

The Proving of the Rocky Mountain Columbine -

Aquilegia Coerulea

What does beauty have to do with it?

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Awe-inspiring to visitors of the Rocky Mountains, the alpine Columbine ‘s pristine beauty catches everyone’s attention from June through August. The intense blue of the flower’s outer petals resembles the color of a glacier lake or a clear Colorado sky on a summer morning. And skies hardly get any bluer than that. Its inner white concentric sepals summon images of sheer purity, and the fine gold colored stamens add to the flower’s delicacy. With admiration, hikers and mountaineers alike watch the delicate Colorado State flower dance in the slightest breeze.

During the years of 2003, 2004 and 2005 the *Homeopathy School of Colorado* undertook a proving of *Aquilegia vulgaris* (*Auil-vulg*), the Common Columbine, an un-proven homeopathic remedy listed in J. H. Clarke’s *Dictionary of Practical Materia Medica* (*American Homeopath (AH)*, Vol. 11). The remarkable results of the proving inspired an interest in proving the Colorado State flower, *Aquilegia coerulea* (*Aquil-coer*) and spurred a curiosity to look for similarities and differences between these two flowers of the same family.

Methodology

The proving was conducted with 34 provers (25 female, 8 male) in three different groups during 2006, 2007, and 2008 at the *Homeopathy School of Colorado*. Each prover’s baseline data was collected by recording pre-proving symptoms for three days prior to the proving, and by taking a baseline case. The remedy was given in 30C and 200C potencies. During the proving, provers logged symptoms on a daily basis until symptoms subsided. Provers and assigned supervisors were in daily contact.

Hahnemann Laboratories of San Rafael, California prepared the remedy according to Hahnemannian principles in November of 2005.

Name Origination

The taxonomic name for the Colorado Columbine is *Aquilegia coerulea* (*E. James*), often also spelled *caerulea*. *Aquilegia* relates to the shape of the flower, *Coerulea* to its color. Considering this, *coerulea* is assumed to be the correct spelling.

- *Aquilegia* - Latin for eagle, the flower's spurs resemble an eagle's talon.
- *Coerulea* - Latin for blue
- *Columba* – Latin for dove or pigeon (the flower resembling the flight of these birds).
- *E. James* – The name of the person who found it in Colorado

Botanical Description

Columbines belong to the *Ranunculaceae* (buttercup) family which includes *Aconitum*, *Cimicifuga*, *Clematis*, *Delphinium*, *Helleborus*, *Hydrastis*, *Pulsatilla*, and *Ranunculus*. German botanists named this family *Hahnenfuss-Gewaechse*, rooster foot plants, a description related to the flower's likeness to a bird's foot. Columbines also compose the genus *Aquilegia* that contains about 8000 species of perennials.

The Rocky Mountain Columbine grows app. 30 to 75 cm (1 to 3 feet) high and about 45 cm (1½ feet) wide. In the wild, the flower is usually of an intense blue color (or white); variations of pink, yellow, orange, red or dark purple flowers are mostly found in gardens. The blossom is arranged into two concentric circles; the inner five sepals assembled around gold-colored multiple stamens, the outer five petals tapering into narrowing trailing spurs. The rolled spurs at the back of the flower reach upward, resembling an eagle's talons. The flower is much liked by butterflies that uncoil their long tongues to reach the very bottom of the narrow canal of each spur.

The contrasting sepals and petals of the Columbines give them a pixie-like look as they sit gracefully atop erect wiry branches. A bluish-green color is characteristic of the plant's leaves. The leaves grow on long stems and are divided into three parts, each forming a scalloped three-petal leaf with a slight resemblance to cloverleaves. The species of *Aquilegia coerulea* (*Aquil-coer*) will turn its flowers partially upward to face the sun, while hybrids growing in gardens frequently hang their flowers downward.

*Though the sun sheds golden glory
O'er the far-flung hills at dawn,
From a world azure and silver
Are your lovely colors drawn
From the great white peaks that tower
And the glacial lakes below;
From the deep blue sky above you
And the pearly clouds aglow.*

*Sweet columbine, sweet columbine
Beneath the aspen and the pine
You seem a gift from heav'n above;*

*How fair you blow, like sky and snow,
The spirit of the land I love,
The flower of the State of mine,
Sweet columbine, sweet columbine.*

- From a lyric by Edgar MacMechen, 1922

Habitat

The Rocky Mountain Columbine is native to Western North America including Arizona, Colorado, Montana, New Mexico, Wyoming and Utah. In the mountains, the exotic flower has a broad habitat range, thriving in Aspen groves, along streams, in open woodlands and even on hot, dry talus slopes. It can be found on alpine meadows at elevations of 5000 to just above 10.000 feet (app. 3600m). The flower used for the proving was picked on July 20th at Rocky Mountain National Park, at an elevation of 9000 feet in a mossy spot along a stream, just below a group of pine trees.

History

In 1820 Edwin James, a brave mountaineer and his climbing party first climbed Pikes Peak, the most famous mountain peak in Colorado. Little did Edwin James know that the delicate blue and white flower he found on his climb would be adopted to be Colorado's State flower in April of 1899 (exactly one hundred years before the tragedy at the Columbine High School in Littleton, Colorado). Laws passed in 1925 prohibited removing any Columbines from public land. Additionally, it was declared illegal to pick Columbines from private land without the owner's consent and the number of flowers picked was legally limited to 25. Praising the Rocky Mountain Columbine, the Colorado State song's last verse reads as follows:

*"Tis the land where the Columbines grow,
Overlooking the plains far below,
While the cool summer breeze in the evergreen trees,
Softly sings where the Columbine grows."*

- A.J. Flynn 1915

Very little is recorded about *Aquilegia coerulea* (Rocky Mountain Columbine) being a fairly recent discovery of the New World, while the history of *Aquilegia vulgaris* (Common Columbine) its European sister, reaches back into the 16th century. We do know, that some Native American cultures used the seeds of the Rocky Mountain Columbine in a love potion.

Symbolism

Originally, the European Common Columbine (German: *Akelei*, Swedish: *Akileja*) was dedicated to the Norse goddess Freya, the goddess of love and fertility, crops and birth. Freya was the symbol of sensuality called upon in matters of love. She loved music, spring, flowers, and elves and was the most gracious and beautiful of all the goddesses. Old symbolism relating the plant to love and fertility has been preserved in paintings exhibiting sexual imagery, secret love and seduction, inconsistency and fickleness. Over time, Christianity transferred elements of the plant's original mythical symbolism related to the goddess Freya to the Virgin Mary (Details see *AH, Volume 11, 2005*).

Toxicity

Despite the fact that Columbines have been ingested as tea and in salads, Columbines are considered poisonous plants. The consumption of approximately 20 grams of Common Columbine leaves (*Aquilegia vulgaris*) has caused poisoning symptoms of nausea, vomiting, diarrhea, breathing difficulties, heart pains, absent-mindedness, stupefaction, and confusion. Its toxins, however, are destroyed by heat and drying.

Although records of toxicity are not available for the species of the Rocky Mountain Columbine (*Aquil-coer*), it belongs to a family that contains a number of mildly toxic plants. According to information on botanical website's the flowers are most likely perfectly safe to eat, are rich in nectar and taste sweet. The plant is not toxic to livestock.

Herbal Applications of *Aquilegia Coerulea*

Several North American Indian tribes have used the Rocky Mountain Columbine for a variety of purposes:

- As love medicine to attract the girl of their dreams
- Gosiute Indians (Great Salt Lake, Utah) used the plant as an analgesic
- Meskwaki Indians chewed the root for stomach and bowel problems
- Meskwaki Indians combined Columbine with Prickly Ash to treat “thick urine”
- Milk that had been boiled with leaves was ingested to cure sore throats
- A decoction of the root, sometimes combined with leaves to cure diarrhea
- Used to treat the pain of rheumatism, plant parts unknown
- North Western Natives mixed the ripe seed into tobacco for sweet smell

Mental Themes

Increased energy was reported as a jittery, buzzing state and was reflected in mental and physical symptoms alike. The deep calmness many provers felt, reached nuances from being less bothered, to a feeling of sedation and laziness, dullness, indifference and heavy sluggishness. On the opposite site of this scale anxiousness and irritation were experienced, most likely related to increased mental/emotional sensitivity. Following is a list of mental states experienced during the proving:

Increased energy

Increased focus

Unusual calmness

Spacey, dull, dream-like

Difficulty concentrating

Forgetfulness

Sadness

Lazy

Indifference

Averse to company

Easy to anger

Increased emotions

Anxious, impatient and irritated

For the first 1½ weeks of the proving I had horrible agitation, was much less patient. I was anxious, fidgety and flustered. I couldn't focus or remember what I was just looking at.

- Prover 1506

MENTAL SYMPTOMS:

High energy, more motivated, more cheerful 0406, 0906, 0307, 0607, 0907, 0708

Restless, fidgety, jittery 0307, 1506, 0607 0208

Unusual internal calmness, mind quiet, no need to rush 0306, 0707, 0907

Unusually relaxed, less hurried 0506, 0906, 0907

Feels like taken a mini Valium, pleasant sedated feeling 0208, 0308, 0408, 0907, 0906
Depressed, melancholic, unhappy 0606, 1206, 1406, 0608
Crying for no reason 0406, 0707
Moved to tears by music, thoughts, stories, movies 0406, 0107, 0408
Forgetful 0506, 0607, 0906, 0907, 0208, 0308
Difficulty concentrating 1406, 1506, 0607, 0907, 0208, 0708, 0908
Leaving out, transposing letters, horrible handwriting 0107, 0907, 0308
Irritable and impatient 0406, 0606, 0906, 1506, 0707, 0907, 0608, 0608
Anxiety 0406, 1506, 0107
Lazy 0506, 0906, 0608
Less sympathetic, less patient with family 0406, 0107, 0707, 0208
Wants to be alone, averse to company 0107, 0408, 0608, 0708
Emotionally agitated, angry, throwing things, short fuse 0606, 1506, 0707, 0807, 0907, 0608
Hit friend 0208 (very mild mannered person)
Increased confidence to speak up, ask 0406, 0506
Mentally focused, efficient, organized 0406, 0307, 0407, 0907

Topics in Dreams:

Of the 176 dreams recorded during the proving, 58 dreams started with threatening or violent situations that turned into dreams with benign or happy endings. It seems remarkable that one third of the dreams followed this pattern.

Prover 708 had frightful dreams, something she had never experienced before. Prover 1006 was cured from violent dreams suffered since serving during operation *Desert Storm* in Iraq in 1990 (1006). It is suggested, that Aquil-coer could help with nightmares. Following is a list dream topics:

Happy endings - threatening dreams end positive
Water related dreams
Attire and looks
White, yellow and blue/turquoise color
Helping others and rescuing
Forces of nature
Gatherings and food
Birth and death
Pregnancy and birth
Narrow places (Prover 0307 had 12 dreams about this topic)
Erotic and sexual dreams

DREAMS

Live in house with cannibals and murderers; talk them out of killing me 0906
At a party for child, men with machine guns enter, everything goes dark, calmly I am waiting for the opportunity to escape 0107
Followed by someone, but tricked the person who was following 0308

Joyfully watching divers while snorkeling 0908
Laughing at two guys with canoes heaped with luggage for a 4-hour trip 0207
Someone falls into a creek, gets up and laughs 0906
Dangerous surfing turns out to be in a swimming pool 1206

Cross-dressing party, bow ties, top hats, jewelry, silk crimson dress 0208
Ladies wearing shimmering dresses, one peach one turquoise 0808
Yellow, blue, and white 0308, 808

Swept away by strong current when kayaking, rescued two girls 0307
Child at pool, dead, she is receiving CPR, I speak to her; she becomes alive 0807
Driving a Jeep across a river water pouring in, have to protect daughter 0908

Prescient dream about pregnancy 0406
Gave birth to a baby girl 0606
Sea creature gives birth 1006

Dog that died of cancer 0606
Hugged dead aunt 0308
Funeral/wake 0307

Spaghetti 0606
Bright, yellow banana bread 0808
Party with lots of food 0606, 0208, 0308, 0808

Listening to music in a mountainous field, talking to female musician, nice experience 0307
Grateful Dead concert 0308
Saw Phil Lesh of Grateful Dead at a concert 0808
Friend fighting with her boyfriend turned into a wedding and a concert 0808

Long, narrow river with long skinny piers 0307
Long skinny passage from barn to corral 0307
Crawled under an upholstered chair, to get away from rattlesnake 0808

Vans, passenger vans, semis, big trucks, different colors 0306
Fitting new carpet in blue car 0707
Prolonged erotic dreams (several) 0907, 0308

General Symptoms

Marked symptoms for this area included an intense sensation of heat, tingling and buzzing sensations in various parts of the system, sensitivity to warmth and heat, weakness like being sedated, craving dairy and an amelioration from eating.

Increased energy 0406, 1206, 0307, 0108, 0508, 0608
High energy morning, low 12.00 PM - 16.00 PM, high again in evening 0406
Woke up ready to go with lots of energy 0307, 0406, 0407
Tingling, buzzing sensation, erector muscles of spine, upper face, L top of head 1006
Tingling experienced by many provers in different parts of the body

Sensation of heat 0306, 0406, 1006, 0107, 0307, 0607, 0707, 0907, 0208
Sensation of heat in core 0306
Hot, especially face, hands, feet, > drinking cool water 0307

Woke very hot, hot all day 0707

Chilled 0406, 0906, 1406, 0607, 0707, 1108

Chilly on a warm day 1406

Very cold, want to get into bed and cover up 0707

Cold, almost like flue, > anything warm, warm drinks and heater 1108

Weakness 0506, 0107, 0408, 0708

Sedated feeling, feel like a rest, feel like taken a mini Valium 0408

Craving diary 0406, 1506, 0307, 0208

Desire milky, creamy things, cheese and juicy fruit 0307

Craving cheese 0307

Craving dairy, milk, ice cream 0406

Craving cold milk (doesn't drink milk) 0208

Desires cold food, drinks 0308, 1108

Better eating 0406, 0107, 708

Irritability > eating 0406

Anxiety > eating 0406

Weak and strained, winded going up-stairs, > eating a big meal 0708

Miscellaneous

Pains moving from left to right 1006, 1406

Foot sweats ameliorates all symptoms 1006

Symptoms begin with tingling, move to itching and then into pain 1006

Physical Symptoms

Most remarkable during the proving were the sensations of heat, tingling, itching and redness especially in the head, face, extremities, chest and stomach. Pains were generally experienced as sharp, stinging and pressing, and appeared in the head, eyes, ear, face, mouth, throat, abdomen, stomach and female organs. A large number of provers experienced nausea and vertigo, some with headaches as concomitant.

Immediately after taking the first dose of the remedy, my face felt hot. The sensation gradually intensified. I felt nauseous, had a hot sensation in my stomach, and my lips were buzzing. I wanted to take my clothes off and roll in the snow.

- Prover 0306

HEAD

Sharp, stinging pain, forehead 0706, 0107, 0308, < lying down 0906

Stabbing pain L temple 0107, 0208

Quick, pulsating pain in R temple 0607, 0107

Light headed, frontal H/A with vertigo 0308; < standing, walking > eating 0207

Outward pressure on top of head moving L to R, itchy 1006

Pressure on both sides of head as if being squeezed with two hands 0608

Strong HA over forehead and eyes with loss peripheral vision and nausea 0907

Tingling up back of head, waking from nap 1108
Tingling as if hair is standing on end, L Vertex 1006
Sensation hair is standing straight up at occiput and vertex 0308
Sensation as if hair is being pulled at crown of head 0107

Itching on Vertex > scratching 0907 (lasted 4-5 days)
Formication L side vertex intensifying to pain 0107
Sensation of heat in head 0208
Hot sensation 0308

VERTIGO

Dizziness 0506, 1406, 0107, 0407, 0807, 0907, 0308, 0508, 1108
Dizziness < standing, < bending 0907
Sensation as is would fall to left 0107, 308
Heaviness in head felt like falling forward > moving slowly > fresh air 0907
Wave-like sensation in forehead, < movement 0807, 0907

EYES

Stabbing pain L eye 1006, 0107, 0407
Pain R temple and R eye socket 0606, 1006, 0107
Eyes red-rimmed, swollen 0306, 0107, 0607, 0308
Dry, irritated 0706, 0607, 0108, 0808
Droopy, heavy eyelids 0906, 0107 0308
Lachrymation 0706, 0107, 0408

VISION

Blurry vision 0406, 0706, 0906, 0607, 0208
Flash of light 0606, 0607, 0707
Peripheral vision foggy around the edges 0407
Reduced peripheral vision, top down < reading > looking out window 0907
Trouble focusing close but not distance 0406
Photophobia 0406, 0907, 0808

EAR

Pain, L ear canal, 1006, 1506, 0107, 0108 > pressure 0406, > cold 0706
Pressing pain in L ear radiating to temple, L jaw joint and L molars 0107
Intense sharp pain in outer L earlobe 1006
Left ear feels fuzzy, asleep feeling extending to chin 0308
Shooting, stabbing pain R ear 0706, 1108
Plugged, pressure in R ear canal 1006, 0908
Sensitive to noise, had to turn down headphones 0607
Sounds keep shifting from R to L ear 0707

NOSE

Watery, clear runny nose 0506 (salty), 0306, 0607, 0208, 0308, 0408, 0608, 0708, 0908
L nostril, clear, thin mucus 0706, 0107, 0808
Paroxysms of sneezing 0406, 0707, 0807, 0908
Congestion, 0208, 0506, 0706, 1206, 0908

Clumpy mucous 0608
Very dry 1406, 0208, 0608
Chemical odor in nose 0906
Nail polish odor in nose, very strong 0308
Smelling bad odor with bad taste in mouth 1108
Itching and tingling nostrils 0506, 1006, 0107, 0308, 0908
Nostrils tender, sore 1006, 0608, 0708

FACE

Pain jaw as if had been clenching/grinding teeth 0406, 1406, 1506, 0107, 0808
Throbbing, pulsating pain jaw joint 1006, 1506, 0107
Tingles 0308
Itchy cheeks 0107, 0207
Itchy, stinging rash under chin 0308
Red, flushed, hot 1006, 0207, 0208
Numbness 0107, 0308

MOUTH

Aphthae, stinging, tip of tongue, 0206, 0406, 0307
Aphthae, inside cheek 0206, 0906, 0308
Extremely dry mouth 0606, 0307, 0607, 0708, 1108
Mouth dry, need to lick lips, swallowing difficult 0607
Lips dry 0406 (splitting), 0108
Swelling of lips 0508
Woke with lemon taste in mouth 0307 (several days)

THROAT

Stabbing pain at back of neck on swallowing, > pressure on R neck muscles 0306
Stinging pain L side extending to L ear 0107
Hot, burning both sides with congestion 1206
Swollen, raw, aching pain on L tonsil 0208
Sore throat 0506, 1406, 0208 (< inhaling), 0708 (splinter-like)
Dry, sore top back of mouth, craved cold water, > cold water 0406
Scraping, scratchy sensation in throat with mucus 0606, 0307, 0607, 0907, 0308, 0808
Sensation of lump 0307 (with choking sensation), 0607, 0907

NECK

Chill from neck to feet 0406
Flushes of heat, sides of neck 1006
Flushing red stripe up L side of neck 1006

STOMACH

Cramps 0406, 0307, 0608
After eating, sharp pains gas and cramps, > laying down, < sitting 0206
Severe, violent abdominal cramping with sudden urge for stool; foul smelling diarrhea, feel drained after diarrhea, but mental physical stamina OK 0307
Intense nausea, excruciating stomach pain > cool, followed by several bouts of diarrhea, body hot, > cool, laying still, < getting up 0608
Nausea 0306, 0906, 1006, 1406, 0107, 0307, 0607, 0707, 0807, 0208, 0608

Nausea with sensation of heat (roasting from the inside out), but body is cold 030
Nausea, belching with lemon taste 0307
Eruptions tasting of alcohol (no alcohol ingested) 0107
Thirsty 0306, 0406, 0906, 1406, 0307, 0807, 0108, 0708, 0908
Thirsty for cool water 0307, 0807, 0708
Intense hunger, appetite 0406 (> eating), 0906, 0308, 0708
Decrease in appetite 0906, 1406, 0307, 0707, 0807, 0308

ABDOMEN

Sharp pain L side 0406, 1006, 1206, 0308
Dull, cramping pain, waist 1006, 0308
Pressing pain lower abdomen 0107
Heat sensation, spleen area 1006

RECTUM

Several bouts of painless, gushing diarrhea 1006
Frequent bowel movements 1406, 0308
Constipation with dizziness, nausea, HA 1406

BLADDER

Decrease in urination 0306, 0906 (thick urine)
L-sided back spasm and increased urination 0407

FEMALE

Nosebleed before rising from bed day of menses onset 0107
Menses 4 days late 0406
Menses started 5 days early 0208
Painful cramps, nauseated, difficult to get ready for work with pain 0407
Intense itch and small bump, > warm shower, compress 0606
Stinging, biting pain upward inside vagina 0308
Sexual desire decreased, not as proactive, orgasm not a priority 0906

COUGH

Paroxysms of cough, 0306 > head elevated 0406
Tickling at roof of mouth and back of tongue causes cough 0706

CHEST

Hot, as if burning, skin hot to touch, red-hot splotches, > cool 0406
Chest pain 0107, 0208, 0607, 0308
Heart palpitations 0207, 0307, 1108
Fluttery feeling in chest 0207, 0808
Itching, L nipple 1108

BACK

Bubbling sensation radiating from scapula to crown of head 0107
Chilly shivering, tingling up and down spine while urinating 0308
Left side intense pulsating pain 0308, 0407, 0907, 0608

EXTREMITIES

Arthritis-like pain and stiffness 0306, 0406, 0607, 0807

Stiffness, couldn't type, write 0406, 0607

Hand feels stiff, like a glove, < morning, < cold, < before storm 0807

Heat sensation 0406, 0307, 0907, 1006, 0908

Heat in both hands 1006, 0907

Hands red 0406, 1006, 0107

Hands hot, clammy, sweating 0406, 0307, 0308

Sudden, burning, sore, upper arms, < touch, < movement 0906

Soles of feet burning 0406, 0908

Soles of my feet were burning. I had a hot feeling extending to arms, hands, face, my chest being very hot, burning, and turning red > fanning, drinking cold water. On the next day the heat stopped, I felt cold and chilled, chills starting on my neck, running down entire body.

- Prover 0406

Sharp pains 1006, 1406, 0107, 0807, 0308

Awakened 4 times by painful electric shock to base of palm 0107

Sharp pain middle two fingers of L hand 1006

Shooting pain in L hamstring area, < flexing 0308

Sharp cramp in bottom of foot 1006, arch of foot 1406, 0807

Itching and tingling

Hands itching 0107, and arms 0807 (< night)

Chill, goose bumps down arms with tingling, shoulders prickly 0308

Tingling in elbow with numbness in fingers 1406, 0607

SLEEP

Light sleep 0306, 0406, 0407, 0907, 0308

Waking from anxiety and restlessness 0408

Waking, jittery, but easily back to sleep 0307

Sleepiness but unable to sleep 1406

PERSPIRATION

Acrid smelling 0107

Breasts to neckline 0308

Profuse R side 0608

Perspiring on waking 0707, 0208, 0608

SKIN

Old moles, upper arms, became raised, round, and red 0306

Red, spotty, irregular rash on front of neck after bathing 0107

Itching trunk, legs, neck 0506, 1006, 1406, 0807

Itching face, soles of feet, palms of hands 0707, 1006

Skin warm, chilled internally, not quite sweating > indoors 0907

(The numbers after each symptom are the prover numbers.)

Curative Effects

Twelve provers highly impressed by the curative effects of Aquil-coer experienced improvements in dreams, energy and concentration, blood sugar levels, nose congestion and inflammation, stomach problems, menstrual cramping and acne.

Prover 1006: *History of violent dreams (result from being a soldier/PTSD). During the proving dreams are loosing their violent aspect. Locations and persons in the dreams are similar, but no violence occurs. The prover continues to have less violent dreams as of May 2008 (proving 2006).*

Prover 0508: *Overall energy much improved; thinking more clearly, better memory and improved concentration. Not cranky although didn't sleep well. Happy, refreshed throughout day. Feeling more energetic and able to do more things. Less irritated with people; not getting upset with anyone; clear focus all day. Duration 23 days.*

Prover 1206: *I have been congested for a long time. After two days of the remedy it's gone. My energy level is higher than ever. I also have been dealing with runner's stitch on the left, nothing has helped. Since the proving I have had it very infrequently. But I have been very sad in the mornings and evenings.*

Prover 1406: *Nose congestion, present for six months cured by the remedy on Day 4.*

Prover 0707: *Red, swollen inflammation on tip of left nostril for 6 months, no treatment helped, aggravated on day 3 of the proving. The right septum became red and inflamed for a day. By evening only dry and crusty; the inflammation went down by 80%. On day 7 of the proving the inflammation was completely gone, not to return.*

Prover 0807: *Suffer from sinus congestion, first L sinus opened up on day 1. Both sides open during the whole proving.*

Prover 0707: *Stomach seems to assimilate food better, no gas after meals.*

Prover 0707: *Experienced a note worthy drop of blood sugar levels. Fasting blood sugar levels were taken between 7:30 AM and 8:00 AM every day, reading 138 on the first day, 120 on day 14, and 116 on day 21 of the proving.*

Prover 0406: *Menstrual cramps less intense than usual. No blood clots, no cramping after 1st day, less profuse, less tired, able to stay active.*

Prover 1108: *Overall menses better, cramps much less intense than usual, no vomiting.*

Prover 307: *Acne I had my entire lifetime seems noticeably cleared up, fungal rash on upper arms since July 2006 is gone.*

Prover 0508: *Fell asleep easier, slept through whole night, woke refreshed, happy all day. Slept through the night for 22 days (highly unusual).*

Summary and Conclusion

Most mental states experienced during the proving of the Rocky Mountain Columbine (*Aquil-coer*) also appeared previously in the Common Columbine (*Aquil-vulg*) proving: Exuberance, high energy, hypersensitivity (especially heat, light and noise), slowness, calmness, sedation and relaxation,

forgetfulness, indifference to other's feelings, easily angered and excited, weeping easily, and aversion to company.

Every one of these mental states is contained in the list of sensations of the *Ranunculaceae* family compiled by R. Sankaran in his book *Schema*, and clearly part of the family picture. A number of symptoms of *Aconitum*, *Cimicifuga*, *Clematis*, *Helleboris*, *Hydrastis* and *Pulsatilla* were also part of both Columbine provings.

The amount of violent dreams with benign outcomes and seems an impressive result of the proving. *Aquil-vulg* did not influences dreams in this way or produce similar dreams. Dreams occurring during both provings include: Colorful dresses, gatherings, mountainous areas, animals, sexual dreams, pregnancy, water and colorful cars.

Physical symptoms experienced by a majority of *Aquil-coer* - provers clearly point to the use of the remedy to treat nausea and vertigo, stitching pains of the GI-tract (especially with diarrhea) and the extremities (especially with heat and tingling), headaches (especially with heat and vertigo), menstrual problems including thick bland discharge and rash-like skin conditions. .

Finally, how do themes of a substances appearance, or behavior transcend a proving? Shouldn't two gorgeous flowers equally yield themes of beauty and grace? In the earlier proving of the Common Columbine (*Aquil-vulg*) these topics surfaced in dreams. Amazing dreams of nature, landscapes, an "unworldly" garden, beautiful flowers, and a palace satisfied this expectation. The Rocky Mountain Columbine (*Aquil-coer*) did not offer anything along these lines. Its beauty was revealed by its capacity of pacifying violent dreams and an impressive amount of curative effects during the proving.

Words of Appreciation

Special thanks go to our homeopathic heroes, the provers and supervisors, finding time in their busy lives to contribute to the body of homeopathic knowledge. I would like to thank Dorothy Simoni, PhD, CHom, Professor Emeritus, Cal Poly Pomona, and homeopath in Boulder, Colorado, (homeopathy@sugarloaf.net) for her relentless attention to detail and her dedication to this three-year proving. Also, many thanks to Michael Quinn from *Hahnemann Laboratories* for preparing the remedy.



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Barbara has previously conducted provings of *Amethyst*, *Aquilegia Vulgaris (Common Columbine)*, *Ayahuasca (Magic Vine)*, and *Emerald*.

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