

The Proving of *Aquilegia Vulgaris*, the Common Columbine

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During July, *Aquilegia caerulea* thrives in the Colorado Rocky Mountains and covers the alpine meadows and mountain slopes with its brilliant blue color. The breath-taking beauty of Columbine, Colorado's state flower, inspired me to explore the proving of this plant.

Only one species of Columbine, *Aquilegia vulgaris*, is listed in the materia medica. It is generally identified as the common, wild or garden Columbine. Because of its extensive historical and mystical associations, its threat of extinction in many countries, and its existence in the homeopathic materia medica as an unproven remedy¹, I chose to prove the common Columbine, *Aquilegia vulgaris*.



Barbara Seideneck with *Aquilegia vulgaris* at Grand Lodge gardens, Grand Lake, CO

Methodology

The proving was conducted with 33 provers (25 female, 8 male) in three different groups during 2003, 2004, and 2005 at the Homeopathy School of Colorado. The remedy was given in the 30C and 200C potencies. Each prover was assigned a supervisor who spoke to his/her prover on a daily basis. Baseline data were collected for each prover by recording pre-proving symptoms for one week prior to the proving. During the proving, provers logged symptoms on a daily basis until symptoms subsided. Standard Homeopathic Pharmacy of Los Angeles, California prepared the remedy according to the Hahnemannian method in January of 1985. The pharmacy originally purchased the mother-tincture from Boericke and Tafel in 1978. Potencies used were hand-succussed.

Name Origination

Over the centuries, common or garden Columbine has developed many names and descriptive associations. Many relate to its appearance (e.g., birds and bird's feet):

- *Aquilegia*, Latin for eagle, the flower's spurs resemble an eagle's talon.
- *Aqua*, Latin for water and *lego* to collect, referring to the nectar holding spurs.
- Culverwort from the Saxon *culfre* meaning pigeon and *wyrt* for plant, the petals resembling a gathering of pigeons.
- *Columba*, the Latin word for dove, relating the flower petals to a circle of doves (in some cultures associated with love).
- Other names include: Meeting Houses, Venus Plant, Jack-In-Trousers, Mary's Bells, Granny's Bonnet, and European Crowfoot.
- *German* common names of the plant can be translated into Fairy's Glove, Venus Carriage, Women's Little Shoe, and Love Plant.

¹ *Dictionary of Practical Materia Medica*, J.H. Clarke

Botanical Description

Columbines belong to the family *Ranunculaceae* (buttercup family) that 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 common Columbine grows 30 to 60 cm (1 to 2 feet) high and about 45 cm (1½ feet) wide. The flower is usually of an intense blue color; variations of pink, white or blue flowers with a white rim are also common. 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. 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.

"Our Columbine is at all times and in all places one of the most exquisitely beautiful of flowers."
John Borroughs



Lindman's *Bilder ur Nordens Flora*, 1917,
Cornell Library –
www.alchemyworks.aquilegia_vulgaris.html.

Habitat

Originally a hardy common plant growing in moderately dry sunny spots and in rock piles on the edges of forests and forest clearings in Europe, North Asia, North-West Africa, and North America, *Aquilegia vulgaris* is losing its habitat of calcium-rich soil. Increased traffic in wilderness areas as well as increased ranching and agricultural land-use threaten the plant's habitat. Its vivid coloring has also made it a desirable and over-picked flower. In 1985, to draw attention to its endangered status, *Aquilegia vulgaris* was declared *Flower of the Year* in Germany. It has also been added to the *Red List* of endangered plants in Switzerland. Many garden varieties are now cultivated worldwide.

"Nothing is daintier or more beautiful than the color effect of this graceful blossom among the gray rocks of a hillside pasture." F. Schuyler Mathews

The Columbine's susceptibility to extinction is increased by its limited ability to be pollinated. Only bumblebees with appropriately long tongues can reach deep down into the bottom of the spurs to pollinate the flower. Short-tongued bees and scavenger wasps bite holes into the spur at the back of the

flower to get the nectar, not pollinating it. The plants vulnerability is increased by the fact that bumblebees are also a threatened species in a number of countries.



Aquilegia vulgaris at Grand Lodge gardens, Grand Lake, CO

Chemical Composition

New chemical compounds of *Aquilegia vulgaris* are still being discovered. It contains cyanogenic glycoside, flavonoid c-glycoside malonate, isocytososide (antioxidant and antimicrobial activity, hepato-protective effect), flavonoid emulsin, tannin, aquilegine, vitamin C, an uncharacterized alkaloid, and sphingolipid desaturase.

Despite the fact that the wild or common Columbine has been ingested as tea and in salads, it is considered a poisonous plant. The consumption of approximately 20 grams of leaves 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. Modern medicinal use of the plant has not been established. Little is known about cyanogenic glycoside, which is contained in the plant and may have cancer-causing properties.

“The [plant’s] anti-microbial activity was tested by the method of series dilutions against different Gram-positive, Gram-negative bacteria and also fungi. The results show that the extracts, sub-extracts, and isocytoside inhibit growth of all studied micro-organisms, revealing Gram-positive the greatest activity against *Staphylococcus aureus*, *Staph. epidermis*, and the mould *Aspergillus niger*.”²

History

Held in high esteem by Northern European populations, *Aquilegia vulgaris* (German: *Akelei*, Swedish: *Akileija*) was dedicated to the Norse goddess of love and fertility, Freya. According to mythology, Freya lived in a beautiful palace where love songs constantly played. Among her magical possessions was a coat of bird feathers that gave her the power to change into a falcon.

“*In this dream I was building a palace and then resting in it. I was so relaxed it was amazing.*”
Dreams: Prover #805

Earliest accounts of the medicinal use of the plant are reported in Hildegard von Bingen’s (1098-1179) work *Physica*. Used as an aphrodisiac during medieval times, Tabernaemontanus suggested in his

² Bylka, W.; Szauffer-Hajdrych, M.; Matlawska, I.; Goslinska, O. *Letters in Applied Microbiology*, July 2004, 39(1), 93-97.

Neuw Kreuterbuch (new herb book) published in 1588 that applying the pulverized seeds to a groom's palms would instantly arouse the bride. He also recommended drinking tea made from the roots and seeds to break the evil spell of impotence. The plant itself was mixed into straw-mattresses to cure infertility.

The earliest reference to the wild or common Columbine as a garden plant (1410) is made in the painting, *Paradiesgaertlein* (Little Paradise Garden), painted by an unknown medieval master. Among the first botanical books, the *Hortus Eystettensis* recorded 12 cultivated varieties of the common Columbine in 1613. Around 1800 the North American Columbine became increasingly popular in Europe's gardens. By 1900, the common Columbine was considered old fashioned and lost its place in fancy gardens. However, *Aquilegia vulgaris* can still be found in European gardens as often as the hybrid plants of North American varieties.

Symbolism

Originally, the Columbine was dedicated to the goddess Freya, the patron goddess of crops and birth. She was the symbol of sensuality and was 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, desertion, and folly.³ For example, in the 17th century it was considered a *faux pas* to give a young woman a bouquet with *Aquilegia* because of its sexual symbolism. Another example includes, Ophelia in Shakespeare's *Hamlet* giving a bouquet containing Columbines to King Claudius for his ingratitude and infidelity.

"An older lawyer was having an affair with a younger woman. The woman asked to be provided with an apartment, he asked for 24-7 access." Dreams: Prover #1005

"Masturbating in the restroom of a grocery store, boyfriend was shopping, another woman laughing, because she knew I was masturbating in the next stall." Dreams: Prover #205

Over time, Christianity adopted the symbolic associations of *Aquilegia* with the goddess Freya and love. Elements of the plant's original mythical symbolism were transferred to the Virgin Mary. For example, a 16th century painting depicting the flight to Egypt includes a Columbine growing at the feet of Mary's donkey. Later Christian symbolism relates the plant's seven blossoming flowers to the seven cardinal virtues of Christianity: faith, hope, charity, justice, temperance, prudence and fortitude. The plants perfect geometrical composition (according to the Golden Mean) and its number of flowers and petals (3, 5, and 7) relate it to divinity in paintings of Jesus and the Holy Spirit.

³ La Columbine, Francesco Melzi; Portrait of Margherita Gonzaga, Pisanello, Louvre; Leonardo da Vinci placed *Aquilegia vulgaris* next to Bacchus and next to Leda and her children, drawing at Windsor Castle.



Resting on the flight to Egypt, Meister von Mondsee, 1490-1500,
Vienna –www.onlinekunst.de

Healing and Herbal Applications

By 1606, over 270 medicinal applications for Columbine were described. They include:

- Astringent juice to heal wounds
- Various plant parts to heal gum loss and jaundice
- Crushed seeds to facilitate childbirth and to alleviate labor and menstrual pain
- Crushed leaves to cure cancer
- Spring shoots prepared like asparagus to prevent cancer
- Entire plants used to protect young couples from bad magic (impotence and infertility)
- Triturated juice of the leaves to heal skin rashes

“A woodland walk, a quest for river-grapes, a mocking rush, a wild rose or rock-living columbine, salve my worst wounds.” R. W. Emerson

Traditional folk medicine has used the common Columbine as an astringent, depurative, diaphoretic, diuretic, narcotic, and parasiticide. It has been used to treat:

- Inflammations of the pharynx and the throat
- Liver (obstructions of openings, jaundice), spleen and gallbladder diseases
- Diarrhea
- Stomach complaints
- Kidney stones
- Dropsy
- Measles and small pox
- Nervousness
- Easily angered people (sedative qualities)
- Pain during menses and childbirth
- Uterine bleeding
- Eye diseases
- Rheumatic aches and pains
- Head lice (repellant)
- Ulcers (used in a poultice); sores of mouth and throat

Modern flower essences containing *Aquilegia vulgaris* are said to provide insight into one's true identity and highest purpose. It has also been used to assist the uncertain or those who are bewildered by life's choices.

Discoveries of the Proving

Many proving symptoms coincide with historically recorded symptoms of poisoning with *Aquilegia vulgaris*. Poisoning reports and the current proving data both include mental symptoms consisting of difficult concentration, slowness, confusion, difficulty in decision-making, and deep calmness.

It is interesting to note that early folk medicine used the plant to calm easily angered people and provers experienced states of unusual calm and/or agitation. Consequently, the remedy may assist in treating overly reactive states.

Physical symptoms experienced by a majority of provers clearly point to the use of the remedy to treat nausea (especially in the morning), loss of appetite, stomach problems (especially at 10 AM), frequent and profuse diarrhea, headaches (especially right-sided and around 10 AM), restlessness, waking at night (especially around 3 AM), and menstrual problems. The proving also yielded throat pains, the lump sensation included in *Clarke's Materia Medica*, and rash-like skin conditions.

Dreams of provers reflect some mythological aspects of the goddess Freya: dreams about helping and saving children and infants; sexual dreams; and dreams about flowers, gardens, and mystical landscapes. Some dreams included environments similar to the habitat of the wild plant and some may have related to the structure of the plant ("meeting houses"). Strangely enough, there were many dreams about cars and car accidents. These dreams had colors of cars matching the colors of *Aquilegia*.

It is worthwhile to compare *Aquilegia vulgaris* with *Helleborus*, *Pulsatilla*, *Sepia*, *Ignatia*, and *Natrum muriaticum*. Columbine may be helpful in the treatment of pregnancy-related nausea, menstrual conditions, a variety of headaches, and constrictive respiratory problems. The plants historical use for preventing and treating cancer as well as its content of cyanogenic glycoside may associate it with the cancer miasm.

Mental Themes

Disconnectedness

Indifference to other's feelings

Mind-chatter; internal dialogue; intolerable inner thoughts

Mind separated from body; as if possessed by a second personality

Like a witness; spectator to events

Sense of distance; isolation

Desire to be alone; better alone

Irritability

Irritable like PMS, irritable over small things, impatient with people

Easy to anger (driving, throwing things, short fuse)

Alternating States

Exuberant - sluggish

Irritability - good mood

Mind-chatter - serenity

Alert - lack of concentration

Positive States

Exuberant; elated
Energy up; feeling high
Centered; very present
Relaxed; serene; peaceful

Hypersensitivity

Emotionally over-reactive; weeping easily
To odors, heat, music, touch, taste, and noise
Visual acuity

Restlessness

Restless but too weak to move; restless at night
Driven to get things done; need to clean

Mental Clarity

Alert; awake; clear
Aware; focused
Creative; expansive

Difficulty Concentrating

Foggy, groggy, and fuzzy thinking
Slow reading; slow thinking
Absentminded; forgetful
Difficulty making decisions
Spacey; empty headed
Disoriented; no sense of time

Lethargy - Slowness

Sluggish; need to move slowly, slow in responding
As if in slow motion, heavy like lead
“Will vomit if I move fast”
Averse to doing anything; unmotivated
Extreme tiredness, tiredness after rising

Themes in Dreams**Magical Dreams**

Nature, landscapes, beautiful herbs and flowers; coves and caves; magical monsters; an unworldly garden “like paradise”; and a peaceful palace.

Sexual Dreams

Masturbating in a public bathroom; sexually hyperactive and glamorous; having sex with a stranger; having a lot of sex; necking in a parking lot; mother sexually abusing brother; lawyer having an affair; threat of sexual abuse; naked in public; sex and donuts.

Beauty and Grace

Costumes; make-up for wedding; beautiful dresses; fashion show; people in horse costumes (“striving for grace”).

Gatherings and Groups

Gatherings with friends and family in restaurants; social gatherings; weddings; conferences; groups of workmen, a group of energy beings with overlapping bodies; organizing events.

Meeting Places

Restaurants (mostly Italian); hotels; large houses; parking lots; classrooms; apartments; a camp; ski-lodge; amphitheatre; concert hall; atrium, movie theatre, cruise ship, bus.

Steep Areas

Cliffs; house on a hill; hiking to steep hills with lots of small buildings; hiking through a steep area to get to new building.

Violence to Women

Rape; women being roasted alive like turkeys; women disappear; physically abusive affair; fleeing from being set on fire.

Violence

Being murdered; being shot; being held hostage; being choked; gun-shot wounds; blood and bleeding; copious amounts of blood; machine guns..

Animals

Bears, dogs, wild animals, snakes, frogs, horses, earthworms, mosquitoes; protecting people from desert animals; pursued by animals.

Cars and Car Accidents

Red Corvette; convertible car; blue van; blue striped Semi-truck; white car; blue Camaro; blue Corvette, truck losing control; eight-car crash with Semi-truck; car switching lanes causes accident; hot-air balloon smashed against a cliff.

Cleanliness and Cleaning

Dirty apartment; nasty bathroom; old food (chicken); clean city; cob-webs; particles falling from ceiling; carwash; neatly arranged house; cleaning out purse; cleaning windows; *Goldie Locks* cleaning up and leaving.

Other themes identified include: Cooperation/coordination, helping others and rescuing, Open spaces (openness also reported as a physical sensation), forces of nature, Parts of buildings (including corroding materials), pregnancy, racing, trusting others/ being trustworthy/loyalty, watching myself, water.

Symptoms

Mind

Some provers experienced contrasting symptoms over a few days' time. For example, mind chatter would alternate with quiet and calm; tiredness with lots of energy; inability to focus with unusual alertness.

Emotionally oversensitive, temperamental	105, 205, 405, 1003, 305 ⁴
Sad, weepy, crying, sobbing	205, 405, 1003
Anxious, without reason	305, 404, 603, 605

⁴ Prover numbers

Impatient with people, short fuse	204, 305, 405, 705, 1403
Irritated, agitated, cranky	805, 204, 305, 1104, 1005, 1103, 1104, 1403
Mentally tired	105, 405, 1005, 1104
Exhausted, sleepy	104, 304, 803, 1003, 1104, 1303
Lethargic, move in slow motion, sluggish	205, 405, 503, 705, 1005, 1303
Brain foggy/fuzzy/dopey	204, 603, 705, 1005
Slow processing/thinking/responding	105, 304, 403
Hard to focus, difficulty concentrating	104, 304, 705, 1005, 503, 603
Want to be left alone, quiet	305, 405, 1104
Averse to talking to people	305, 405, 805, 503
Indifferent to other's feelings	405, 603, 803
Restless	205, 305, 1104, 503, 603
Strong desire to clean, obsessive cleaning	205, 603 (throughout the proving), 1104
Alert/awake/clear/thinking clearly	503, 603, 1104
More optimistic, patient, positive (more)	603
Exuberant/high energy	305, 503, 1303
Hypersensitive to odors	603, 705
Spacey, empty headed	105, 405, 403, 1103
Chatter in head, can't stand inner thoughts	305, 503
Second personality taking over	805 (throughout the proving)

Times⁵

10:00	205, 405, 304, 1104, 503, 603, 603
17:00	205, 405, 1005, 1204

Sleep

Restless, tossing and turning	205, 305, 1104, 503, 603
Woke from physical discomfort or pain	205, 503, 904
Woke from thirst	104, 503, 1003
Woke from beautiful dream	1103
Sensation watching myself in my sleep	805 (dreams)

Times

03:00	605, 904, 1104, 1003, 1003, 1003, 1003
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Generals

Sleepy, could not stay awake	204, 1103, 1303
Body feels heavy	105, 805
Body tingles, buzzes (like on speed)	1005, 403, 503
Shakiness (body/hands)	705, 1104
Feverish, raised temperature, warm	205, 603, 605, 805, 1204
Cold, chilly and chills	205, 403, 404, 603, 805
Dryness	805, 603
CC ⁶ : Thirstlessness with cotton mouth	305

Modalities

> eating	305
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⁵ Only pre-dominant times are reported in this article, provers also experienced symptoms at other times.

⁶ Concomitants

> cold and fresh air 1104, 705
Chilled > warm clothing 603, 404

Times

10:00 705, 404, 603
12:00 205, 404, 603, 1005
15:00 204, 705, 1104
17:00 305, 1103

Head

Sensation

Pressure, pressing as from a cap 103, 205, 503, 803
Dull pain 1403, 405, 705, 504, 403, 603
Stabbing pain 603, 103, 601, 603, 705
Electric shock 504
Pulsing 103, 104, 503, 1303
Tingling 503, 704
Sensation as if suctioned 1303
Light-headed/empty-headed 104, 904, 1103
Head opened/expanded 503, 803
Hot, warm, flush of heat 504, 1104, 1204, 503, 603
Tingling temples 503
CC: HA + flatulence 1303

Location

Parietal 105, 803
Top of head 705, 1403
HA R side 405, 503, 504, 603, 705, 1005, 504, 601, 603
Moved L to R 105, 503
HA moved to center 405, 1403
HA forehead 605, 705, 603, 1303, 1403
HA over left eye 305, 103, 1403

Modalities

< bending over 305
> hot bath 104

Time Progression

Rapid onset and demise 105, 705, 1005, 504, 103

Times

10:00 904, 503, 1403, 405, 605, 705, 104, 504
11:00 105, 104, 603, 1103

Vertigo

Sensation

Dizzy 405, 704, 503
Off balance to left 705
Circles spinning in head 204
Dizzy with pressure on crown of head 503
CC: Dizziness, tingling in upper head 704

Modalities

< movement 204

Eyes**Sensation**

Dry 305, 805

Gluey 1403

Eye strain, R eye 405

Pressing pain on eyeball 305

Twitching left lid 305, 404

Eyes don't focus 305

Must press to close eyes 805

CC: Dry eyes and mouth and L stiff neck 305

Ear**Sensation**

Loud noises hurt ears 203

L ear dull pain 603

R ear plugged 603, 605

Itching/alternate itching in both ears 203, 603

Pulse in ears racing 603

Location

Left 203, 603

Moving R to L 203

Time

15:00 503, 603, 1303

Mouth**Sensation**

Thirstless, cottonmouth 305

Chapped lips 204, 603, 1003, 1403

Lips dry, parched 403, 404, 603, 1403

Metallic taste 803, 904, 503, 1303

Tingling sensations 503, 803

CC: Metallic taste with heartburn/burping 904

Times

10:00 503, 503, 503

Throat**Sensation**

Sore 205, 305, 603, 1104, 403, 803, 1003, 1205

Burning, raw 305, 603, 1204

Dryness 705, 603, 1104

Tickling 304, 403

Scratchy 1104, 403

Lump 403, 603

Tonsils feel enlarged 1104, 1003

CC:

Swollen glands L, tingling chin/forehead 503

Location

Back of 305, 603, 705, 1204

Right 605, 1204

Left 304, 503

Upper 403, 603

Modalities

> sipping cold water 304, 1204

Times

07:00 705, 803, 803

08:00 205, 403, 503, 603

Stomach

Sensation

Appetite decreased 205, 605, 504, 403, 805

Hungry, empty feeling 1003, 404, 705, 1003

Thirsty 605, 503, 603, 904, 1403

Heartburn 103, 904, 1003, 1005

Nauseated 104, 103, 403, 603, 605, 503

Vomited 3 to 4 times 403

Stomach gurgling 403, 1003

Burping with metallic taste 904

Hiccup 404, 1103

Painful hiccup, as if stabbed 1104

Burping 904, 1003, 1103

CC: Heartburn, metallic taste/intense thirst 904

Modalities

Nausea > after lunch 104

Gurgling gas, burping, leaning forward, agg. 1003

Times

10:00 104, 503, 503, 603, 603, 1103, 1403

12:00 404, 503, 603, 1003

Chest

Sensation

Heaviness, difficult breathing 205, 503

Pressing sensation with shortness of breath 703, 603

Constriction/tightness 603, 703, 705

L breast tender as if before menses 705

Swollen breasts as if before menses 1005

Lymph glands L breast/armpit feel tender 503

Stabbing chest pain, 1" above sternum 103, 205

Modalities

< motion, deep breathing, > pressure 1003

Time

10:00 205, 705, 705, 603

Neck**Sensation**

Tingling neck to head, radiated to cheeks 704

Buzzing in neck moving to head 704

Zigzag jolt left side neck 705

Stiff, left side 305

Nerve pain L neck shooting to occiput 603

Deep chill back of neck 704

Modalities

Stiff neck > after eating 305

Female**Sensation**

Sex drive increased 205, 504 (14 days), 503, 603

Menses one week early 205, 305, 403

Uterine cramping without menses 104, 603

Menses light, not as painful 403

Menses, no pain, discomfort 503

Cycle was shorter, less blood 603

Modalities

Cramps as if menses, > rubbing, rest 104

Two months after taking the first dose of this remedy, Prover #1303 experienced a return of female symptomatology experienced during 1995 to 1998, including intense vaginal burning, suppuration of vaginal skin, and spotting during ovulation.

Back

All provers with back symptoms indicated that symptoms lasted/recurred for two or more days.

Sensation⁷

Lower back achy/weak (as before period) 305

Ache moving to lower back 705

Pain, hot, vibrating in spine, radiating to R 1303

Lower back sore, as if menses 104

Rectum**Stool**

No bowel movement 3-4 days 205, 603

Pellets, like deer droppings 605

⁷ During the proving women experienced back pain similar to pains experienced during menses, without having or expecting a menses.

Increase of BM's/day	705, 1204
Urgent	705, 1204
Loose	705, 204, 1204
Profuse	705, 204
Sulphur odor	1204
CC: Diarrhea with pain perineum	705

Times

08:00	705, 705, 204, 1204
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Selected Rubrics⁸

Mind

Delusion is an island, enjoying tranquility
 Delusion, possessed, that he or she is
 Delusion, identity, errors of personal identity
 Fastidious
 Irritability, husband, toward
 Senses, acute
 Spaced-out feeling

Head

Pain, 10 AM
 Dull, morning
 Dull, temples, right
 Dull forehead
 Heat, flushes of

Taste

Metallic

Throat

Pain, sore
 Lump sensation

Chest

Pressed in, as if
 Constriction, morning, 10 AM

Stomach

Appetite, diminished
 Nausea, eating after

Female

Sexual desire, increased
 Menses, frequent, too early, seven days

⁸ Rubrics listed are based on symptoms experienced by three or more provers, symptoms of unusual intensity or extended duration.

Sleep

Restless

Waking, 3 AM

Generals

Shocks, electric-like

Open air, ameliorates

Morning, 10 AM, aggravates

Words of Appreciation

My special thanks go to our homeopathic heroes, our provers and their supervisors, taking time in their busy lives to contribute to the body of homeopathic knowledge. I would like to thank Amy E.

Lockwood, MS, CHom, homeopath, and homeopathic writer/editor in Fort Collins, CO

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