I start screaming very loudly. Twice my mother said that you have become mad. You do not know how to behave and you are going insane day by day. These days my mother just does not want to discuss or argue with me as I start shouting loudly. I have become very rude.

I get angry on trivial matters. I was not finding my pen. My uncle gave me another pen to write but I just started shouting loudly "I want my pen". Previously I used to ignore, as it never used to bother me. Even now it does not bother me much but without reason I start shouting. I get angry at small things and express it in a nasty way. I have never expressed my anger in such a rude way. I never used to scream or shout previously. In retrospect or when I think back I feel very bad about my behaviour.

Recently I am working in night shift and half-day shift also. So I sleep in the afternoon for 4-5 hours only. But when I wake up I feel very afraid and nervous. This is not always because of dreams. I feel as if something bad is going to happen and I am not aware of it. I also feel very giddy and lethargic.

A very insecure kind of feeling is always at the back of my mind. Though there is nothing to worry about but still I do not know why this happens. I get this feeling of fear and insecurity on waking from sleep. It

could be because of bad dream but I do not remember.

Throughout the day I keep thinking as to what is going to happen in future. I feel as if something bad is going to happen.

On waking up in the morning or after afternoon nap I have palpitations and I feel very nervous.

Dreams

I dreamt that I am appearing for my final year exams but due to some or the other reason I could not complete my paper. I am very nervous as only last 5 minutes are left and I have to finish a lot of questions. I feel I will fail. I suddenly woke up with that fear.

I dreamt that I am at the bus stop waiting for the bus but there is no bus. My exam has already started and I have not reached my examination hall. I feel very nervous.

I dreamt that we are given chit to copy down the whole paper and I have lost my chit. I cannot find it and I do not know any answer and in the last 15 minutes when the warning bell rings, I see my chit near the gate. I am happy this time I feel relaxed that I found the chit.

Generals

Nowadays I have become health conscious I have started taking milk. Previously I would vomit if I would take only milk.

I do not enjoy the taste of tea or coffee and feel tired after having them. It could be health related but I never bothered about my health previously.

I love eating cheese. Nowadays whenever I see cheese burgers or sandwiches, I feel like having it but after eating cheese there is heaviness in the abdomen and cheese also aggravates my constipation.

Today I overate as I had prepared cheese pakodas. I ate a lot of them and ended up vomiting, and had a cheesy taste in my mouth for the whole day. I feel very bloated after eating cheese but I still love eating it.

I do not like eating lentils and rice, which I was fond of before the proving.

Even during summer, I am not feeling very thirsty.

Nose

I sometimes have itching in the nose, which is aggravated by cold water and aggravated in the morning. There is a sensation of foreign body inside the nose.

I feel there is a watery discharge but nothing comes out. This is aggravated in the morning on waking.

Stools

Since 10-12 days I am passing stools regularly without any discomfort and no constipation. I am happy that my stool problem has resolved and I do not have constipation anymore.

Prover number 4

26th March 2003

Took the first doze at 9.15 a.m.

Eyes

I had burning of eyes since seven days, which stopped after taking the first doze.

Mouth

My lips started feeling dry but there was no thirst.

Took the second doze at 12.45 p.m. and the third one at 5 p.m. and the fourth one at 8 p.m.

27th March 2003

Mind

Feeling very lethargic and drowsy since morning.
There is some unknown anxiety with palpitations.

Git

Stools are hard; I have to strain a lot.
There is pain in the epigastrium during stool.

29th March 2003

Mind

I feel energetic at night.

Sleep

Drowsiness throughout the day. But it is more in the afternoon.

Mouth

There is dryness of mouth but no thirst. This dryness of mouth is present since the previous proving.

6th April 2003

Dream

Burying my loved ones. In the dream I wonder whether I am doing the right thing or not.

Git

Appetite has increased. I want to eat at small intervals. It is more marked between 1-2 p.m. and 6-8 p.m. This increase of appetite is also present since previous proving.

Stools are unsatisfactory and incomplete.

7th April 2003

Mind

I get very angry and I cannot control my anger.

I cannot tolerate contradiction.

I try to keep myself busy to control my anger; otherwise I feel I will have a violent outburst. Previously I would brood but now I try to forget any bad incident as soon as possible.

Generals

I cannot tolerate heat at all.

17th April 2003

Vertigo

There is vertigo if constantly looking at one object. I feel I will fall down towards left.

Head and eyes

There is burning in the head and heaviness in the eyes.

Git

Stools are unsatisfactory, with severe pain in the epigastric region during stool, which is better by pressure.

Chest

Sensation of uneasiness in the chest. There is pain in the retrosternal region and in the 4th and 5th intercostals region on the left side. This pain extends towards the neck.

There is sudden electric shock like pain and sudden drawing of the body towards the left.

This pain is less by motion, and worse from rest and pressure.

He feels somebody is turning his body around.

I constantly feel heaviness on the left side of the chest as if there is some weight. I feel anxious all the

time.

18th April 2003

Mind

I feel suspicious that people are talking about me.

Nowadays I feel very envious. And I think a lot about money-matters. I want to have a lot of money.

When I get angry I do not like to talk to that person and I like to go away from there and avoid an outburst.

Git

Appetite has increased.

I cannot bear tight clothes around my abdomen.

Sleep

There is sleeplessness. Cannot sleep until 1 a.m.

Generals

Desire potatoes.

25th April 2003

Chest

There is constricting feeling in the heart with pain in the fourth intercostal region.

There is constant sensation that someone is pulling my heart with sudden palpitation. This is more so when I am alone.

I suddenly feel anxious and I get palpitations.

Vertigo

Vertigo and anxiety also tends to get aggravated when I am alone.

Stools

Unsatisfactorily stools with burning in stool.

Urethra

There is pain before and during urination.

27th April 2003

Vertigo

There is vertigo, which is more while sitting. I feel I will fall towards the left side.

I feel I am turning around.

If I try to concentrate on something I start feeling heaviness of my eyes and I feel I will fall down.

Head

Had headache because of lack of sleep.

Pain is on the left side of forehead and then extends to the right side.

It is worse from eating or drinking anything cold, and when sleeping; and is better by exertion, fasting, and when lying on the back or the left side.

Vertigo with headache.

Mouth

There is dryness of mouth with no thirst. Dryness of mouth is more in the morning and thirst for ice-cold water is more in the afternoon.

Git

There is pain in the epigastric region, which is more after eating.

Epigastric pain more in the morning with heaviness of abdomen. Abdomen feels stony hard after waking up.

Pain in abdomen is more when lying on painful side.

Stools – unsatisfactory and sticky; have to strain for soft stool also.

Bladder

I cannot control the urge to urinate. If I try to control then there is pain in lower abdomen. There is frequent urination with burning while urination and pain at the tip of urethra.

Chest

I feel someone is pulling at my heart and neck area towards the left with sudden constriction in the heart more in the afternoon.

Sleep

I feel sleepy all the time with heaviness of eyes.

5th May 2003

Mind

There is a lot of anger. I shout but after sometime I realize why did I shout?

I felt anxious while thinking of previous quarrels and I have palpitation along with anxiety.

There is absentmindedness.

Awkwardness is less when angry.

Prover number 5

30th September 2003

Took the dose of the remedy every three hours.

1st October 2003

Throat

Sensation of lump in the throat.

Pain in the throat, worse on empty swallowing.

2nd October 2003

Throat

Sensation of lump in the throat persists, which is worse on empty swallowing.

13th October 2003

Mind

Anticipatory anxiety.

Fear as if something will happen.

Sudden emotional outbursts.

Quarrel with my sibling over a small issue.

14th October 2003

Mind

Was feeling extremely anxious, anticipating something to happen.

Throat

Sensation of lump in the throat, with a choking feeling.

Stomach

Thirst has increased.

Sleep

Loss of sleep. Couldn't sleep till 4 a.m.

15th October 2003

Mind

Feeling irritable.

Some issue at home annoyed me.

Didn't feel like talking to anyone.

Wanted to be left alone.

16th October 2003

Mind

While returning home just some old forgotten issues came into my mind, leaving me with a feeling of despair.

Was tearful and upset throughout the evening.

Dream

At night, according to my sister, I was just calling or talking in my sleep. I could not recall anything on waking.

17th October 2003

Mind

Find myself frequently brooding over past incidents or over whatever happened in the day.

Very nervous and moody nowadays.

Scared of being reprimanded by anyone.

Throat

Severe cold attack, with a scraping sensation in the throat.

Difficulty in expelling out any phlegm.

Painful throat, with a sensation of lump.

19th October 2003

Mind

Quarreled with my sister, and I lost my temper, which I normally wouldn't have. On rare occasions I retaliate otherwise I normally keep to myself.

Feeling so unsure of myself.

Brooding over my lack of confidence, as to why there is this sense of insecurity, and just wishing that I could get over my inadequacies.

Want to shut off from everything around me, and just keep to myself.

Repertory

Mind

Absentminded.

Abusive.

Active, feels, more than usual.

Active, night.

Anger, contradiction from.

Anger, easily.

Anger, repentance, followed by.

Anger, taciturnity with.

Anger, violent.
Anxiety, alone when.
Anxiety, anticipatory.
Anxiety, company, to speak in.
Anxiety, palpitations, with.
Anxiety, sudden.
Anxiety, thinking of past quarrels.
Approached, being, aversion to.
Brooding, lack of confidence, over.
Busy, to mask anger.
Caressed, desire to be.
Company, aversion to.
Confidence, want of.
Confident.
Disturbed, aversion to being.
Dullness.
Dwells, past disagreeable occurrences, on.
Ennui.
Envious.
Fear, happen something will.
Fear, impulses, of her.
Fear, reprimanded, of being.
Fear, self-control, losing.
Fear, waking on, sleep from.
Frightened, waking on.
Fritters, time.
Frivolous.
Greed, money for.
Impatience.
Injustice cannot bear.
Insolent.
Laziness.
Memory, weakness of.
Mood, changeable.
Music, ameliorates.
Postponing, everything to next day.
Quarrelsome, menses during.
Quarrelsome, sister with.
Rage, fury, violent.
Restlessness.
Rudeness.
Shrieking, anger, in.

Snappish.

Strike, desire to.

Striking, imaginary objects, about her.

Suspicious, people talking about her.

Talking, aversion to.

Dreams

Anxious.

Burying, loved ones, and feeling whether I am doing the right thing or not.

Calling someone.

Care, taking of an old lady.

Dead bodies, lying on railway tracks.

Failure.

Fighting, gang of toughs.

Fire, arson, riots.

Hitting, a person violently.

Lift, being in, which hangs above the building.

Married, of being, by Hindu rites, which become Christian rites.

Naked, man and woman, brought up on stage and beaten.

Pursued, being.

Religious discourses, listening to.

Shoes old, throwing away.

Snake, being bitten by.

Unremembered.

Urinating.

Violence.

Wearing transparent saree, exposing breasts.

Vertigo

Alone, when.

Fall, tendency to, to left.

Looking, intently at an object.

Sitting, while.

Turning, around as if.

Head

Pain, accompanied by, pain, abdomen in.

Pain, accompanied by, vertigo.

Pain, burning.

Pain, drinks, cold, from.

Pain, exertion, from.

Pain, fasting, from.

Pain, food, cold, from.

Pain, lying on the back.

Pain, lying, side on, left.

Pain, sleep during.
Pain, sleep, loss of from.
Eyes
Pain, burning.
Nose
Coryza, dry.
Discharge, crusts, scabs, inside.
Dryness, morning, waking on.
Foreign body, sensation of.
Itching, inside.
Face
Pain, burning, lip, lower.
Ulcers, lip, lower.
Mouth
Dryness, lips, thirst without.
Dryness, thirstlessness, with.
Throat
Choked, sensation of being.
Lump, sensation of.
Pain, swallowing, empty, on.
Stomach
Appetite, increased.
Thirstless.
Vomiting, cheese after.
Abdomen
Clothing, sensitive to.
Distension, constipation during.
Fullness, empty stomach, on.
Heaviness, cheese after.
Pain, lying, side on, painful side on.
Pain, stool, during.
Pain, umbilical, region of.
Rectum
Constipation, difficult, soft stool.
Constipation, ineffectual urging and straining.
Constipation, unsatisfactory.
Pain, burning, stool, during.
Stool
Hard.
Mucus, slimy.
Noisy, flatus with.
Odor, offensive.

Soft.

Sticky.

Female

Leucorrhoea, menses before.

Menses, late.

Menses, painless.

Chest

Constriction, heart.

Constriction, heart, afternoon.

Heaviness, sides, left.

Oppression, sides, left.

Pain, pulling, heart.

Pain, pulling, heart, palpitation with.

Palpitation, anxiety with.

Palpitation, morning.

Palpitation, siesta after.

Back

Pain, cervical, bending forward, aggravates.

Sleep

Sleepiness, daytime.

Sleepiness, eyes, heaviness of, with.

Sleeplessness, night, 1 a.m. until.

Generals

Faintness, afternoon.

Faintness, with loss of vision.

Food and drinks, bread, desire.

Food and drinks, cheese, desire.

Food and drinks, cooked food, aversion to.

Food and drinks, fried food, aversion to.

Food and drinks, lentil, aversion to.

Food and drinks, milk, desire.

Food and drinks, potatoes, desire.

Food and drinks, rice, aversion to.

Heat, sensation of.

Comment

At the end of the proving I was pleased to know that there was close similarity between the proving done by C. Wright and the one we just did. The following are a few common symptoms seen between both the provings:

Sr. No.	Old Proving	New Proving
1.	Absentminded	Absentminded
2.	Answers abruptly	Snappish & Rude
3.	Anxiety	Anxiety when alone, Sudden anxiety, & from thinking of past quarrels
4.	Brooding	Brooding over lack of confidence
5.	Dreams of being pursued	Dreams of being pursued
6.	Dreams of dead bodies	Dreams of dead bodies lying on railway tracks
7.	Dreams of guns, shooting, murder, and violence	Dreams of fire, arson, riots, fighting a gang of toughs, hitting a person violently
8.	Dreams of snakes	Dreams of being bitten by a snake
9.	Dreams, unremembered	Dreams, unremembered

10.	Dullness	Dullness
11.	Easily irritability & irritable over trifles	Angers easily
12.	Impatience	Impatience
13.	Laziness	Laziness
14.	Memory, weakness of, for what he was about to do & for proper names	Memory, weakness of
15.	Vertigo, sitting, while	Vertigo, sitting, while
16.	Eyes, pain, burning	Eyes, pain, burning
17.	Nose, fullness sense of & obstruction, sensation of	Nose, foreign body, sensation of
18.	Nose, itching, inside	Nose, itching, inside
19.	Mouth, dryness	Mouth, dryness
20.	Mouth, dryness, lips	Mouth, dryness, lips
21.	Throat, constriction	Throat, choked, sensation of
22.	Throat, lump, sensation of	Throat, lump, sensation of

23.	Throat, pain, sore, accompanied by difficulty in swallowing	Throat, pain, swallowing, empty on
24.	Stomach, appetite, increased	Stomach, appetite, increased
25.	Stomach, thirstless	Stomach, thirstless
26.	Abdomen, distension	Abdomen, distension, during constipation
27.	Abdomen, pain, pressure aggravates	Abdomen, pain, lying, side, painful side on
28.	Rectum, constipation, difficult stool	Rectum, constipation, difficult stool, inspite of being soft
29.	Rectum, constipation, ineffectual urging and straining with	Rectum, constipation, ineffectual urging and straining with
30.	Stool, soft	Stool, soft
31.	Chest, constriction	Chest, constriction, heart of

32.	Chest, oppression	Chest, oppression, sides, left
33.	Back, pain, cervical region	Back, pain, cervical region, bending forward on
34.	Sleep, sleepiness	Sleep, sleepiness, daytime
35.	Sleep, sleeplessness, inspite of weariness	Sleep, sleeplessness, night, until 1 a.m.

Theme of bitis arietans

Impulsiveness and impulse control

In one of the prover's case, he was trying hard to keep his anger and other impulses in check by doing some activity or the other to keep himself busy. In another prover, there was a fear of losing self-control. A third prover 'acted out' her impulses.

Company aversion to and aggravates

This was seen in atleast three to four provers, either in the form of aversion to company, aversion to being disturbed, aversion to being approached, and anxiety to speak in company.

Anger and rage

Throughout the proving, quite a few provers had an easy tendency to anger and rage, over trifles. There was a tendency to either be rude and snappish or a tendency to being quarrelsome or violent.