

PROVING SYMPTOMS OF RAUWOLFIA ASERPENTINA

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MENTAL SYMPTOMS :

Increased emotional excitability and lability of moods. Alternation of irritability, excitability, and mild depression. Excitability. Also apathy. Feels any grief unusually strongly. Inner restlessness, as if "something evil would happen"; cannot sit long. Irritable, abrupt, almost rude, depressed. Tired mentally and physically, or "on top of the world," over-enthusiastic. Tiredness, tremulousness; after seventh day of proving remarkably alert and efficacious. Can't be bothered, sluggish mentally "as if had a shock." Everything an effort, dazed, things unreal, day-dreaming. Lack of concentration, no interest, must drive himself. Very good mental perception (alternate effect). Bad memory, spells words wrongly, mistakes in writing, forgets where placed things, what he has done. Hazy, senses numbed, a disappointed feeling. Mental exhaustion, utterly spent. Desperately tired.

Better alone, better from violent exercise, from exercise in fresh air.

SLEEP AND DREAMS :

Sleep disturbed, cannot fall asleep, or waking between 1-5 or 3-4 a.m. every night. Restlessness in bed; must get up. Very sleepy, could always sleep, or completely awake, over-active. Dreams of dead people, accidents, of being killed, of mother drowned, of tooth broken off, of jaw broken, being stung by wasps.

HEAD :

Congested. "As if would burst." Constriction, or as if swollen. Band sensation, "as if would have flowed off." Hot, red and congested. Frontal dull headaches, worse left side, Better cold, pressure, outdoors.

FACE :

Drawing and lancinating pains, numbness ; slight fibrillations.

EYES :

Tired, heavy, sore, burning, stitches. Blurred vision.

EARS :

Humming noise ; heat, redness, burning of outer ears.

NOSE, THROAT :

stiffness of nose, alternate sides. Cannot breathe. Dryness. Nose streaming, sore, congested ; sneezing, better outdoors. Nosebleed. Throat dry, parched, burning.

RESPIRATORY TRACT :

Dry cough ; attacks of spasmodic cough, better fresh air, worse talking, smoking, or lying down. Great shortness of breath ; worse any exertion. Cramping, constricting sensation : tightness of chest. Stabbing, aching, "strained" pains of chest.

HEART, CIRCULATION :

Strong beating ; irregular heartbeat ; extrasystoles ; pulsation felt in teeth ; sharp, constrictive, griping heart pains like angina, worse any exertion, also extending into throat. Shortness of breath. Congestion of head, feet cold.

Blood pressure increased from normal initial values, in six provers during the proving, in one case increase of the systolic pressure 45 points, of the diastolis 40 points, (after taking 3X).

DIGESTIVE TRACT :

Dry lips, chapped ; crack in lips ; metallic, foul, bitter taste ; dry tongue. Throbbing toothache, worse warmth. Heartburn, better from eating. Appetite increased ; soon after a meal, hunger. Blown-up feeling after a few mouthfuls. Desire for sour things, savories ; aversion to sugar. Nausea, eructations. Stabbing, colicky pains, better doubling up, pressure and lying on abdomen. Diarrhœa with nausea, great weakness, pale face ; stools soft, watery, foul odor. First stool may be hard, followed by soft, then watery stool. Much urging, also ineffectual urging. Bleeding of hæmorrhoids.

URINARY TRACT :

Must urinate more frequently and in greater amounts. Must press to urinate. Burning after urination. Very pale and profuse urine.

SEXUAL ORGANS :

Increased sexual desire (one male prover). Menses too early.

EXTREMITIES :

Numerous sharp, darting, aching, pulling, burning pains in various parts of back and extremities, generally worse from putting weight on limb, worse standing, going up and down stairs. Pin and needle sensation. Great weakness and heaviness of legs. General tiredness, weakness, tremulousness.

SKIN :

Dryness of face, hands ; flaking of skin ; very dry skin. Easy perspiration after very little exertion, perspiring on palms and soles. Increased tendency to perspire. Sensation of heat all over the body. Chilliness.

MODALITIES :

Worse from heat, warmth of room, better open air, exercise in open air.

Side Effects From Rauwolfia Or Reserpine Medication

Excessive drowsiness, lethargy, lassitude. Mental depression, even suicidal. Great mental lability. Apathy. Anxiety. Bizarre dreams, nightmares. Relaxed feeling, free from usual tension through worries, anxiety, inhibitions, "nothing bothers" feeling as therapeutic effect. Nasal congestion. Increased appetite and gain of weight, or anorexia. Diarrhœa, nausea, vomiting, abdominal cramps. Shortness of breath. Headaches. Muscle aches and cramps.

REFERENCES

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—*Journl. of the Am. Inst. of Homœopathy*, May, '57