

## CLEMATIS PROVING

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### INTRODUCTION

Kent, in his materia medica lectures, begins his discussion of Clematis with the statement, "Clematis has only been partially proved, and consequently it applies only to a few conditions..." Similarly, Richard Hughes states, "...we have not yet sounded to the depths the virtues of Clematis, or assigned it its definite sphere of action." We, therefore, chose Clematis as a remedy requiring re-proving.

Previous provings indicate that Clematis primarily affects the head, the urethra and male genitals, lymphatic channels, and mental/emotional realms. Interestingly enough, the proving described in this report has verified and expanded upon the emotional, mental and general symptoms of the remedy, but does not include the urogenital symptoms commonly associated with Clematis. This is surprising because Clematis is usually considered in a ease only when certain physical symptoms are present, such as inguinal swelling or vesicular and herpetic skin eruptions. Materia medica authors in the past have mentioned some emotional symptoms of Clematis, but these have never been especially important in prescribing the remedy. Kent has only the following to say about its emotional symptoms: "...he fears to be alone, yet dreads company. He dreads the necessity of having company, and it seems that the atmosphere is full of frightful and distressing things to worry him. This makes him low-spirited."

The provings, however, do have some significant mental/emotional states that are not usually quoted. The following excerpt is taken from the dramatic proving of a Dr. Gruenberg who took two doses of Clematis. He developed this symptom picture four days after his second dose: "Great irascibility, crossness, dislikes everyone; he shuns all society, but dreads to be alone; dislikes to speak, despondency, tired of life, constant thoughts of death, fear of, and yet longing for the repose of death. Then anxiety, lachrymose humour, longing for home and his family, at length copious weeping and violent trembling of the body for one hour, followed by complete prostration."

The provings express irritability, exhaustion, sleeplessness, and depression. Several provers experienced an initial exhilaration and lively mood followed by confusion, depression, heaviness and intoxication. These symptoms were again manifested in this proving. The emotional states of these provers were consistent and dramatic. It is interesting to note the number of different superscripts scattered through the emotional and intellectual symptoms, representing the different provers.

The method used to conduct this proving was described in a previous

article. A double-blind protocol was used with twenty-eight participating provers. *Clematis erecta* was given in either 30c or 200c potencies. Several of the provers developed marked symptoms and terminated their medication early. Their symptoms are included below. The scheme conforms to the materia medica format developed by T. F. Allen in his *Encyclopedia*. The entire schema is left intact in this article to show the anatomical parts in which no symptoms occurred. Again it is interesting that no symptoms developed in sexual organs of either the male or female provers, despite the fact that some provers were highly sensitive to the remedy.

If the reader will compare the proving symptoms listed here to those cited in Allen, several similarities will be noted. The emotional turmoil is quite prominent with frustration, insecurity, irritability, and despair. The confused and clouded thinking with dizziness and forgetfulness are also parallel. The head symptoms are marked in both sets of provings, with frontal and orbital pressure and aching pain predominating. The head symptoms are > open air, as are the generals. Nausea and epigastric pain are more prevalent in this proving than in others. The characteristic inguinal symptoms of swelling and pain are absent except for a single instance of pain in one prover. Although more women than men were sensitive to the remedy, none of them developed any symptoms of the reproductive organs. And finally, this proving confirms the warm nature of this remedy, with amelioration from cool and open air. Any proving considered alone gives only a partial picture of the remedy, but taken together with the host of symptoms described elsewhere the new set of symptoms broadens our understanding of a fascinating remedy.

I will close this discussion with the final note in the daybook of one prover and mention in passing the very hard work put in by twenty-eight busy medical students and the diligent proving coordinators who edited and helped organize the notes: "I was so frustrated when I was on the remedy. I was so happy to be off and felt so much better I didn't continue my diary."

*Provers:* (1) C.B. 27 year old man, 30th; (2) C.G. 28 year old man, 30th; (3) J.B. 29 year old man, 30th; (4) M.S. 26 year old woman, 30th; (5) K.K. 32 year old woman, 30th; (6) D.S. 25 year old woman, 200th; (7) M.C. 30 year old woman, 30th; (8) R.H. 27 year old woman, 30th; (9) V.F. 25 year old woman, 30th;

#### PROVING NOTES

I. *Mind:* (a) Emotional—Emotions feel stunted and feel very quiet, trouble relating to surroundings. Insecure feelings at several odd times, and have become quite reflective during these; withdrawn (day 2)<sup>1</sup>. Took on a very bad mood this afternoon between 3-7 p.m. I felt at odds with things and was a bit pugnacious (day 4)<sup>1</sup>. Easily emotional and excitable (day 6)<sup>3</sup>. Irritable, depressed, anxious and slightly hopeless, worse dwelling on it (day 4)<sup>3</sup>. Irritable, don't want to be bothered, don't want people too physically

close (day 6)<sup>2</sup>. Irritable from continued tiredness and exhaustion (day 16)<sup>2</sup>. Grouchy and in a bad mood. I feel fed up with it all (day 11)<sup>4</sup>. Impatient and intolerant. I get frustrated with everybody. I feel impulsive and reactive, saying things without thought. I listen to what I have said and it doesn't sound like me; it sounds arrogant (even militant, I was told). Rushed feeling. I have so much to do I can't do it all. I nearly started crying. So much tension that I don't get anything done. Irritable and short tempered. I don't feel like putting up with obstacles, just ploughing through them. I would just like to forget everything (day 6)<sup>2</sup>. Great amount of impatience and anger at being rushed; I went out of the house and forgot something and went back in angry (day 1)<sup>9</sup>. Explosive, over-reacting, confused and angry when my behavior was pointed out to me (day 20)<sup>2</sup>. An incredible wave of anger arose at my roommate about untidiness; overwhelming anguish of bubbling over suppressed anger (day 7)<sup>6</sup>. Angry that proving symptoms will not go away. I am not happy, I have no energy, I am lazy and won't study, I feel miserable. I am sleeping too much. I feel confused and have been going through this for nearly three weeks (day 26)<sup>2</sup>. Paranoid feeling, nothing made it better and attention only made it worse (day 5)<sup>1</sup>. I thought I was being persecuted and for no reason. I felt deserted (day 4)<sup>2</sup>. Afraid he will not do well in his work, feels inadequate<sup>2</sup>. I miss my family and feel like crying (day 10)<sup>2</sup>. Depressed, crying, homesick, feeling pressure; overcome by emotions of love, empathy, frustration and can't say what I feel. I feel unfocused and talk about things of no import or relevance (day 10)<sup>2</sup>. I feel like there is no hope, and things aren't going badly at all. It's distressing to feel *desperately hopeless* without cause (day 11)<sup>2</sup>. I chuckled to think it would be funny to commit suicide while on the remedy; this thought scared me a bit; it went away and a sweet note replaced it (day 7)<sup>6</sup>. I am feeling rather manic-depressive; one minute fussing over something totally petty and the next, receiving insights and thankfulness (day 7)<sup>6</sup>. I started feeling very sad and lonely and mainly was feeling sorry for myself, helpless (day 10)<sup>4</sup>. I felt very frustrated during class and therefore left class and cried (day 8)<sup>1</sup>. Feeling anxious and tearful, the least little thing seems to get me down (day 12)<sup>8</sup>. On the verge of tears when describing slight disappointments or questioning his honesty<sup>2</sup>. Anxious feeling, nervous energy. Worrying; I feel insecure and afraid (day 12)<sup>2</sup>. I am anxious and worried. I get confused by emotions and then insecure, paranoid and feel inadequate. My feelings are quite disturbing (day 14)<sup>2</sup>. My slightest feelings haunt me and confuse my thinking (day 25)<sup>2</sup>. I am still miserable, about to cry and very disappointed (day 26)<sup>2</sup>. Insecure, someone invited me over and I thought they didn't really want me there (day 16)<sup>2</sup>.

(b) Intellectual—Talking quickly and running on nervous energy, slightly exhilarated (day 1, 12-16)<sup>2</sup>. Mind is moving quickly, feels like pent-up energy (day 1)<sup>4</sup>. My mind was racing beyond control; voices were talking (day 5)<sup>9</sup>. Words coming out slightly aphasic (day 2)<sup>9</sup>. Having a little trouble talking,

occasionally my words don't come out right (day 10)<sup>5</sup>. Feels like I'm in a fog, voices seem distant (day 7)<sup>5</sup>. Cannot concentrate because I stay so irritable and diffused and low energy; the best I can do is to organize my work so that when I feel like studying then the mechanical work can be done (day 10)<sup>5</sup>. Confused, difficulty articulating and staying on his subject, loses his train of thought and cannot think clearly (day 12)<sup>5</sup>. Confusion and vertigo, lightheadedness as if hyperventilating (day 5)<sup>6</sup>. Thinking is fuzzy and spacey (day 14)<sup>8</sup>. Forgets the question asked of him. Forgets what people have told him<sup>2</sup>. Very lost feeling, can't think straight, can't trust my mind (day 12)<sup>5</sup>. Was supposed to meet a friend and went to the wrong town (day 15)<sup>3</sup>. Confused, difficulty understanding people talking. Difficult to follow thoughts, I can't pay attention. Feels lost, bewildered, cannot get out of the feelings, lack of control. Cannot communicate because I don't know what is going on within me (day 12)<sup>5</sup>. A general feeling of dullness, finding it hard to concentrate on what is being said; I want to take a nap (day 21)<sup>5</sup>. I am overpowered by all the work I have to do; emotions are confusing me. I don't know what I want (day 14)<sup>5</sup>.

II. *Head*: (a) Vertigo—Quite dizzy, had to move slowly, dizziness worse rising quickly from bed (day 17)<sup>8</sup>. Equilibrium feels off, out of balance and near dizziness, worse turning head or moving head (day 13)<sup>3</sup>. Brief episodes three times when I felt slightly dizzy (day 8)<sup>5</sup>. Several episodes of slight dizziness, I felt a little whirling in my head (day 11)<sup>5</sup>.

(b) Sensations (in general)—Throbbing pain in left side of head, running from eyes and temple into ears, upper left jaw and around side of head to neck; relieved with massage and relaxation (day 10)<sup>1</sup>. Throbbing over left eyebrow moved to right side of head in one hour (day 18)<sup>5</sup>. Headache most of the afternoon, like a low but steady pressure point on my head, especially over the temples, forehead and eyes (day 8)<sup>4</sup>. Head feels heavy from the low grade, but constant pressure; it is almost hard to keep it up. Feels better when I lie down or rest my head on something (day 11)<sup>4</sup>. Slight pressure persisting for two days (day 6)<sup>8</sup>. Feeling as if a film or curtain is around head which dulls hearing, in aft. (day 1)<sup>5</sup>. A numbness and tingling flows over face and head from neck (day 1)<sup>5</sup>. Headache begins one half-hour after rising, worse after eating lunch (day 14)<sup>1</sup>. Headache relieved by open air (day 14)<sup>4</sup>. Flushed feeling in head with a buzzing sensation and some dizziness off and on (day 1)<sup>7</sup>.

(c) Sensations (local), orbital and forehead—I woke up before the alarm with intense frontal headache (day 11)<sup>8</sup>. Steady pressure behind forehead, mind feels jumpy, better outdoors, worse after eating (day 6)<sup>3</sup>. Heaviness or density in forehead, with depression (day 11)<sup>3</sup>. Dull, oppressive sensation in forehead (day 4)<sup>6</sup>. Pain in upper forehead like a plunger pulling on the brain, > after eating a substantial meal (day 3)<sup>6</sup>. Pain in forehead above left eye while sitting; after rubbing spot I felt as if I wanted to stretch out

my neck due to a sensation of tightening, morning (day 2)<sup>6</sup>. Dull ache from root of nose to hairline on head, > with rest, > outdoors (day 10 & 11)<sup>7</sup>. Tension in middle of forehead, between eyebrows, > pressure (day 13)<sup>6</sup>. Sharp pain over left eye (day 1)<sup>7</sup>. Pain in forehead with sensitivity in eyes, > closing eyes (day 3)<sup>4</sup>. Pressive pain behind eyes all day, worse looking at light, artificial or outdoor glare (day 9)<sup>4</sup>. Aching pain around orbits with dizziness, > after putting on glasses; eyes sensitive to fluorescent lights, morning (day 1)<sup>6</sup>. Pressure behind eyes, they feel better when closed (day 11)<sup>4</sup>. Pressure behind eyes persist day and night, worse from glare outdoors (day 13)<sup>4</sup>. Dull, aching pain in back of eyes spreading to frontal lobe area. painful to massage around eyes but feels better after (day 2, 3)<sup>7</sup>. Dull ache behind eyes > rest, massage, outdoors (day 11)<sup>7</sup>.

Temporal—Pain in right temple, > pressure (day 6)<sup>6</sup>. Dull pain radiating from temples to back of eyes, some relief from sleep (day 21)<sup>7</sup>. Tension in forehead extends out to temples (day 13)<sup>6</sup>.

Parietal—Localized, dull aching pain on left side, tender upon pressure, but > pressure (day 2)<sup>6</sup>.

Occipital—Pain in temporal region has spread to occipital region (day 13)<sup>4</sup>. Dull pain two inches below external occipital protuberance, moving up to top of head, < movement, > keeping still (day 6)<sup>7</sup>. Dull pain in back of skull extending up to top of head (day 16)<sup>7</sup>.

External head—(a) Eruptions (objective), (b) sensations.

III. *Eye*: (a) Eye in general—Left eye 'squaks' when it moves (days 1, 4)<sup>1</sup>. Eyes very heavy and tired, > rubbing (day 10)<sup>7</sup>.

(b) Eye locally—(1) Orbit. Pressive sensation at top of orbits 9 a.m. (day 6)<sup>7</sup>. Aching returned when putting on glasses (day 4)<sup>6</sup>.

(2) Lids, (3) lachrymal apparatus, (4) conjunctiva, (5) ball, (6) pupil. (7) Vision. Vision as if looking through a mirror with waves that distort the image, colors unstable (day 1)<sup>3</sup>. Blurred areas in visual field (day 17)<sup>3</sup>. Feeling of a sheet of something translucent behind the lens of my eye that fogs my brain's comprehension, not really a physical feeling (day 8)<sup>4</sup>.

IV. *Ear*: (a) External ear.

(b) Hearing—Dulled hearing due to sensation of film or curtain around head (day 1)<sup>2</sup>.

V. *Nose*: (a) Tissue.

(b) Function—Thin clear discharge, breathing obstructed (day 11-13)<sup>2</sup>.

VI. *Face*: (a) Face in general (appearance, etc.)—She looks very pale with dark circles under eyes; people think she looks anemic (day 9)<sup>4</sup>.

(b) Face locally—(1) Cheeks and upper jaw, (2) lips, (3) chin and lower jaw.

VII. *Mouth*: (a) Teeth.

(b) Gums—Teeth and gums on left side of mouth (only) hurt when brushing teeth (day 14)<sup>4</sup>.

(c) Tongue.

(d) General mouth—Itching in right buccal membrane with warm sensation (day 4)<sup>6</sup>.

(e) Saliva, (f) Taste, (g) Speech.

VIII. *Throat*: (a) Internal—Tickling, scratchy feeling (day 10)<sup>2</sup>. Wet scratchy feeling, > after drinking water (day 6)<sup>2</sup>. Could hardly swallow on waking because of pain, followed by numbness (day 11)<sup>2</sup>. Burning in throat, feels like a hot wind blowing there (day 6 & 8)<sup>7</sup>.

(b) External.

IX. *Stomach* (function): (a) Appetite—Desires sweets and candy (day 4)<sup>5</sup>.

(b) Thirst.

(c) Eructations, hiccough.

(d) Nausea, vomiting—Nauseous as if I will vomit, with knotted feeling at base of stomach 9 a.m. (day 6)<sup>2</sup>. Nauseous late at night, which felt better when lying down and closing eyes (day 11)<sup>4</sup>. Nausea most of the morning (day 13)<sup>4</sup>. Nausea upon waking, > moving (day 14 & 15)<sup>7</sup>. Woke at 5 a.m. nauseous and burping bile; after lying in bed feeling ill for awhile, vomited three times; head is spinning (day 17)<sup>8</sup>. Very nauseous and dizzy and thought I might faint; I wasn't sure if I wanted to vomit or defecate (day 13)<sup>9</sup>.

X. *Abdomen*: (a) Epigastrium—Acid feeling in esophagus fifteen minutes after taking dose (day 1)<sup>2</sup>. Acid feeling in esophagus (day 4, 6, 8)<sup>2</sup>. Knotted feeling, better from cool air (day 4)<sup>2</sup>. After eating, a heavy feeling as if food just lodged heavily in my stomach (day 6)<sup>2</sup>. Cramped, knotted feeling in an area of two inch radius just above umbilicus, bending to side or forward aggravates, worse movement (day 8)<sup>2</sup>. Tight sensation after eating extending up esophagus (day 12)<sup>2</sup>.

(b) Hypochondrium.

(c) General abdomen—Fifteen minutes after dose I felt bloated and had gas pains or cramping in abdomen; most of my abdomen was tender; then cramping moved inferiorly and resembles menstrual cramps (day 6)<sup>9</sup>.

(d) Hypogastrium and iliac region—Distension with gas, visually apparent with persistent cramping (day 9)<sup>2</sup>. Burning cramps in lower abdomen lasting all evening into the night, better two hours after eating dinner (day 14)<sup>4</sup>. Painful sensations in lower abdomen < palpation, < right side (day 12)<sup>9</sup>. Distension of right side after eating (day 12)<sup>2</sup>. Tearing sensation above pubis (day 13)<sup>2</sup>. Pain in left iliac region as if someone had punched me (day 9)<sup>4</sup>.

XI. *Rectum and anus*: Foul flatulence, 9.30 a.m. (day 5)<sup>2</sup>. Foul flatul-

ence after waking, morning (day 4)<sup>1</sup>. Foul smelling gas for several hours (day 9)<sup>2</sup>.

XII. *Stool*: (a) Diarrhoea, (b) Constipation.

XIII. *Urinary organs*: (a) Bladder and Kidneys.

(b) Urethra—Slight burning at end of urination (day 3)<sup>1</sup>.

(c) Micturition—Difficulty starting urination (day 13)<sup>2</sup>.

(d) Urine.

XIV. *Sexual organs*: (a) Male—(1) Penis, (2) scrotum and testicles, (3) sexual desires.

(b) Female—(1) Uterus and ovaries, (2) vagina, (3) menstruation, (4) sexual desire.

XV. *Respiratory organs*: (a) Larynx, trachea and bronchi, (b) Voice, (c) Cough and expectoration, (d) Respiration.

XVI. *Chest*: (a) In general—Feels like a burning, hot fog in upper chest, making it hard to breathe (1 & 5)<sup>2</sup>.

(b) Locally.

XVII. *Heart and pulse*: (a) Precordium, (b) Heart's action, (c) Pulse.

XVIII. *Neck and back*: (a) In general.

(b) Local—(1) Cervical. Sharp shooting pain in lower thoracic region in morning (day 9)<sup>4</sup>. Sharp shooting pain in left posterior ribcage just under the scapula, worse breathing (day 13)<sup>4</sup>. Sharp shooting pain just below ribcage on left side (day 14)<sup>4</sup>. Tense pain in left scapula while sitting at desk (day 4)<sup>6</sup>. (3) Lumbar. Sharp, deep pain on both sides lateral to spine just above hips, lasting about ten minutes in mid-afternoon (day 13)<sup>4</sup>. (4) Sacral.

XIX. *Extremities in general*.

XX. *Superior extremities*: (a) In general.

(b) Local—(1) Shoulder, (2) Arm, (3) Forearm, (4) Hand. Hands alternating warm and cold (day 4)<sup>6</sup>.

XXI. *Inferior extremities*: (a) In general.

(b) Local—(1) Hip. Deep, sharp pain above left hip (posteriorly), better with rubbing (day 11)<sup>4</sup>. Cramp in left hip joint (medical aspect) in afternoon (day 13)<sup>4</sup>. (2) Thigh, (3) knee, (4) leg, (5) foot.

XXII. *Skin*: (a) General.

(b) Eruptions—A few, small, white pimples noticed on both hands, hurt when scratched and emit a small amount of clear fluid (day 5)<sup>7</sup>. A few, small red 'pimples' on both hands, hurt when scratched, without fluid (day 21)<sup>1</sup>.

(c) Sensations.

XXIII. *Sleep and dreams*: (a) Sleepiness—Getting harder to get out of bed in the morning; I don't feel rested enough, I want to stay in bed where it is warm (day 7)<sup>4</sup>. Strong attack of fatigue in mid-afternoon with desire to nap, even though I've been sleeping late (day 11)<sup>4</sup>.

(b) Sleeplessness—Trouble falling asleep; I lay awake staring into the dark feeling lonely (day 4)<sup>4</sup>. Awoke at 5 a.m. and slept fitfully until 7 a.m., couldn't get comfortable (day 3)<sup>1</sup>. Awoke at 5 a.m. and slept again in twenty minutes (day 7)<sup>1</sup>. Waking frequently during the night (day 7)<sup>2</sup>. Waking during the night, thinking it's time to get up (day 8)<sup>2</sup>. Restless sleep and next day very tired (day 4)<sup>6</sup>.

(c) Dreams.

XXIV. *Fever*.XXV. *Perspiration*.

XXVI. *General symptoms*: (a) Objective—(1) Spasms, etc., (2) Paralysis.

(b) Subjective—(1) Temperature reactions. Flushed feeling like a Niacin flush in forehead, abdomen, shoulders within a few minutes of dose (day 1)<sup>2</sup>. Being outside in cool air relieves<sup>2</sup>. Night air makes me feel clearer, less tired and relieves headaches (day 14)<sup>4</sup>. Feverish and warm (day 17 & 18)<sup>2</sup>. I feel very stuffy, feverish and flushed, heat in forehead and ears (day 6)<sup>2</sup>. Body feels warmer than usual today (day 12)<sup>4</sup>. My body temperature has remained warmer throughout the proving (day 12)<sup>4</sup>. (2) Energy, nerves, sensations. Tired and mind blurred (day 1)<sup>1</sup>. Very tired and senses dulled, 2 p.m. (day 2)<sup>1</sup>. Feeling spacey, lightheaded and shaky (day 14)<sup>6</sup>. Feeling very tired, somewhat relieved by closing eyes and resting (day 1)<sup>2</sup>. Generally very tired, 4.30 p.m., > rest and eating (day 13)<sup>2</sup>. Tiredness throughout body, 4 p.m. > rest (day 14)<sup>2</sup>. Listless feeling all day (day 11)<sup>2</sup>. Tired, exhausted all day, took a nap but still felt tired, > cool air, > drinking fluids, either hot or cold (day 15)<sup>2</sup>. I feel run down and tired when I take the remedy (day 10)<sup>4</sup>. Weakness in morning and tired during day accompanying upper respiratory symptoms (day 13)<sup>2</sup>. Physically exhausted with weakness, hard to get up in morning (day 8)<sup>4</sup>. Overslept this morning, had a very deep sleep and felt refreshed when I got up, but after an hour I felt exhausted again (day 9)<sup>4</sup>.

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