

What Does Beauty Have to Do With It?

The Proving of *Aquilegia Coerulea* (Rocky Mountain Columbine)

By Barbara Seideneck, RSHom (NA), CHom, CCH

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

During the years of 2003, 2004 and 2005 the Homeopathy School of Colorado undertook a proving of *Aquilegia vulgaris*, the Common Columbine, an unproven homeopathic remedy listed in J. H. Clarke's, *Dictionary of Practical Materia Medica*.¹ The remarkable results of the proving inspired an interest in proving the Colorado State flower, *Aquilegia coerulea*, and spurred a curiosity to look for similarities and differences between these two flowers of the same family.

Methodology

The proving was conducted with 34 provers (25 female, 8 male) in three different groups during 2006, 2007 and 2008 at the Homeopathy School of Colorado. Each prover's baseline data was collected by recording pre-proving symptoms for three days prior to the proving and by taking a baseline case. The remedy was given in 30C and 200C potencies. The proving was performed in a double blind format with neither the assigned supervisors nor the provers aware of the substance they were taking. During the proving, provers logged symptoms on a daily basis and were in daily contact with their supervisor until symptoms subsided. Hahnemann Laboratories of San Rafael, California prepared the remedy according to Hahnemannian principles in November of 2005.



Name Origination

The taxonomic name for the Colorado Columbine is *Aquilegia coerulea* (E. James), often also spelled *caerulea*. *Aquilegia* relates to the shape of the flower, *coerulea* to its color. Considering this, *coerulea* is assumed to be the correct spelling. The name relates to its appearance and references the man who first discovered it:

Aquilegia, Latin for eagle, the flower's spurs resemble an eagle's talon.

Coerulea, Latin for blue.

Columba, Latin for dove or pigeon (the flower resembling the flight of these birds).

E. James, Found the Columbine on Pike's Peak above Colorado Springs.

Botanical Description

Columbines belong to the *Ranunculaceae* (buttercup) family which includes *Aconitum*, *Cimicifuga*, *Clematis*, *Delphinium*,

Helleborus, *Hydrastis*, *Pulsatilla* and *Ranunculus*. German botanists named this family *Hahnenfuss-Gewaechse*, rooster foot plants, a description related to the flower's likeness to a bird's foot. Columbines also compose the genus *Aquilegia* that contains about 8,000 species of perennials.

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

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

*Though the sun sheds golden glory
O'er the far-flung hills at dawn,
From a world azure and silver
Are your lovely colors drawn
From the great white peaks that tower
And the glacial lakes below;
From the deep blue sky above you
And the pearly clouds aglow.
Sweet columbine, sweet columbine
Beneath the aspen and the pine
You seem a gift from heav'n above;
How fair you blow, like sky and snow,
The spirit of the land I love,
The flower of the State of mine,
Sweet columbine, sweet columbine.*

—From a lyric by Edgar MacMechen, 1922

Habitat

The Rocky Mountain Columbine is native to Western North America including Arizona, Colorado, Montana, New Mexico, Wyoming and Utah. In the mountains, this exotic flower has a broad habitat range, thriving in aspen groves, along streams, in open woodlands and even on hot, dry talus slopes. It can be found in alpine meadows at elevations of 5,000 to just above 10,000 feet (approximately 3,600m). The flower used for the proving was picked on July 20th at Rocky Mountain National Park, at an elevation of 9,000 feet in a mossy spot along a stream, just below a group of pine trees.

History

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

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

- A.J. Flynn 1915

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



Symbolism

Originally, the European Common Columbine (German: *Akelei*, Swedish: *Akileija*) was dedicated to the Norse goddess Freya, the goddess of love and fertility, crops and birth. Freya was the symbol of sensuality called upon in matters of love. She loved music, spring, flowers and elves and was the most gracious and beautiful of all the goddesses. Old symbolism relating the plant to love and fertility has been preserved in paintings exhibiting sexual imagery, secret love and seduction, inconsistency and fickleness. Over time, Christianity transferred elements of the plant's original mythical symbolism related to the goddess Freya to the Virgin Mary.²

Toxicity

Despite the fact that Columbines have been ingested as tea and in salads, they are considered poisonous plants. The consumption of approximately 20 grams of Common Columbine leaves (*Aquilegia vulgaris*) has caused poisoning symptoms of nausea, vomiting, diarrhea, breathing difficulties, heart pains, absent-mindedness, stupefaction and confusion. Its toxins, however, are destroyed by heat and drying. Although records of toxicity are not available for the species of the Rocky Mountain Columbine (*Aquilegia coerulea*), it belongs to a family that contains a number of mildly toxic plants. According to information from various botanical websites, the flowers are most likely perfectly safe to eat, are rich in nectar and taste sweet. The plant is not toxic to livestock.

Herbal Applications of *Aquilegia Coerulea*

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

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

Results

Mental Themes

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

- Increased Energy
- Increased Focus
- Unusual Calmness
- Spacey, Dull, Dream-like
- Difficulty Concentrating
- Forgetfulness
- Sadness
- Lazy

- Indifference
- Averse to Company
- Easy to Anger
- Increased Emotions
- Anxious, Impatient and Irritated

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

—Prover 1506



Themes in Dreams

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

Prover 0708 had frightful dreams, something she never experienced before. Prover 1006 was cured from violent dreams suffered since serving during Operation Desert Storm in Iraq in 1990. It is suggested that *Aquilegia coerulea* could help with nightmares. Following is a list of dream topics:

- Happy Endings—Threatening Dreams End Positive
- Water Related Dreams
- Attire and Looks
- White, Yellow and Blue/Turquoise Color
- Helping Others and Rescuing
- Forces of Nature

- Gatherings and Food
- Birth and Death
- Pregnancy and Birth
- Narrow Places (Prover 0307 had 12 dreams about this topic)
- Erotic and Sexual Dreams
- Cars

General Symptoms

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

Physical Symptoms

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

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

—Prover 0306

Curative Effects

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

- Prover 1006: History of violent dreams (result from being a soldier/PTSD). During the proving, dreams lose their violent aspect. Locations and persons in the dreams are similar, but no violence occurs. The prover continues to have less violent dreams as of May 2008 (proving 2006).
- Prover 0508: Overall energy much improved; thinking more clearly, better memory and improved concentration. Not cranky although didn't sleep well. Happy, refreshed throughout day. Feeling more energetic and able to do more things. Less irritated with people; not getting upset with anyone; clear focus all day. Duration 23 days.
- Prover 1206: I have been congested for a long time. After two days of the remedy it's gone. My energy level is higher than ever. I also have been dealing with runner's stitch on the left, nothing has helped. Since the proving I have had it very infrequently. But I have been very sad in the mornings and evenings.
- Prover 1406: Nose congestion, present for six months cured by the remedy on Day 4.

- Prover 0707: Red, swollen inflammation on tip of left nostril for 6 months, no treatment helped, aggravated on day 3 of the proving. The right septum became red and inflamed for a day. By evening only dry and crusty; the inflammation went down by 80%. On day 7 of the proving the inflammation was completely gone, not to return.
- Prover 0807: Suffers from sinus congestion. Left sinus opened up on day 1. Both sides open during the whole proving.
- Prover 0707: Stomach seems to assimilate food better, no gas after meals.
- Prover 0707: Experienced a noteworthy drop of blood sugar levels. Fasting blood sugar levels were taken between 7:30 AM and 8:00 AM every day, reading 138 on the first day, 120 on day 14 and 116 on day 21 of the proving.
- Prover 0406: Menstrual cramps less intense than usual. No blood clots, no cramping after 1st day, less profuse, less tired, able to stay active.
- Prover 1108: Overall menses better, cramps much less intense than usual, no vomiting.
- Prover 307: Acne I had my entire lifetime seems noticeably cleared up, fungal rash on upper arms since July 2006 is gone.
- Prover 0508: Fell asleep easier, slept through whole night, woke refreshed, happy all day.
- Slept through the night for 22 days (highly unusual).



Summary and Conclusion

Most mental states experienced during the proving of the Rocky Mountain Columbine (*Aquilegia coerulea*) also appeared previously in the Common Columbine (*Aquilegia vulgaris*) proving: exuberance, high energy, hypersensitivity (especially heat, light and noise), slowness, calmness, sedation and relaxation, forgetfulness, indifference to other's feelings, easily angered and excited, weeping easily and aversion to company.

Every one of these mental states is contained in the list of sensations of the *Ranunculacea* family compiled by R. Sankaran in his book *Schema* and clearly part of the family picture. A number of symptoms of *Aconitum*, *Cimicifuga*, *Clematis*, *Helleborus*,

Hydrastis and *Pulsatilla* were also part of both Columbine provings.

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

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

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

Words of Appreciation

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

Barbara Seideneck, RSHom (NA), CCH, CHom, is a German homeopath practicing in Boulder, Colorado. She is the founder and director of the Homeopathy School of Colorado, established in 1991. Barbara has conducted provings of Amethyst, Aquilegia Vulgaris (Common Columbine), Ayahuasca (Magic Vine) and Emerald. This article represents only a fragment of the complete proving data. For additional symptoms, go to www.homeopathyschool.org, write barbara@homeopathyschool.org or call 303-440-3717.

Symptoms of *Aquilegia Coerulea*

Mind

- High energy, more motivated, more cheerful—0406, 0906, 0307, 0607, 0907, 07083
- Restless, fidgety, jittery—0307, 1506, 0607 0208
- Unusual internal calmness, mind quiet, no need to rush—0306, 0707, 0907
- Unusually relaxed, less hurried—0506, 0906, 0907
- Feels like taken a mini Valium, pleasant sedated feeling—0208, 0308, 0408, 0907, 0906
- Depressed, melancholic, unhappy—0606, 1206, 1406, 0608
- Crying for no reason—0406, 0707
- Moved to tears by music, thoughts, stories, movies—0406, 0107, 0408
- Forgetful—0506, 0607, 0906, 0907, 0208, 0308
- Difficulty concentrating—1406, 1506, 0607, 0907, 0208, 0708, 0908
- Leaving out, transposing letters, horrible handwriting—0107, 0907, 0308
- Irritable and impatient—0406, 0606, 0906, 1506, 0707, 0907, 0608, 0608
- Anxiety—0406, 1506, 0107
- Lazy—0506, 0906, 0608
- Less sympathetic, less patient with family—0406, 0107, 0707, 0208
- Disconnected from husband—0107
- Lack of feeling for family and friends—0107
- Less sympathetic, patient—0406
- Indifferent—0707
- Wants to be alone, averse to company—0107, 0408, 0608, 0708
- Emotionally agitated, angry, throwing things, short fuse—0606, 1506, 0707, 0807, 0907, 0608
- Hit friend—0208 (very mild mannered person)
- Increased confidence to speak up, ask—0406, 0506
- Mentally focused, efficient, organized—0406, 0307, 0407, 0907

Generals

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

Sensation of heat—0306, 0406, 1006, 0107, 0307, 0607, 0707, 0907, 0208
 Sensation of heat in core—0306
 Hot, especially face, hands, feet, > drinking cool water—0307
 Woke very hot, hot all day—0707
 Chilled—0406, 0906, 1406, 0607, 0707, 1108
 Chilly on a warm day—1406
 Very cold, want to get into bed and cover up—0707
 Cold, almost like flu, > anything warm, warm drinks and heater—1108
 Weakness—0506, 0107, 0408, 0708
 Sedated feeling, feel like a rest, feel like taken a mini Valium—0408
 Craving dairy—0406, 1506, 0307, 0208
 Desire milky, creamy things, cheese and juicy fruit—0307
 Craving cheese—0307
 Craving dairy, milk, ice cream—0406
 Craving cold milk (doesn't drink milk)—0208
 Desires cold food, drinks—0308, 1108
 Better eating -0406, 0107, 708
 Irritability > eating—0406
 Anxiety > eating -0406
 Weak and strained, winded going up-stairs, > eating a big meal—0708

Miscellaneous

Pains moving from left to right—1006, 1406
 Foot sweats ameliorates all symptoms—1006
 Symptoms begin with tingling, move to itching and then into pain—1006

Head

Sharp, stinging pain, forehead—0706, 0107, 0308; < lying down—0906
 Stabbing pain L temple—0107, 0208
 Quick, pulsating pain in R temple—0607, 0107
 Light headed, frontal H/A with vertigo—0308; < standing, walking > eating—0207
 Outward pressure on top of head moving L to R, itchy—1006
 Pressure on both sides of head as if being squeezed with two hands—0608
 Strong HA over forehead and eyes with loss peripheral vision and nausea—0907
 Tingling up back of head, waking from nap—1108
 Tingling as if hair is standing on end, L vertex—1006
 Sensation hair is standing straight up at occiput and vertex—0308
 Sensation as if hair is being pulled at crown of head—0107
 Itching on vertex > scratching—0907 (lasted 4-5 days)
 Formication L side vertex intensifying to pain—0107
 Sensation of heat in head—0208
 Hot sensation—0308

Vertigo

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

Eyes

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

Vision

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

Ear

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

Nose

Watery, clear runny nose—0506 (salty), 0306, 0607, 0208, 0308, 0408, 0608, 0708, 0908
 L nostril, clear, thin mucus—0706, 0107, 0808
 Paroxysms of sneezing—0406, 0707, 0807, 0908
 Congestion—0208, 0506, 0706, 1206, 0908
 Clumpy mucous—0608
 Very dry—1406, 0208, 0608
 Chemical odor in nose—0906
 Nail polish odor in nose, very strong—0308
 Smelling bad odor with bad taste in mouth—1108
 Itching and tingling nostrils—0506, 1006, 0107, 0308, 0908
 Nostrils tender, sore—1006, 0608, 0708

Face

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

Mouth

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

Throat

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

Neck

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

Stomach

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

Nausea, belching with lemon taste—0307
 Eructations tasting of alcohol (no alcohol ingested)—0107
 Thirsty—0306, 0406, 0906, 1406, 0307, 0807, 0108, 0708, 0908
 Thirsty for cool water—0307, 0807, 0708
 Intense hunger, appetite—0406 (> eating), 0906, 0308, 0708
 Decrease in appetite—0906, 1406, 0307, 0707, 0807, 0308

Abdomen

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

Rectum

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

Bladder

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

Female

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

Cough

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

Chest

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

Back

Bubbling sensation radiating from scapula to crown of head—0107
 Chilly shivering, tingling up and down spine while urinating—0308

Left side intense pulsating pain—0308, 0407, 0907, 0608

Extremities

Stiffness, couldn't type, write—0406, 0607
 Arthritis-like pain and stiffness—0306, 0406, 0607, 0807
 Hand feels stiff, like a glove, < morning, < cold, < before storm—0807
 Heat sensation—0406, 0307, 0907, 1006, 0908
 Heat in both hands—1006, 0907
 Hands red—0406, 1006, 0107
 Hands hot, clammy, sweating—0406, 0307, 0308
 Sudden, burning, sore, upper arms, < touch, < movement—0906
 Soles of feet burning—0406, 0908
 Sharp pains—1006, 1406, 0107, 0807, 0308
 Awakened 4 times by painful electric shock to base of palm—0107
 Sharp pain middle two fingers of L hand—1006
 Shooting pain in L hamstring area, < flexing—0308
 Sharp cramp in bottom of foot 1006, arch of foot—1406, 0807
 Itching and tingling
 Hands itching—0107; and arms—0807 (< night)
 Chill, goose bumps down arms with tingling, shoulders prickly—0308
 Tingling in elbow with numbness in fingers—1406, 0607

Sleep

Light sleep—0306, 0406, 0407, 0907, 0308
 Waking from anxiety and restlessness—0408
 Waking, jittery, but easily back to sleep—0307
 Sleepiness but unable to sleep—1406

Dreams

Live in house with cannibals and murderers; talk them out of killing me—0906
 At a party for child, men with machine guns enter, everything goes dark. Calmly I am waiting for the opportunity to escape—0107
 Followed by someone, but tricked the person who was following—0308
 Joyfully watching divers while snorkeling—0908
 Laughing at two guys with canoes heaped with luggage for a 4-hour trip—0207
 Someone falls into a creek, gets up and laughs—0906
 Dangerous surfing turns out to be in a swimming pool—1206
 Cross-dressing party, bow ties, top hats, jewelry, silk crimson dress—0208
 Ladies wearing shimmering dresses, one peach one turquoise—0808
 Yellow, blue and white—0308, 0808
 Swept away by strong current when kayaking, rescued two girls—0307

Child at pool, dead, she is receiving CPR, I speak to her; she becomes alive—0807
 Driving a Jeep across a river, water pouring in, have to protect daughter—0908
 Prescient dream about pregnancy—0406
 Gave birth to a baby girl—0606
 Sea creature gives birth—1006
 Dog that died of cancer—0606
 Hugged dead aunt—0308
 Funeral/wake—0307
 Spaghetti—0606
 Bright yellow banana bread—0808
 Party with lots of food—0606, 0208, 0308, 0808
 Listening to music in a mountainous field, talking to female musician, nice experience—0307
 Grateful Dead concert—0308
 Saw Phil Lesh of Grateful Dead at a concert—0808
 Friend fighting with her boyfriend turned into a wedding and a concert—0808
 Long, narrow river with long skinny piers—0307
 Long skinny passage from barn to corral—0307
 Crawled under an upholstered chair, to get away from rattlesnake—0808
 Vans, passenger vans, semis, big trucks, different colors—0306
 Fitting new carpet in blue car—0707
 Prolonged erotic dreams (several)—0907, 0308

Perspiration

Acrid smelling—0107
 Breasts to neckline—0308
 Profuse R side—0608
 Perspiring on waking—0707, 0208, 0608

Skin

Old moles, upper arms, became raised, round and red—0306
 Red, spotty, irregular rash on front of neck after bathing—0107
 Itching trunk, legs, neck—0506, 1006, 1406, 0807
 Itching face, soles of feet, palms of hands—0707, 1006
 Skin warm, chilled internally, not quite sweating > indoors—0907

Photo Credit ©2008, Photography by William Wallick (ww@boulder.net)

Notes

- 1 Seideneck, Barbara, *The American Homeopath*, 2005.
- 2 Seideneck, Barbara, *The American Homeopath*, 2005, p. 70-71.
- 3 Prover numbers