

GENERAL INTRODUCTION OF ECHIS CARINATUS

Common name:

Saw Scaled Viper. Loondee or Lundi (Urdu), Khupper, Afee, Jalaibi

TAXONOMY:

Super kingdom Eukaryota

Kingdom Animalia

Subkingdom Metazoa

Phylum Chordata

Subphylum Vertebrata

Super class Tetrapoda

Class Reptilia

Subclass Lepidosauria

Order Squamata

Suborder	Serpentes
Super family	Colubroidea
Family	Viperidae
Subfamily	Viperinae

DISTRIBUTION:

This snake is native to North Africa, Dubai, Sharjah, Ras al Khaimah, Pakistan, India, Northern Sri Lanka and West Asia. It has also been found on offshore islands, along the northeastern coast from Abu Dhabi to Ras Ghanada.

Echis carinatus sinhaleyus is endemic to Sri Lanka. Two sub-species of the saw scaled viper are found in Pakistan. *Echis carinatus astoles* is only found at Astola Island, off Makran coast in Baluchistan. The other sub-species is *Echis carinatus sochureki*, which is found in Pakistan, Iran and Afghanistan.

DESCRIPTION:

It is a small, venomous, but extremely dangerous desert snake.

It has a short, blunt snout and rounded cheeks. This snake is considered to be the world's most dangerous and aggressive of all the vipers because of

it's highly toxic venom. It is found near cultivated areas, and it has an aggressive, easily excitable temperament.

The color of the snake may vary from sandy grey to dark-brown with a lateral row of dark brown outlined mottles. It also has a dark brown dorsal stripe with light brown, fawn or buff colored spots. A narrow, undulating white line is present on both sides of the body. The triangular head is rounded off and set off strongly from the neck. It has a pale stripe near the angle of the mouth. It has button-like menacing eyes that are light grey to amber-yellow and the pupils are perpendicularly slit. The body is slender and slightly flattened dorso-ventrally. The dorsal surface is covered with keeled scales. The belly is white to pale pink in color and has scattered dark brown spots. The chin and throat are pure white in color.

The tail is short and tapering abruptly at the vent and is about 10 percent of total body length. The back has a row of bright transverse marks or transverse volumes. It has a vertebral series of pale dark edged spots which are connected on each side with a light inverted-U or inverted-V shaped mark enclosing a dark area; these spots are usually more or less connected with one another and form an undulating light line along the side of the body. A cruciform mark is found on top of the head, behind the eyes. The male animals have a longer tail than the female animals. It grows to maximum length of 600 mm.

When aroused, they coil and twist, rubbing their serrated scales against each other to create a sound similar to that of a saw cutting wood and it is this characteristic noise that gave its name. This is usually a warning prior to fast leaping strikes to defend itself. Saw-scaled vipers are quick to strike, and their venom is highly toxic to humans.

BEHAVIOUR:

This snake is active by day but in desert areas it may remain hidden by day and go hunting by night. It has a very nasty disposition and this species never hesitates to strike if roused and when it is suddenly roused, it coils back with lightning speed as an act of defiance. It does not like to be handled and it turns vicious when one attempts to handle it, but once in captivity it may go and coil up in a corner and remain oblivious to external stimuli. It is an ill-tempered snake and will attack any intruder. Its venom is highly hemotoxic and quite potent. Many deaths are attributed to this species.

It is fairly active and can move rapidly in a side winding motion. In dry weather it hunts prey almost entirely at night, but may hunt by day in cool weather. Always alert, this snake can get easily excited and is very active. Also, it can be really aggressive and is likely to flee when encountered, but has been reported to chase victims aggressively as well. Whenever they come in contact with a predator they use different techniques for survival. Either they attack the enemy, escape by retreating fast or coil themselves into a ball and rub their scales against each other, which in turn produces a sizzling sound. They prefer deserts and arid environments and are oblivious to the hot sun.

This snake, though being small in size, strikes quickly and repeatedly with considerable reach.

HABITAT:

Found in a variety of environments, it is common in rural settlements, cultivated fields, arid regions, barns, and rock walls. These snakes inhabit the rocky, sandy and alluvial soils with sparse xerophytic vegetation. They are nocturnal in habit but can be seen in daytime in winter. In the mountainous areas of Pakistan, this species has been found to survive at the height of nearly 6000-ft. It basks in open environment during cool weather, but is found more frequently under rocks or in mounds of dead plant stalks.

VENOM AND SNAKE BITES:

Echis carinatus is probably the world's deadliest snake, based on documented deaths, especially in Sri Lanka. The deaths of nearly fifty people per million from snakebite occur there each year, many bleeding uncontrollably to their death when bitten due to the anticoagulant nature of certain peptides within the venom. A bite from this snake would inevitably prove fatal unless antivenin is administered with immediate effect. Its venom destroys red blood cells, the walls of arteries and reduces blood pressure. Death is either caused by internal bleeding or heart failure due to lack of blood and often occurs within 24 hours of being bitten.

DIET:

It feeds mainly on mice, centipedes, lizards, scorpions, frogs, toads and insects. This snake is an opportunist and the prey is often first given a lethal dose of venom, then it is let go and consumed once dead. However, due to its small size, larger snakes such as Kraits and Sand Boas may prey upon this snake. Often it may unwittingly attack much larger preys such as desert rats and the result proves to be fatal to the Viper.

REPRODUCTION:

Most saw-scaled vipers are live bearing, but some populations in Africa are said to lay eggs. This irascible snake has perhaps the most toxic viper venom known. Not much is known about its reproductive habits, which varies considerably from sub species to sub species and habitat. This viper snake is viviparous. In South Asia, mating appears to take place in January and February and the young are born in June, July and August. Therefore the gestation period is around six months. The brood may vary from 3 to 15. It appears that if the male spermatozoa fail to fertilize the eggs within the female she will carry them for the full gestation and discharge infertile eggs instead of young. At birth neonates are over 120mm long. Sexual maturity is reached when over 35cm long. The average length is 50cm and 75cm which is the maximum for this species.

PROVINGS

PROVER NO. 1

Short clinical history

Mind:

- Sensitive to rudeness, reprimands.
- Brooding.
- Performance anxiety.
- Weeps when alone.
- Worse consolation.
- Cannot answer back when emotionally hurt.
- Enjoys being by oneself.
- Fear dogs.

Craving:

- Pungent, Pickles-Indian spicy

Aversion:

- Aubergiens.

Head:

- Recurrent attacks of headaches.
- Sun headaches.

Generals:

- Recurrent sinusitis.

Perspiration:

- Palms ++

Started taking the remedy on **11th May 2004**, took 1st dose at 8 a.m., 2nd at 3 p.m. and 3rd at 9 p.m.

12th May 2004

Mind:

- Intense fear of some incurable disease.

Head:

- Sensation of heaviness in head worse lying on left side.

Vertigo:

- Vertigo worse turning in bed from left to right.
- Vertigo accompanied with nausea

Ears and Hearing:

- Reverberating of voices in left ear while talking.
- Sensation of heaviness in the left ear.
- Stopped sensation in left ear.
- Hardness of hearing in left ear.
- Extreme pulsating pain in left ear in the night worse lying on affected side, better temporarily by warmth.

Nose:

- Nasal obstruction with postnasal discharge - yellowish and or blood tinged.

- Snuffling.

Throat:

- Enlarged cervical lymph node on left side.
- Pain in enlarged left cervical lymph node worse opening the jaw.

Fever:

- Fever at 4 p.m. - 4.30 p.m.
- Heat of forehead, chest and abdomen with cold hands.
- Fever with intolerance of covering
- Thirst for small quantities at long intervals during heat.

13th May 2004

Mind:

- Intense fear of some incurable disease.

Head:

- Sensation of heaviness in head worse lying on left side.

Vertigo:

- Vertigo increased between 12.30 p.m. - 1.30 p.m.

- Vertigo worse turning in bed from left to right, sudden movements of head, rising from lying down position.
- Vertigo accompanied with nausea

Ears and Hearing:

- Reverberating of voices in left ear while talking.
- Sensation of heaviness in the left ear.
- Stopped sensation in left ear.
- Hardness of hearing in left ear.
- Extreme pulsating pain in left ear in the night, worse lying on affected side, better temporarily by warmth.
- Tinnitus in left ear - ringing and sensation of bursting of a bubble.

Nose:

- Nasal obstruction with postnasal discharge - yellowish and or blood tinged.
- Snuffling.

Fever:

- Feverish feeling.

14th May 2004

Mind:

- Intense fear of some incurable disease.
- Weeping from fear.
- Anxiety about health, worse night during sleep.
- Thought, if I do not get better by tomorrow - how I will attend the clinic and also had function at home, thus thought how I will be able to help mother in work. Was anxious thinking how will I handle all these things, how will I overcome these things? Wanted to handle but didn't know how.
- Sleepless because of anxiety.

Head:

- Sensation of heaviness in head worse lying on left side.

Vertigo:

- Vertigo increased between 12.30 p.m. - 1.30 p.m.
- Vertigo worse turning in bed from left to right, sudden movements of head, rising from lying down position.
- Vertigo accompanied with nausea.

Ears and Hearing:

- Reverberating of voices in left ear while talking.
- Sensation of heaviness in the left ear.
- Stopped sensation in left ear.
- Hardness of hearing in left ear.
- Tinnitus in left ear - ringing and sensation of bursting of a bubble.

15th May 2004

Mind:

- Intense fear of some incurable disease.
- Anxiety about health, worse night during sleep.
- Thought, if I do not get better by tomorrow- how I will attend the clinic and also had function at home, thus thought how I will be able to help mother in work. Was anxious thinking how will I handle all these things, how will I overcome these things? Wanted to handle but didn't know how.
- Sleepless because of anxiety.

Head:

- Sensation of heaviness in head, worse lying on left side, bending head to left.

Vertigo:

- Vertigo decreased but persists.
- Vertigo, worse sudden movements of head, rising from stooping position.
- Vertigo accompanied with nausea

Ears and Hearing:

- Reverberating of voices in left ear while talking.
- Sensation of heaviness in the left ear.
- Stopped sensation in left ear.
- Hardness of hearing in left ear.
- Tinnitus in left ear- ringing and sensation of bursting of a bubble

16th May 2004

Mind:

- Intense fear of some incurable disease.
- Anxiety about health, worse night during sleep.
- Thought, if I do not get better by tomorrow - how I will attend the clinic and also had function at home, thus thought how I will be able to help mother in work. Was anxious thinking how will I handle all these things, how will I overcome these things? Wanted to handle but didn't know how.

- Sleepless because of anxiety.

Head:

- Sensation of heaviness in head, worse lying on left side, bending head to left.

Vertigo:

- Vertigo decreased but persists.
- Vertigo worse sudden movements of head, rising from stooping position.
- Vertigo accompanied with nausea.

Ears and Hearing:

- Reverberating of voices in left ear while talking.
- Sensation of heaviness in the left ear.
- Stopped sensation in left ear.
- Hardness of hearing in left ear.
- Tinnitus in left ear- ringing and sensation of bursting of a bubble.

17th May 2004

Mind:

- Anxiety about health much better.

Head:

- Sensation of heaviness in head, worse lying on left side, bending head to left.

Vertigo:

- Vertigo decreased but persists.
- Vertigo worse sudden movements of head, rising from stooping position, rising from lying position.
- No nausea with vertigo.

Ears and Hearing:

- Reverberating of voices in left ear while talking.
- Sensation of heaviness in the left ear.
- Stopped sensation in left ear, worse morning on waking, which lasts for 2 hours, thereafter, reduces but persists.
- Hardness of hearing in left ear much better.
- Tinnitus in left ear - ringing persists but sensation of bursting of a bubble much better.

Throat:

- Irritation in throat at frequent intervals.
- Desire to clear the throat frequently - hawking.

Cough:

- Dry cough consisting of short bouts due to irritation in throat.

Fever:

- Feverishness worse afternoon 2 p.m. - 3 p.m.

18th May 2004

Mind:

- Anxiety about health much better.

Head:

- Sensation of heaviness in head, worse lying on left side, bending head to left.

Vertigo:

- Vertigo decreased but persists.

- Vertigo worse sudden movements of head, rising from stooping position, rising from lying position.
- No nausea with vertigo.

Ears and Hearing:

- Reverberating of voices in left ear while talking better.
- Sensation of heaviness in the left ear.
- Stopped sensation in left ear, worse morning on waking, which lasts for 2 hours, thereafter, reduces but persists.
- Hardness of hearing in left ear much better.
- Carotid pulsations extending to left ear.
- Pulsations in left ear worse walking.
- Tinnitus in left ear - ringing persists.
- Sensation of ear opening on swallowing.

Throat:

- Irritation in throat at frequent intervals.
- Desire to clear the throat frequently - hawking.

Cough:

- Dry cough consisting of short bouts due to irritation in throat.

19th May 2004

Mind:

- No anxiety about health.

Head:

- Sensation of heaviness in head much better.

Vertigo:

- Vertigo decreased, but persists slightly.
- Vertigo, worse sudden movements of head, rising from stooping position, rising from lying position.
- No nausea with vertigo.

Ears and Hearing:

- Reverberating of voices in left ear while talking much better.
- Sensation of heaviness in the left ear better.
- Stopped sensation in left ear, worse morning on waking, which lasts for 2 hours, thereafter, reduces but persists.
- Hardness of hearing in left ear much better.
- Carotid pulsations extending to left ear better.
- Pulsations in left ear worse walking.
- Tinnitus in left ear - ringing better.

- Sensation of ear opening on swallowing.

Throat:

- Irritation in throat at frequent intervals better.
- Desire to clear the throat frequently - hawking.

Cough:

- Dry cough consisting of short bouts due to irritation in throat better.

Prover No. 2

Short Case History

Mind:

- Fastidious, and expects the same from others.
- Loves painting.
- Possessiveness.
- Perseverance.
- Sensitive to rudeness and criticism.
- Enjoyment desires.
- Sight of blood cannot tolerate.
- Impressionable.
- Yielding
- Want of confidence.
- Gloomy in cloudy, wet weather and by the seaside.

Craving:

- Meat +++
- Bread ++
- Lemon ++

Aversion:

- Milk ++

Past History:

- Fissure

Menstrual Cycle:

- Regular.
- Tenderness of mammae worse before and during menses.
- Mental symptoms worse before menses.
- Acne on back worse before menses.

Generals:

- Tendency to catch cold easily
- Tendency to suppuration

Extremities:

- Dry eczema on toe right foot and heel.

Started taking the remedy on **18th May 2004**. Took 1st dose at 8 a.m., 2nd dose at 3 p.m., and 3rd dose at 8 p.m. Continued taking the dose in similar manner till **20th May 2004**.

20th May 2004

Mind:

- Irritability at trifles, which usually is not the matter.

Head:

- Left fronto - temporal headache worse morning on waking.
- Hair falling out.

Mouth:

- Salivation increased.

Larynx and Trachea:

- Change in voice, low in pitch.

Stomach:

- Eructations ++
- Eructations taste - acidic, as if burnt.
- Eructations worse during diarrhea.

Abdomen:

- Constant bloating sensation in abdomen.
- Flatulence ++
- Flatus offensive, loud, noisy.

Rectum:

- Sudden urging for stools during sleep at 2.00 a.m.
- Grumbling in abdomen worse during stool.
- Painless Profuse diarrhea.
- Stools gushing.

- Sensation of heat in rectum worse after stools.
- Frequency of stool worse night during sleep.
- Urging for stools disturbing the sleep.

Extremities:

- Heat sensation in palms.

Proving was temporarily discontinued.

Medicine restarted on **31st August 2004** till **4th September 2004**, three doses a day till symptoms appeared.

5th September 2004

Throat:

- Sensation of heat in throat on wakening up in the morning, which lasted the whole day.

Stomach:

- Nausea constant persisting the whole day; could hardly eat anything on its account.

Generals:

- There was sensation of heat all over the body as if had fever; this feeling lasted the whole day making me feel drowsy and unenthusiastic.

6th September 2004

Stomach:

- Did not feel hungry at all since I woke up; usually, I wake up in the morning and must have something, but, today didn't have food till 3 in the afternoon; if I go hungry, I get hunger headaches but this wasn't the case today, I had food at 3 p.m. just for the sake of having it, but there was no appetite.
- Since morning had only 2 glasses of water; my thirst has also decreased markedly.

7th September 2004

Stomach:

- No desire to eat or drink.

8th September 2004

Mind:

- I have become impulsive; I get an impulse to throw things around and I do that.
- Also, have started getting angry and irritable on small things.
- I wasn't so confused ever, but whenever I get angry now I get confused. I feel then what am I up to?
- Any contradiction brings on aggression in me; I hope I don't hit anybody.

Stomach:

- My appetite and thirst is almost ok today.

9th September 2004

Mind:

- I was well throughout the day but in the evening had desire to act impulsively; I caught a running train impulsively; I just jumped in the running train; It could have been fatal but I did that; I repented after boarding on the train so impulsively; I have never been so and never done so risky thing in past 8 years of traveling.
- I came home and had a fight with my mother over a silly thing; I could have overlooked that but I got aggressive and threw all cushions and bed sheet down on the floor; I screamed at my

mother doing so and started crying loudly with anger; I always weep silently and when alone, but today it wasn't the case; the aggression was so much that I felt like hitting somebody.

- Felt totally confused and went blank when I got angry; I also repented immediately on my behaviour; I approached her and apologized for what I had done.

Stomach:

- No desire to eat or drink even today.

10th September 2004

Mind:

- Mentally felt calm today on waking, and was so through out the day.
- Rather I felt active since I woke up.

Stomach:

- Felt immense hunger on waking as I normally feel; ate heartily in the morning.

Female:

- Got menses on expected date and were regular.
- Less of dysmenorrhoea during this cycle.

Prover No. 3

Short Case History

Mind:

- Has always been competitive.
- Doesn't trust people easily.
- Cannot stand domination by anybody.
- Sensitive to moral impressions.
- Hatred towards person who has offended.
- Weeps when alone.
- Irritable when offered sympathy or consolation.
- Irritability at trifles.
- Anxiety from anticipation.

Mouth:

- Dryness of mouth after micturation

Stomach:

- Appetite less.

Craving:

- Raw onions +++

Food that disagrees:

- Spices and Pungent.

Urinary bladder:

- Frequency of micturation < night.
- Urgency to urinate.
- Urgency renews after micturation.

Sleep:

- Unrefreshing.

Generals:

- Air open >>
- Evenings >>

Past History:

- Hemorrhoids

Family History:

- Osteoarthritis
- Hypertension

Took the remedy from 12th May 2004 to 16th May 2004, three times a day.

17th May 2004

Mind:

- Calmness of mind.

- Irritability better.

Nose:

- Sneezing paroxysmal
- Postnasal discharge

Larynx and Trachea:

- Voice hoarse worse coughing

Cough:

- Dry deep cough.

Extremities:

- Sudden Sharp pain in left tendoachillis while walking followed by right tendoachillis but less painful.

Sleep:

- Refreshing

18th May 2004

Mind:

- Anticipatory anxiety was much better, almost gone.

Stomach:

- Appetite increased. Feels hungry and feels like having food frequently.

Back:

- At 11 a.m. - 11.30 am, sudden deep, shooting pain in left gluteal region.
- The whole day experienced frequent sudden shooting pain behind knee joint especially left limb.

Sleep:

- Refreshing though sleeps for few hours.

19th May 2004

Head:

- Drawing pain at nape of neck, occiput.
- Heaviness of head especially at occiput.
- Gradually the heaviness extended to forehead and then over eyebrows till evening.
- Headache accompanied by dullness of mind.

Throat:

- Irritation in throat worse coughing after.

Stomach:

- Appetite increased but cannot eat much at a time.
- Has to have mouthfuls after few hours.
- Thirst decreased than usual.

Cough:

- Dry, short bouts of cough.
- Deep, as if coming from chest.

Back:

- Morning on waking, painful stiffness in left cervical region.

- Sense of tightness, pulling at the cervical region on side.
- Pain worse turning head to left side.

20th May 2004 - 24th May 2004

- Symptoms persisted but in milder form.

25th May 2004

Mind:

- Tearful mood at night, without any reason.

Stomach:

- Appetite increased at evening.

Back:

- Severe pain, drawing in character on left side of neck, cervical region, worse motion of head especially to either side, bending head forward, morning on rising.

Extremities:

- Pain in both tendoachillis worse walking.

- Sore bruised sensation in tendoachillis.

Stomach:

- Appetite increased; feels hungry and feels like having food frequently.

Back:

- At 11 a.m. - 11.30 am, sudden deep, shooting pain in left gluteal region.
- The whole day experienced frequent sudden shooting pain behind knee joint especially left limb.

Sleep:

- Refreshing though sleeps for few hours.

26th May 2004 - 30th May 2004

- Symptoms almost remained unchanged except pain in cervical region of the back, which vanished.

31st May 2004

Mind:

- Dullness.
- No interest in any activity.
- Disliked talking to anybody.
- Tearful mood if forced to do any things against the wish; family had planned a dinner in a restaurant; but I didn't want to go, I was forced upon to accompany; I refused, started weeping but was ok in few minutes; I accompanied them and enjoyed my evening.
- Felt a sense of indifference to the surroundings. Nothing bothered me except if anybody forced me.

Stomach:

- Appetite moderate.
- Feels less hungry.

Sleep:

- Felt sleepy all through the day.

Proving temporarily discontinued.

Restarted the remedy on 22nd August 2004 till 24th August 2004.

25th August 2004

Extremities:

- Sudden Sharp pain in left tendoachillis while walking followed by right tendoachillis but less painful.

26th August 2004

Stomach:

- Appetite increased than usual.
- Feels hungry often and having food frequently.

Back:

- In the morning on rising from bed, sudden deep, shooting pain in left gluteal region.
- The whole day experienced frequent sudden shooting pain in gluteal region extending down the left leg.

Extremities:

- Shooting sudden Pain behind knee joint esp. left limb, while walking.

27th August 2004

Stomach:

- Extreme hunger but cannot eat much at a time.
- Has to have mouthfuls after few hours, this time even.

Back:

- Painful stiffness in left cervical region in morning on waking.
- Sense of tightness, pulling at the cervical region on left side.
- Pain worse turning head to left side.

Extremities:

- Pain in both tendoachillis worse walking.

28th August 2004

Stomach:

- Appetite ravenous in the evening.

Back:

- Severe pain, drawing in character on left side of neck, cervical region persists, worse motion of head especially to either side, bending head forward.

Extremities:

- Pain in both tendoachillis worse walking.
- Sore bruised sensation in tendoachillis.

29th August 2004

Stomach:

- Appetite ravenous.
- Feels hungry frequently and feels like having food frequently.

Back:

- There is intermittent pain in left gluteal region, but less in intensity.
- Pain extending to left leg occasionally.

Extremities:

- Pain and soreness in tendoachillis decreased much.

Prover no.4

Short Case History

Mind:

- Desires to be alone
- Talks with self when alone and tends to brood.
- Dwelling on past events.
- Offended easily
- Cannot take jokes
- Sensitive to criticisms

- Reserved
- Dancing loves
- Impatience
- Irritability worse hunger

Head:

- Head pain from strong odors

Throat:

- Irritation worse morning on waking

Larynx and Trachea:

- Scraping and clearing larynx worse morning on waking

Expectoration:

- White worse morning on waking.

Craving:

- Hot food ++
- Fats desire ++

Female:

- Menses regular but severe colicky pain in abdomen during menses.
- Menses - stains difficult to wash off
- Dark red bleeding with occasional small clots.

Took the medicine from 10th May 2004 till 13th May 2004, three times a day.

13th May 2004

Throat:

- Irritation in throat.
- Sensation of lump in throat which causes scraping of larynx; constant urge to clear the throat.

Expectoration:

- White phlegm through out the day.
- Expectoration difficult.
- Tough Expectoration.

14th May 2004

- No change in the above symptoms.

15th May 2004

Head:

- Heaviness in left temple experienced for the first time in the evening at around 6 pm.
- Some weird sensation, as if something is moving in the left temple lasting for 15 minutes.

Throat:

- Irritation in throat
- Sensation of lump in throat which causes scraping of larynx; constant urge to clear the throat.

Expectoration:

- White phlegm through out the day.
- Expectoration difficult.
- Tough Expectoration.

16th May 2004

Vertigo:

- Had been sitting in a theater for a movie; after the movie, got up from the seat with sudden vertigo.
- Whirling sensation from right to left.
- Tendency to fall backwards.
- Vertigo worse standing, lying on back, lying on right side, closing eyes, better lying on left side with forehead boring into pillow.
- Vertigo lasted till fell asleep, where falling asleep was difficult.

Throat:

- Sensation of lump in throat.
- Inclination to swallow before could start speaking
- Otherwise voice gets hoarse
- Lump sensation better drinking water.
- O/E: Arches of throat - inflamed.

Mouth:

- Dryness of mouth.
- Saliva - frothy
- O/E: Tongue dry with imprints of teeth on margins.

Female:

- Menstruation 2 days early this cycle.
- Flow very scanty, lasting for 2 & 1/2 days.

- Thin, Bright red bleeding, without clots.
- Easy to wash off.
- No dysmenorrhoea

17th May 2004

Vision:

- Vision in right eye affected.
- Sensation of streak in front of the eye making the vision blurred.
- With blinking of eyelid, sensation of sticky film, streak stretching and covering the eyeball.
- Sticky sensation along the margin of the right eyelid, with desire to wipe it off.
- Right eye affected throughout the day but after 6 p.m. the left eye was affected.

Extremities:

- Dryness, flakiness of the palms, right > left.
- Exfoliation lasted till 12.00 p.m. in the noon.

18th May 2004

Vision:

- Woke up with similar sensation in right eye but lasted for few minutes and with less troublesome than yesterday.

Proving temporarily discontinued.

Restarted the dose of the medicine from 22nd August 2004 till 26th August 2004.

27th August 2004

Mouth:

- Halitosis since afternoon.

Throat:

- Raw sensation in the throat since afternoon.

Expectoration:

- Copious expectoration, frequent expectoration.
- Yellowish greenish expectoration.

28th August 2004

Throat:

- In the evening at around 6.15 p.m., experienced a sensation of lump in the throat.
- Constant inclination to swallow.
- Lump sensation better empty swallowing, hawking.
- Hoarseness of voice.
- These symptoms lasted for 15 minutes and thereafter was feeling o.k.

31st August 2004

Mouth:

- Halitosis since evening at 8.30 p.m.

Throat:

- Again in the evening at around 8.30 p.m., experience the same lump sensation in the throat.
- Inclination to swallow frequently, but this time it didn't help; the sensation remained.
- Raw sensation in the throat.
- Burning in the throat worse talking
- Burning also felt in nasopharynx.

- Dryness of throat while talking.
- But didn't feel like having water.
- All these lasted for 15 minutes and thereafter gradually vanished.

5th September 2004

Eye:

- Heaviness in upper eyelids with coryza.

Nose:

- In the evening at 8.00 p.m., experienced coryza with discharge especially from left nostril.
- Discharge whitish, mucoid.
- Obstruction of right nostril.

6th September 2004

Eyes:

- Heaviness of upper eyelids.

Nose:

- Coryza, continuous, worse stooping or bending the head forward.
- Coryza worse sneezing.

Throat:

- Rawness and burning of the mouth, throat and pharynx.

Face:

- Pain in the maxillary sinuses.
- Whole face was painful - aching, better pressure.

7th September 2004

Mind:

- Felt uneasy since morning.
- Difficulty in memorizing things and also to recall.
- Felt mentally confused.

Head:

- Heaviness in frontal region, especially supraorbital region.

Nose:

- Nose obstruction early morning when woke up from sleep at 5.00 a.m.
- Discharge thick greenish, difficult to blow out.

8th September 2004

Female:

- Menses - one day late this cycle.
- Bleeding - bright red without any clots, scanty.

9th September 2004

Mind:

- Confusion of mind.
- Experienced negative thoughts.
- Felt mentally restless.
- Weakness of memory persisted.
- Felt anxious.

Female:

- Menses - flow decreased considerably.
- Bleeding dark, brownish black

Prover no. 5

Short Case History

Mind:

- Yielding by nature.
- Feels obliged to comply to the wishes of others.
- Submissive.
- Not very confident of self.
- Timid while appearing in public, feels people will laugh if goes wrong while performing, what will they think of me?
- Loves entertainment; traveling, going to the restaurants, shopping etc.
- Sensitive to reprimands.
- Irresolution. Has to ask for opinion to decide over a thing.

Head:

- Dandruff.

- Hairfall.

Extremities:

- Soreness in the groins.
- Redness and blackish discolouration in the groins.
- Fine eruptions with itching worse morning on waking, after midnight when wakes up from sleep; sleepless for sometime thereafter because of the itching.

Generals:

- Tendency to take cold easily.

Took 2 doses of the drug on **19th October 2004**.

19th October 2004

Mind:

- Experienced intense amount of irresolution. Had to go for lunch with guests. But didn't know which restaurant to go to. Just couldn't decide over.
- Also, was confused about the streets. Didn't know which way to go.
- Felt extremely confused in thoughts.

Nose:

- Nose obstruction, which started with left nostril, but later within an hour or two alternate nostrils blocked.
- Nasal discharge white and sticky.
- Discharge copious.
- Snuffling constantly.
- Constant desire to blow the nose.
- Discharge, which was white transparent turned green in 4 - 5 hours.

Stomach:

- Sudden desire to drink chilled water or cold drink or eat some freezing cold ice cream.

Extremities:

- Itching in groins, which was previously present, got better.
- Erythema decreased markedly.
- Skin in the groin area dried up.
- There is no more soreness of the area.

20th October 2004

Mind:

- I was irritable at the nose obstruction and constant desire to blow the nose.
- Couldn't concentrate on studies; the thought of blowing the nose constantly disturbed me.
- I got anxious thinking of the suffering.

Nose:

- Morning on waking had nose obstruction one side, but later throughout the day had obstruction in alternate nostril.
- Had frequent desire to blow the nose.
- Snuffling constant.
- The stuffiness and the discharge in the nose would clear up after blowing the nose but within few minutes nose stuffed up again with desire to clean the nose again.
- Nasal discharge thick, sticky, greenish, profuse.
- Nose obstruction better by moist heat.

Throat:

- Experienced burning pain in the throat while coughing.
- Sensation as if throat is swollen from within.
- In the night while I went to bed, felt my nose and throat were sensitive to draft of air; desire to cover up my face but did not!

- O/E: Congested throat with red granules on wall of pharynx;
PND ++

Stomach:

- Thirstless till afternoon.
- Later had intense desire for chilled water and / or frozen food.

Extremities:

- Itching in groins intermittent after 12 p.m., even whilst I was sitting in A/C room since morning.
- Itching was intense so as to distract me, couldn't concentrate in the classroom.
- Itching lasted till late afternoon.
- But itching started again during sleep after 12 a.m.; woke up from sleep on account of itching thereafter leaving me sleepless for long time.
- Itching worse scratching; scratches until area became raw.
- Burning pain worse by warm water, better by cold water.

Cough:

- From 8.00 a.m. till 2.00 p.m. had dry cough consisting of short paroxysms.

21st October 2004

Nose:

- Nasal discharge white and / or greenish almost alternating.
- Frequent desire to blow the nose decreased.
- But snuffling remained almost constantly.

Stomach:

- Intense desire to drink cold drinks. I couldn't resist today and thus had a sip or two from friend who was drinking a cold drink.
- Appetite ravenous; I feel hungry even after meals; I couldn't resist my hunger and thus had mouthfuls often.

Extremities:

- Itching in the groins persists after midnight, disturbing my sleep; it is difficult to fall asleep back later.
- Violent itching; scratches until the area becomes raw.
- Itching worse by scratching.

22nd October 2004

Mind:

- Woke up feeling very fresh early morning and also went for jogging.
- Was feeling generally happy and had a desire to study and could even concentrate till noon.
- Later part of the day boredom and didn't feel like studying.

Stomach:

- Appetite ravenous; ate to my satisfaction but was again hungry after meals; I munched on nuts and biscuits.
- Intense desire to drink cold and eat ice cream.

Nose:

- Snuffling since afternoon.
- The desire to blow the nose constantly came back thereafter, which lasted the whole day.

Cough:

- Dry cough, in 2 paroxysms, started after 9 a.m. and the frequency increased as evening approached.
- Cough worse cold air, evening.
- Cough from irritation in throat left > right.
- Slight pricking pain in left side of throat.

Extremities:

- Itching in groins intermittently during the day but less in intensity and frequency.
- Itching also in the night during sleep.

Sleep:

- Woke up from sleep startled because of some dream, felt as if somebody has woken me up.

23rd October 2004

Nose:

- Snuffling since afternoon.
- The desire to blow the nose constantly came back thereafter, which lasted the whole day.

Throat:

- Irritation in throat till afternoon since morning.

Stomach:

- Ravenous appetite even today.
- Just cannot control my urge to munch on something sweet... sugar.

Cough:

- Cough has decreased markedly and got a bout in the evening and once in the night.

24th October 2004

Nose:

- Nasal discharge whitish, sticky, thick with difficulty in blowing the nose.
- Frequent desire to blow the nose is much decreased.
- Greenish nasal discharge only once throughout the day.

Stomach:

- Appetite remains unchanged - ravenous.
- Had spoonfuls of sugar as couldn't resist having sweet.
- Felt hungry even after having my lunch.

Cough:

- Had no bouts of cough today.

Extremities:

- Itching in the groins worse morning on waking
- Violent scratching.

25th October 2004 - 29th October 2004

- Intensity of all my symptoms decreased gradually over next 4 days.

Prover no.6

Short Case History

Mind:

- Timid and reserved person.
- Day dreams a lot.
- Absent-mindedness.

- Very messy and untidy person.
- Is very hard working and ambitious.
- Sensitive to rudeness, cannot take a rude tone from anybody.
- Sensitive to injustice.
- Very sympathetic towards suffering of others.
- Easily gives in and cannot say 'No'.
- When makes any mistake or does something wrong he'd rather cover it up and not deal with it. Chooses to ignore his shortcomings.

Eyes:

- Highly Myopic since 9 years.

Craving:

- Potatoes +++
- Cheese ++
- Milk and milk products ++

Past History:

- Bronchitis at age of 3years.
- Operated for undescended testis at age of 3 years.

Family History:

- Asthma.

- Arthritis.
- Diabetes Mellitus.
- Sinusitis.

Took the doses of drug from **25th November 2004** till **28th November 2004**.

29th November 2004

Eye:

- Woke up in the morning with pressive pain in the right eyeball, as if the eye was pushed in the socket.
- Felt better by washing the eye with cold water.
- Experienced intense pain in the night at around 10.00 p.m.

30th November 2004

Eye:

- Pain the right eyeball continued on waking up in the morning; it continued throughout the day.

- Burning pain in the right eye was much marked today than the pressive kind of pain.
- Burning pain intensified in the night.

Vision:

- Blurring of vision along with the pain in the right eye.

1st December 2004

Eye:

- Pain in the right eye started after 8 a.m. in the morning.
- Burning as well as pressing kind of pain in the right eye.
- The pain and burning was better by washing the eye with cold water.
- The complaint remained the same throughout the day.

The proving was discontinued because of severe eye symptoms. An ophthalmologist was consulted, who after thoroughly examining the eyes, reported that nothing was abnormal. It took almost a month for the symptoms to disappear.

Prover No. 7

Short Case History

Mind:

- A Very fastidious person.
- Though a brave and courageous lady, I am scared of cats.
- Doesn't share nor show my emotions to anybody; doesn't rebel even if is hurt, believes that God will do the justice.
- I forgive and forget easily. Believes in 'Live and let Live'.
- Feels that no one understands me.
- I take solace in religion.
- Feels unappreciated esp. by husband. Feels no one understands her.

Thirst:

- Thirstless

Craving:

- Sweets +++

Aversion:

- Milk ++
- Fruits ++

Perspiration:

- Profuse
- Sour odor

Extremities:

- Has been suffering from sciatica since 23 years.

Family History:

- Asthma
- Osteoarthritis
- Diabetes Mellitus

Took the drug from 26th November 2004 till 28th November 2004, three doses per day.

28th November 2004

Vertigo:

- Was better the whole day but in the evening at 8 p.m.
- Immediately after the dose experienced vertigo lasting for 5 minutes.
- Vertigo, worse movement especially of the head, better by lying down, closing the eyes.

29th November 2004

Vertigo:

- Woke up in the morning feeling fresh but again at around 8 am experienced the same kind of vertigo, which again lasted for 5 minutes.
- Vertigo was worse any movement of head, better by closing the eyes and lying down.
- That evening and thereafter did not experience the vertigo anymore.

The vertigo symptoms were extremely intense after which the prover became extremely frightened and left the proving.

Prover No.8

Short Case History

Mind:

- Possessive by nature, can't give on things easily.
- Is a calm person with a laid back attitude.
- Loves collecting rags and doesn't like bathing.
- Talks Philosophical.

Vision:

- Blind in the right eye after chickenpox affected the eye in the childhood.

Hearing:

- Hearing loss 60%

Stomach:

- Excessive hunger or canine hunger when sad.

Craving:

- Sweets +++
- Meat ++
- Milk ++

Perspiration:

- Scanty

Took the drug from 26th November 2004 till 29th November 2004, three doses per day.

29th November 2004

Mind:

- Felt lazy and aversion to work.

- Also was feeling sleepy.

Eyes:

- Lachrymation continuous and profuse since 4 p.m. in the evening.
- Eyes were burning as from sparks of fire.
- Left eye affection was more prominent than right.
- Lachrymation and burning pains were better from cold applications.
- Photophobia was also marked.

Head:

- Heaviness in the whole head along with sneezing bouts.
- Heaviness better by pressing the temples.
- Experienced pain at the nape of the neck along with heaviness.

Nose:

- At 12 p.m. in the afternoon had sudden bouts of violent sneezing.

30th November 2004

Eye:

- Lachrymation copious in the night at around 9 p.m.
- Also experienced burning pains in the eye, left more than right.
- Had photophobia.
- Overall, the symptoms had intensified.

31st November 2004

Eye:

- Woke up in the morning with no eye symptoms but the
- Lachrymation and intense burning pain started from 8 a.m.
- Couldn't look at the sunlight or artificial light.
- Burning better by washing the eyes with cold water.
- The symptoms gradually diminished as the day progressed.

Here again the eye symptoms were very powerful and hence the proving was discontinued.

SUMMARY

Looking at the symptoms of the **mind**, I understand that there is a lot of anxiety related to one's own health due disease suffered from. This anxiety is followed by fear of impending, especially incurable disease.

Aggression comes in the form of anger from contradiction, anger - throwing things around, shrieking during anger.

Like most snake remedies, we find desire for activity which indicates the element of creativity.

There is depression characterized by poor concentration, confusion of mind, causeless weeping and weeping from fear.

The chapter on **vertigo** shows that this drug can be used for vertebro-basilar insufficiency and benign positional vertigo.

In the chapter of **head**, there is a sensation of heaviness in the occipital area suggestive of hypertension and tension headaches.

In the chapter of **eye**, one can see a lot of problems related to vision, especially on the right side accompanied by severe pain in the eyes making this remedy useful for glaucoma, scleritis, iritis and ophthalmic migraine.

In the chapter of **ear**, the noises and the stopped sensation makes this drug useful in cases Minere's disease and Eustachian catarrh.

In the chapter of **nose**, the post nasal catarrh, the copious discharge and the nasal obstruction makes this drug one of the best drug for sinusitis.

In the chapter of **stomach, abdomen and rectum**, one can conclude this drug to be excellent for acid peptic dyspepsia and irritable bowel syndrome.

In the chapter of **female genitalia**, one can observe that this is a good drug for dysfunctional uterine bleeding.

In the chapter of **extremities and back**, there are many symptoms suggestive of cervical and lumbar spondylosis.

In the end, I can only say that this drug may one day turn out to be a deep acting constitutional remedy.