

PROVINGS IN BRASILIA

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Introduction

This article was published¹ in the vol. II n° 7-8 of the *European Journal of Classical Homeopathy*, in 1996. Although some years have passed since then, it seems that the present study deserves to be divulged also in Brazil, where it was never printed.

The electronic space offered by CESAHO – Centro de Estudos Avançados em Homeopatia – to all homeopaths to show their works, stimulated the author to show it.

There are some points that should be discussed² now and may be reviewed, as the time has enlightened the coordinator about this matter, but it is convenient to wait for the comments of the readers. Otherwise, many employed procedures are still valid. The symptoms obtained in these provings are very reliable. They remain the best part of this article and can be incorporated to the materia medica of the literature already known, because they were rigorously filtered. So, the principal aim of the provings was achieved.

Summary

The authors present the data obtained in pathogenetic research with three homeopathic medicines – *Alumina*, *Arsenicum album* and *Selenium* – in the 30th centesimal and placebo, carried out by the teachers and students of our Course of Homeopathy (open only to medical doctors).

Besides the pathogenetic symptoms included, this work contains the protocol of the research, the changes made during the actual running of the study, the materia medica obtained and a critique of the method used.

Although there are many limitations to this type of research and many mistakes that one must work through, the results confirm that this type of study is still accessible to small groups of homeopaths, at very low cost and requiring only the participants' good will.

The conclusion is that this work exhibits a model for doing research provings which can easily be reproduced by other homeopathic centers interested in promoting provings.

¹ The original title in *European Journal of Classical Homeopathy*, vol. II n° 7-8 is: **CLINICAL PROVING in BRASILIA**

² See the article **EVALUATION on the PROVINGS in BRASILIA**, from **Jeremy Sherr** at CESAHO's site.

I. BEFORE

1.1 The Course

During the Course of Homeopathy, promoted by the *Associação Brasiliense de Homeopatia*, with the *Instituto de Saúde Integral*, which began in March 92, the subject "Proving" was emphasized through various texts of Hahnemann's as well as other classical homeopaths, such as the letters of Hartmann and Stapf in Richard Haehl's book *Samuel Hahnemann, Life and work*.

In the third semester (an expected two and a half year period) of the Course, we did a month of self-observation with all the pupils. This was a simple exercise of developing the sensibility and perception of each one towards own symptoms.

In the beginning of the fourth semester of this Course, we proposed to do some provings, as work that would be done in two next semesters. According to our proposal, the pupils who did not want to take homeopathic remedies would compose a "Supporting Group," which would analyze the data and produce the report in order to present this work at Congresses and Symposiums. From the nineteen students that formed the group, thirteen chose to take remedies and six composed the "Supporting Group."

1.2 The Condition

Only one condition was required in order to be a prover and that was being healthy emotionally, physically and psychically. So, people with either family, professional, existential problems, or with new clinical ailments, were strongly advised not to participate in the proving. But the final decision rested on the candidate himself, based upon the fact that all of them were doctors and had been in many classes and debates about provings.

1.3 Simplifying the supervision

We also settled that the Coordinator of the research would check only the symptoms related by the provers, and not the provers themselves nor their lives. The Coordinator would check the text written by the prover, to see if it was corresponding to what was expected, and also would look for any other cause that could provoke the symptom except for the medicine. This rule was applied to every symptom, especially to dreams. For them the Coordinator had to ask something about the emotions of the prover, searching for any psychological reason for such a dream.

1.4 Chronogram (Specific time Schedule)

It was determined that a chronogram or specific time schedule was to be observed; but, when we began the proving, it proved impossible to adhere to this, due to the appearance of specific problems. Thus, the idea was ruled out, and each one followed his own specific time schedule.

1.5 First medicine, then placebo.

Based on former provings, which had been done some years earlier by the teachers of this Course, we decided that all pupils would take only medicine and not placebo in the first phase, in order to avoid an inhibitory factor. After the prover had experienced some pathogenetic symptoms in himself, then he could choose if he wanted to go on to the second phase with medicines and placebo or remain only with medicines.

1.6 Potency and Dosage

The 30th potency was selected to avoid any chance of prover's intoxication, and the dosage might follow the scheme:

1 st, 2nd and 3rd day - 5 drops, once per day, on waking in the morning, directly on the tongue.

4th, 5th and 6th day - 5 drops, 4 times per day, before the three meals and on going to sleep.

If any symptom appears, the prover must immediately stop the ingestion of the remedy. After four days, at least, without symptoms, he could go on to the next remedy.

1.7 Communication

Communication between provers about anything related with the research was absolutely forbidden.

The names of the remedies used in the proving were not revealed until the conclusion of the analysis of the symptoms.

II. DURING

2.1 Choosing the Placebo

Ali of the provers, except one, decided to enter the second phase using remedies and placebo, because they believed they were able to distinguish between a pathogenic symptom and an ailment from a different origin

2.2 The Interviews

The Coordinator set aside two days a week in his office to carry out the interviews with the provers. Soon, this proved to be insufficient and so the provers were allowed to pick any of the five work days of the week to have the interview. In spite of that, the provers did not go as often as they should. Each remedy should have been supervised by the Coordinator through a respective interview, but this did not occur. Sometimes the coordinator had to look for the prover to remind him of his obligation in doing the

interview. The time period of each interview was determined to be thirty minutes.

2.3 Support Group

The Coordinator met three different times with this Group discussing the provings and how to investigate the data. We decided to compare: a) the symptoms of each prover provoked by the different remedies and those provoked by the placebo, searching for some similarity between them, b) the symptoms of each prover provoked by different remedies and checking for some similarity between them, c) noting the symptoms of the same remedy from all provers and checking to see if there is anything in common. We thought that the appearance of factors "a" and "b" would show a symptom from the prover and not from the remedy and the "c" factor would point toward a pathogenic origin

The Support Group also met without the Coordinator analyzing the symptoms obtained and wrote a review which contributed greatly to the provings.

2.4 The Code

Each prover was coded by a letter, beginning with "H" until "V" but three among them did not start because they had particular problems. So, we worked with 11 provers: H, I, L, M, N, O, R, S, T, U, and V.

The medicines also were coded as:

Alumina: "A."

Arsenicum album: "B" and "E".

Selenium: "C" and "F".

Placebo: "O".

The provers and the Supporting Group only knew the code of the remedies after all provings were finished. The code of provers was opened after this. The

Coordinator knew both codes since the beginning of the proving.

2.5 The Interruption

One prover interrupted his participation in the middle of the first remedy because he became anxious and developed an allergic skin reaction, especially on his arms. Maybe this prover had a lot of symptoms that did belong to the remedy but the Coordinator preferred to delete them, until we get more experience from provings and for taking symptoms in such a situation.

III. MATERIA MEDICA

ARSENICUM ALBUM

MIND

- 1) I went to a party at a club I usually attend. I felt that people who were at the party, laughing and having fun, were all imbeciles; I could not understand why they were having so much fun and I felt pity for them. [M]
- 2) In the morning, and during the day, I had the sensation of doing things with more difficulty, of being slower, less practical. As if everything was more difficult than before. [V]
- 3) During the day, doing wrong things, putting objects in wrong places, for lack of attention (E.g. : after filling a glass with water I put the cap of the bottle on the glass instead of putting it on the bottle.) [V]
- 4) At night, while copying sentences that were being dictated to me, I had difficulty in memorizing them, and I could not write them down if they were not repeated to me. [V]
- 5) In the late afternoon, a little bit of depression, everything seemed bad, I felt pessimistic, looking at the bad or difficult side of things. [V]
- 6) Talking too much, many subjects in a row; lack of patience with the listener, wanting him to answer me quickly. [V]
- 7) Too many thoughts (problems) in my head at night, with the sensation of losing control over them, as if losing control of my own mind. [V]
- 8) At 8:30 P.M. deep and isolated sighs during mental exertion, even though I was well-humored. [V]
- 9) In the afternoon of the fourth day: I had, during the whole afternoon, repeated fits of "spacing-out," while using a calculator. I had to do the calculation and I did not know if I had included in the calculator the amount that was in front of me. I made many mistakes in the sum total, and the work was not productive. At the end of the afternoon I did not feel anything at all. The "fits" were like this: suddenly I "turned off," lost consciousness and felt as I were sleeping, this lasted some 15-20 seconds. When I came to, I did not know if I had done what I had thought about. [U]
- 10) Lack of motivation to talk about subjects or with people whom I usually like to talk to. [N]
- 11) Tired, discouraged to go out and walk. [N]
- 12) Lack of interest to go out or walk, and for the opposite sex [N]
- 13) Full of energy since the first day. I felt able to accomplish everything I set out to do. [I]
- 14) Felt as if I were driving in a busy street and suddenly I looked at the car in front of me and became very surprised

because it was an old black car, usually only found in museums. It was riding with its front backwards and even though it was daytime its big headlights were on. I did not see the driver; I looked to both sides and behind me and all the other cars were modern and regular. It was a quick vision. [I]

SLEEP /DREAMS

1) Dreams of people from my family, some who are still alive and others already deceased, living together in the same house. [S]

2) Restless sleep, caused by sweat on head and neck, with dullness of senses at 2, 4 and 5:40 A.M. [S]

3) Dreams of friends and acquaintances directing me on the realization of a task (duty), which I do not remember. [S]

4) Dreams of friends protecting me. [S]

5) I dreamed that my older son had been hit by a car, and his brother watched everything in despair. What most called my attention in this dream was:

a) The richness and sharpness of details. I actually saw my son being hit by a silver pickup, being thrown upwards and falling on the ground, with his long hair soaked in blood. He was wearing a blue striped T shirt, jeans and black sneakers.

b) Due to the clarity of the dream I woke up with the sensation as if I had really lived that event. [M]

6) I slept badly, woke up stressed and with my body aching. [N]

GENERALITIES

1) I tilted my head on leaving the car in my garage. I did that without noticing it,

according to my children's observation. (I did not use to do this before.) [N]

HEAD

1) Sweating on head and neck, with dullness of the senses at 2 and 5:40 A.M. [S]

2) At 00:50 A.M., pulsating headache on the left temple, radiating to the left eyeball, of short duration, aggravated by lying on the back and ameliorated by lying on the affected side. [V]

3) At 7:30 P.M., acute and throbbing frontal headache. [V]

4) Darting headache behind left eye. [N]

5) Continuous darting headache, behind the right eye, lasting for two days. [N]

EYE

1) At night, a hemorrhage appeared in my left eye, laterally. It was red, without pain or itching; it lasted for about 10 hours and disappeared completely within this period. [V]

2) Eyes burning and red, aggravated by the use of contact lenses. [N]

NOSE

1) Sinusitis, with pain in the lateral sinuses and discharge in the posterior nares, first albuminous, then watery, with nasal obstruction in the morning. [N]

MOUTH

1) Bad, metallic taste in the morning. [N]

THROAT

1) At 2 A.M., I was awakened from my sleep with intense itching in the throat, causing lachrymation in both eyes. After that, dry cough which alleviated the itching. [V]

2) Hacking cough, with a sensation of stuck secretion in the vocal cords, this occurring over several days. [N]

STOMACH

1) Less anxious about my nutrition, without exaggerated hunger. [S]

2) Decreased thirst. [N]

3) Lack of thirst. [N]

4) No appetite, I only ate a small amount of candy. [N]

5) No appetite, very thirsty. [N]

ABDOMEN

1) Abdominal distension, tympanic, flatulence. [N]

2) Abdominal pain, mingling with menstrual cramps. [N]

3) Hypogastric pain, as menstrual cramps, four days after finishing my period. [N]

RECTUM

1) In the afternoon, pricking in the anus, like twitching. [V]

STOOL

1) At 1 P.M., liquid stool, at 6 P.M., pasty stool. [V]

FEMALE GENITALIA

1) Intense menstrual cramps, in the afternoon. [N]

2) Increased menstrual flux at night, very intense flux in the first day of menstrual period. [N]

3) Menstrual cramps with abundant flux in the second day. [N]

4) Abundant menses, with little abdominal cramps on the third day. [N]

5) Menses ceased suddenly, on the fourth day. [N]

CHEST

1) At 8 A.M., tachycardia as if I had been frightened, on waking. [V]

2) At 3 P.M., darting sensation in cardiac region of short duration. [V]

3) Heavy pain under the scapula, which restrains the movements and is aggravated by moving. In the afternoon it ached even when taking a deep breath. [N]

EXTREMITIES

1) Intense pain in the anterior muscles of the thigh, as if I had done intense exercises the whole day. [N]

2) Pain in the fourth and fifth fingers of the right hand, which radiate to the arm and are aggravated by moving, has difficulty writing. Heavy and tiring pain. [N]

3) Pain in the right calf, feeling it heavy, intense, on a rainy day. Ameliorated by massage. [I]

CHILL

1) Chills in the morning and at night, even though it was a warm day. [N]

PERSPIRATION

1) Abundant and sticky sweat in the armpit, in spite of taking many showers during the day. [N]

ALUMINA

MIND

1) A quick vision of two people walking. Observing them, I became very puzzled because their faces had no features; they looked like "mannequins from long ago" (a face of a "mannequin from long ago" means that it does not have features, like forehead, eyes, eyebrows, nose, mouth, just the contour of the face.)

It was followed by a longer vision, when I observed a street, very intrigued, where all people were very well dressed, as in wintertime, wearing scarves, hats, coats, long winter clothes. I distinguished men, women, children, fat, skinny, young and old, but they did not have features and the shape of their faces was similar. I could only see their complexion by their faces, which was also the same, of a pale yellow.

As a careful observer I verified some details with much curiosity, like the asphalt of the street, the sidewalk, the shops. I thought it would be interesting to know what was sold there, but I did not enter the shop or make any movement. I had the impression I was in another dimension and that reality was not mine. Everything seemed very strange, but I was not shocked by it, or fearing anything, only very curious about knowing and seeing people without features, with faces of same shape and color, as if they had been made in an assembly line. I distinguished them by their clothes, way of walking, height. Some children were holding their parents' hands, or only their mother's. Even though they looked alike, they were not boring, there was movement, life; they walked hurriedly, as if in rush time. I did not see anybody standing still, or talking to each other. (I was lying on my bed, before I took the doses on the third day). [I]

2) On the fourth day, half an hour after the third dose. Right after the beginning of a

song, as if I had been plugged on, I started light and brief movements with my arms, especially as if I were going to fly. The legs did not follow the movements of the arms, but became very light too. I danced out of my control for approximately three minutes and suddenly stopped as if the electric current had been turned off. The next day my arms were sore like after hard exercise or as if I had carried a great weight. [I]

3) Great irritability during the whole menstrual period. On the first day the irritability was so that I wanted to spit on the dressmaker's face, because she was talking too much. [I]

4) Walking in open air, I constantly switched my watch from one wrist to the other, without knowing why. [S]

5) Walking in open air I whistled Bach's melodies, which had happened before. [S]

6) Longing to buy something I already owned, because I imagined I did not have it. I became very irritated when I could not find the object. [S]

7) Between 8 and 11 A.M. I perceived each small wish that came to my mind, and thought about them and even felt the pleasure I would have if they were satisfied; I thought about the power I had to accomplish them. [S]

8) Continuously thinking about how difficult it is to trust people, thinking they could deceive me on using things destined to myself. [S]

9) Strong impatience, extreme impatience to wait for the realization of

common wishes, which could not be satisfied in that moment [S]

10) Irritated about proving. [S]

11) Wishing and planning revenge about past offenses and grievances. On the fifth day, dreams of solitude and loss of loved ones, without sadness and the wish for revenge disappeared. [N]

12) Wishing revenge, saying things that would purposely hurt people. [N]

13) On the second day, laughing without reason, just for the fun of it. [N]

14) Irritated about trifles. In the evening, during a practical class (when the teacher was seeing a patient), sensation as if I was being turned inside out, getting into myself, starting in the forehead, going down through the chest, abdomen and to the feet, feeling very afraid. The fear was alleviated when I thought that the sensation was due to the homeopathic medicine and that it was only a delusion. [N]

15) Sensation of being far away from people and things, hollow head, difficulty in keeping up with a conversation. [N]

16) Sensation of presence by my right side. [O]

17) Involuntary movements with my left hand, as if counting money, rubbing the index against the thumb. [O]

18) After that, rubbing the fingers of the two hands, as if praying with prayer beads. [O]

19) In the morning I look at the mirror and have a quick sensation as if one side of my face were more projected outwards than the other. [O]

SLEEP /DREAMS

1) I found myself in a town of pilgrimages and in the center of it there was a kind of profound valley, in which there was a waterfall and a brook, and everything was very green. I wanted to descend into the valley, and worried about not coming back up again. I went down and when I got there I saw near the waterfall a small image of a saint, coiled Our Lady of Victory. This image comes to me over the waters of the brook. I embrace it against my chest, and then turn to one side and see a way out - a door that leads me outward. [O]

2) Sleep interrupted - I woke up 3 times to urinate. [O]

3) Dreams of solitude and of becoming distant from loved ones, without sadness. After this dream I did not want revenge for past offenses. [N]

GENERAL

1) Heat on the front part of the body, especially on abdomen and thighs, which are hot and a little red, as if they had been exposed to the sun. [O]

2) Sensation of soreness and weight on the bones of lower and upper extremities, with restriction of mobility. [N]

3) Body and back aching. [N]

4) During a chant class, my voice was lacking energy, it was powerless. Two hours after, I suddenly felt very tired and dejected; great physical exhaustion. I sat on a bench, upset and without energy to think about anything. At the same time I felt very thirsty. After drinking a glass of water I became fully revived, the exhaustion completely vanished. [U]

5) In the evening, during a public lecture (to people whom I knew), I felt my voice weak and powerless again, to the point I realized that nobody was paying any attention to my speech. [U]

6) A strong and very quick sensation of tingling on the back of my left foot, between the big and the second toes, after that, an identical sensation in the head, as if inside the brain, on the left side. [L]

HEAD

1) "Lightweight" in the head. [O]

2) Sensation of tingling, strong and very quick, inside the brain, on the left hemisphere. [L]

3) Right after the first doses, soreness on the frontal region, like a weight, a very quick sensation. [L]

4) Right after the second doses, frontal pain, like a weight, very quick. [L]

5) Frontal pain, yellow and intense nasal discharge, sensation of congestion in the facial sinuses, as if everything were congested, worse towards evening. [S]

EYE

1) I woke up in the morning as if I was about to catch influenza, eyes watering and a slight nasal obstruction. [S]

EAR

1) Burning on the left ear. [O]

2) Sensation of heat, like hot water inside the right ear, in the external ear canal; it lasted from 2 to 4 P.M., intermittent, fast. [L]

FACE

1) At 1 :40 P.M., after a shower,

my cheeks were red, mostly the left cheek, with sensation of local heat. [S]

2) Intense desire for sweets, in a compulsive manner. [S]

RECTUM

1) Sensation as if the anus were wet. [S]

FEMALE GENITALIA

1) Transvaginal bleeding, a small quantity, dark. (9th day menstrual cycle); the bleeding lasted for 2 days. [T]

CHEST

1) Light itching in chest, sternum at night. [S]

2) Heavy pain on the back. [N]

EXTREMITIES

1) Intense itching on the back of hands. [S]

2) Sensation of heat on a small area, which was between the lateral region of the ankle and back of foot, one sided, intermittent, ameliorates with cold application, without any inflammatory signs. The sensation started on the right foot, always intermittent, short duration, from 10:30 to 11 :00 A.M., after that only on the left side (exactly in the same region) and in a few minutes it changed to the other side. After about 2 hours the sensation on the feet stopped, and then the same heat sensation in a restricted area of the leg, bilaterally, also intermittent and ameliorated with cold applications. First on the lateral medial region of the legs, then on the lower anterior third, then on the middle lower third and then on the median-middle third, always bilaterally. At last, the quick sensation on the right foot returned and after that, the symptom totally disappeared. [U]

FEVER

1) Fever of 38.5° C, at 6-7 P.M., always with profuse perspiration and heat. [S]

SELENIUM

MIND

1) Need to put things in order and check out what I have kept with me [S].

2) Remembrances of the past and of dead relatives, whom I did not meet when they were alive, imagining how much they influenced my life; I wondered what my life would be like if I did not receive these relatives' "influence." [S].

3) Intolerant about trifles, cursing and blaspheming, not proportional to the stimulus. [S]

4) After 13 hours, a state of depression, apparently causeless, feeling deeply sad, alone in the world, it lasted one minute. [T]

5) Sensation of being well, disposition to work and to do physical activities, without fatigue. [T]

6) Inclination to be more talkative, euphoric. [R]

7) I sang, during the bath, "Ave Maria," strong and loud, with much emotion. 6 P.M. [H]

8) During the whole day I was more euphoric, happy and loving. [H]

DREAMS

1) I was assisting critically ill child and felt very anguished because I could not stop some bleeding. There was a fellow doctor who was also on duty; he stared at me from a distance as if he were not involved in the situation. I looked at him begging for help, and he was indifferent, passive, just observing as if saying, "Do it yourself!" Suddenly, I held two transparent containers, like cups full of red bubbling blood, one in each hand and I looked at them surprised

and feeling powerless. I did not see the dead child, but I knew it had died. I looked at my fellow doctor and wondered why he had not helped me, and blamed him. I thought he had done that on purpose. [L]

2) I was sitting at a table, with two classmates, as if we were studying. A mean looking man came, wearing a hat, sat down on a bench near us and started looking at us. I got closer to him to ask him what he wanted and he threatened me with a gun, which was inside his shirt. I came back and told that to my friends. One of them stood up and headed to two other good looking men, wearing three piece suits. They were standing on the opposite side of the threatening man. When this man saw the boy standing up, he drew out his gun and tried to shoot my friend in the back. One of the men who was standing up noticed him and shot faster. He shot the man threatening to shoot my friend, twice in the chest... I kept staring fixedly as if all the rest did not matter. I looked at the blood flowing from the two bullet holes and the man slowly bending his neck hanging down his head.

3) There was a relative of mine, who I knew was not well, came to my house; and I talked to her about the reform and showed her what I was doing. Suddenly I was in her parents' beach house. There were many people there and a wooden staircase that led to the upper level. I went to the dinner table and her father was there looking at me in a very significant, strong and profound manner, as if he already knew me. He was white, rosy, a little fat, about sixty years-old. He gave me a sensation of peace and harmony, and it amazed me that such a wonderful man was the father of a person with whom I could not live in

harmony in the past He did not talk to me, he just kept looking at me. On the way from my house to hers there was a shop that I had already seen and that I always wanted to visit I was walking so I took the chance and went in because I thought they would be selling granite. I was going back to my house. When I asked for information, I was told that it was a shop that sold art objects. it was a place where artists displayed their work. There were sculptures, paintings and a square stone on a frame that I had already noticed. Formerly, the stone was entirely bright red. I felt a little uncomfortable for not knowing that and I felt the saleswoman, in spite of being very polite, was checking me out just because I had thought they sold granite there. I woke up and thought I had already dreamt of that house on the corner. [I]

4) I dreamt of the building of the house where I spent my childhood and teenage years. I was giving orders to the stoneworkers about how to do things, about things that I usually do not know anything about. [S]

5) Dreamt of my apartment in Brasilia, annoyed by the waves of the sea, worried about the furniture, that could get wet by the sea mist, thus closing the veranda's door. [S]

6) In the afternoon: a sound sleep, peaceful, restoring; I woke up very relaxed. [T]

7) First night: I was in a town on the shore; I saw the beach and knew there was going to be a war. I was with my family (husband, daughter, mother and an already deceased grandmother.) I started listening to shots in the seawater; I saw sailboats moving toward the beach. We fled to a house distant from the shore. I saw a big airplane that flew close to the house (to the land) and only at this moment did I feel scared. We fled to another house, a friend's house, where I felt safer.

There were a lot of people, there was a white hall, with tiles on the walls up to the ceiling, with two round pillars in the center; it was a very agreeable place, the weather was cold, and there were white flowers in a corner. During the dream I woke up twice, slept again and kept on dreaming. [T]

8) Adventurous dream, with friends, including a trip by car and a forked road. We chose one of the roads and it ended up in a dead-end. That forced us to turn around and take another road. [R]

9) A sleepy sensation that I usually feel around 5 P.M., diminished. [R]

10) At night, I had a dream I knew was very interesting, but unfortunately I could not remember it. [H]

GENERALITIES

1) I lost 4kg in two weeks, without inclination to go on a diet, but on account of a more balanced appetite. [S]

2) General physical weariness on waking, that disappeared by midmorning

EYE

1) Catarrhal conjunctivitis of the left eye, lasting four days. I attended an ophthalmologist and used eye drops (ciloxan.) Since I was operated on the eye (radial keratotomy), I feared complications due to the corneal frailty. [R]

NOSE

1) Strong catarrh, with yellow discharge and little chest expectoration. [R]

STOMACH

1) Still diminished appetite. [S]

ABDOMEN

1) After one hour: mild abdominal distension that lasted the whole day, without discomfort. [T]

2) At 12 P.M.: stitching pain in the right lower quadrant and per-umbilical region (lasted about 20 seconds). [T]

3) Abdominal distension with flatulence in the end of the afternoon. [T]

4) After 4 days without stool, I passed, exploded soft stool, a large quantity, preceded by mild cramp in the hypogastrium. [T]

RECTUM

1) Constipation - stool became scant and hard. [R]

MALE GENITALIA

1) I woke up at 3 A.M., feeling a pain in the prostate region, that lasted 30 minutes. [R]

CHEST

1) Breasts turgid and painful during 3 days, especially at night. [H]

EXTREMITIES

1) Pain in left calf, deeply located, continuously, of small intensity, that lasted the whole day. [T]

2) After a shower, during a meal, trembling of left arm and hand, when I tried to hold any object. I could not hold them with this hand, at 7 P.M. (it lasted 20 minutes). [H]

SKIN

1) Exanthema and itching on face and trunk. An exanthema developed on face, neck and chest, with red irregular blots and small vesicles with a clear liquid in them. [R]

IV. SUPPORTING GROUP A POINT OF VIEW

From a total of 17 provers, only 11 showed results at the end of the research; from the , only 5 proved the three medicines and the placebo. Please note:

Medicine "A": provers I, L, N, O, S, T, U. (7 provers).

Medicine "B/E": provers I, L, M, N, S, T, U, V. (8 provers).

Medicine "C/F": provers H, I, L, M, N, R, S, T, U, V. (9 provers).

Medicine "D": provers I, L, S, T, U. (5 provers).

It seems to us, being independent observers, that the pupils were a bit forced to participate in the proving because if they chose to work in the Supporting Group, they would have to do so many things that it was easier to take medicines, but they did not do it as well as expected. We think that people participating in this type of experiment should only do it if they really want to do it.

V. CONCLUSIONS

5.1 Placebo and different Remedies

The fact that few provers took the placebo was out of our control, and this may be a great problem, when the work is done with volunteers. Three from the five provers, which took placebo, did not present any symptom in the respective period. These three provers [T], [L] and [U] presented few symptoms with other remedies and thus, the comparative procedure was defective. The prover [I] described only one symptom during the placebo phase and it has grown in much importance because he showed many

symptoms that were peculiar. The prover [S] related seven of the nine symptoms from the medicine D (placebo), and this contributed to the control of his symptoms, although the exclusion of some of them were done because of its similarity to other remedies too and not with the placebo. So, we concluded that it could be very important using placebo, but can be more useful if the prover could make at least a few provings and compare the results to see any special resemblance among the data. Therefore we should not analyze the symptoms of each prover until he has made three to four provings with three or four different remedies.

5.2 Important Symptoms

We have classified every symptom obtained in this proving in two groups: important and common. The difference between them is the grade of peculiarity, which is low in the common and high in the important ones. We looked for each symptom in the Repertory to see if there was a respective rubric and the number of remedies in it; if not, we studied the meaning of the symptom comparing it with the materia medica already published. We recognize that this is a subjective criterion and it does not have any purpose to affirm that it helps to know if the proving was effective or not. Our only aim was to see if in this type of work we could contribute to what was already revealed by former provings.

Nine out of the eleven provers presented important symptoms, in an individual way. We had selected 37 symptoms from the 162 related. The best proving was done by prover [O], who did 7 important symptoms in his ten and by [I], whose rate was 6 out of 10. The numerical question is a hard point in homeopathy, because two or three very peculiar symptoms of a proving can be better than a hundred little important ones. We must say that, in the 37 selected symptoms, we were very happy for their peculiarity. We celebrated this.

5.3 Simplifying work

One prover asked to take personal notes, during the observation period, without the Coordinator's knowledge, because he wanted to preserve his private life. Then we decided to supervise only the information that the provers related as probable symptoms. This procedure made our work less if compared with former provings done by ourselves, when we investigated the prover's life and not the possible pathogenetic alterations. From this we have learned a most important lesson and that is we don't have to check the prover but the symptoms provoked in him by the remedy.

5.4 Selecting the Provers.

Since discussing the matter of provings in quite a number of classes we thought that the doctor was able to decide for himself whether he wanted to undertake a proving. We understood that the doctor's refusal would be based on prejudices and the experimental knowledge that the prover's health would be a bit "confused" during and maybe after the proving. Besides, we realized that when we refuse somebody to take part in our work, we could seriously hurt his feelings. So, we paid attention to "clinical and emotional stability," as the only one rule to be maintained. One prover postponed beginning the proving for weeks since he had marital problems and another one left the proving half way because her father died. We accepted one prover who had diabetes, and he was the one with the greatest number of similar symptoms from different remedies, which were deleted from our final analysis. We believe that only more experience with people with serious health problems will confirm if they are suited or not to do this work.

5.5 Collecting Papers

We had some difficulties in collecting the notes from the provers after the interview with the Coordinator. They would or would not do the corrections in the notes and would some times forget to bring them to the secretary. We think that the contact and delivery of documents must be done directly between Coordinator and prover. Also all papers, little messages, phone talks, and so on, must be noted. The Coordinator has to control all these things carefully for assurance of a good result.

5.6 Forming a Group

Our principal purpose was, and still is, to form a group of permanent provers because we understand that Hahnemann worked with a few collaborators. All of them were very much conscious of this important job to the human health. It seems that the greatest part of the collaborators were doctors, who were most fitted for undertaking the provings. We believe we have followed Hahnemann's method enriched by the modern scientific approach. We know that we are only starting and there is a long way to go yet, but the most important thing to us was to recognize that the homeopathic proving can easily be done. So, it must be done.

We would like to thank all members of the group, whose names are listed below. They helped me to discuss the subject, to conduct the proving, to register the notes, to analyze the results, to get the remedies, to finish the work, and renew the hope that we will continue doing some provings in the next months. A special thanks to our secretary Valma Veloso Ribeiro, who worked hard with the provers' notes, and to Martha Gonçalves Vieira, member of the Supporting Group, for her translation of the materia medica and of this proving to English. We are also grateful to Farmacia Medicare, for preparing the remedies for this proving. Finally, I must say

something about my admiration for those who took remedies and carried out the essential part of this proving. Without their courage we would be yet dreaming of how to do a proving.

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