The Proving of Aquilegia Vulgaris, the Common Columbine

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

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

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

Methodology

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

Name Origination

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

- Aquilegia, Latin for eagle, the flower's spurs resemble an eagle's talon.
- Aqua, Latin for water and lego to collect, referring to the nectar holding spurs.
- Culverwort from the Saxon culfre meaning pigeon and weurt for plant, the petals resembling a gathering of pigeons.
- Columba, the Latin word for dove, relating the flower petals to a circle of doves (in some cultures associated with love).
- Other names include: Meeting Houses, Venus Plant, Jack-in-Trousers, Mary's Bells, Granny's Bonnet, and European Crowfoot.

- German common names of the plant can be translated into Fairy's Glove, Venus Carriage, Women's Little Shoe, and Love Plant.

Botanical Description

Columbines belong to the family Ranunculaceae (buttercup family) that includes Aconitum, Cimicifuga, Clematis, Delphinium, Helleborus, Pulsatilla, and Ranunculus. German botanists named this family Habenfuss-Gewaechse, rooster foot plants, a description related to the flower's likeness to a bird's foot. Columbines also compose the genus Aquilegia that contains about 8000 species of perennials.

The common Columbine grows 30 to 60 cm (1 to 2 feet) high and about 45 cm (1½ feet) wide. The flower is usually of an intense blue color; variations of pink, white or blue flowers with a white rim are also common. The blossom is arranged into two concentric circles; the inner five sepals assembled around gold-colored multiple stamens, the outer five petals tapering into narrowing trailing spurs. The rolled spurs at the back of the flower reach upward, resembling an eagle's talons. A bluish-green color is characteristic of the plant's leaves. The leaves grow on long stems and are divided into three parts, each forming a scalloped three-petal leaf with a slight resemblance to cloverleaves.

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


Habitat

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

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

The Columbine's susceptibility to extinction is increased by its limited ability to be pollinated. Only bumblebees with appropriately long tongues can reach deep down into the bottom of the spur to pollinate the flower. Short-tongued bees and scavenger wasps bite holes into the spur at the back of the flower to get the nectar, not pollinating it. The plants vulnerability is increased by the fact that bumblebees are also a threatened species in a number of countries.

Chemical Composition

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

Despite the fact that the wild or common Columbine has been ingested as tea and in salads, it is considered a poisonous plant. The consumption of approximately 3-0 grams of leaves has caused poisoning symptoms of nausea, vomiting, diarrhea, breathing difficulties, heart pains, absense-mindedness, stupefaction, and confusion. Its toxins, however, are destroyed by heat and drying. Modern medicinal use of the plant has not been established. Little is known about cyanogenic glycoside, which is contained in the plant and may have cancer-causing properties.

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

History

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

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

Earliest accounts of the medicinal use of the plant are reported in Hildegard von Bingen's (1098-1179) work Physica. Used as an aphrodisiac during medieval times, Tabernaemontanus suggested in his Neuw Kreuterbuch (new herb book) published in 1588 that applying the pulverized seeds to a groom's palms would instantly arouse the bride. He also recommended drinking tea made from the roots and seeds to break the evil spell of impotence. The plant itself was mixed into straw-mattresses to cure infertility.

The earliest reference to the wild or common Columbine as a garden plant (1410) is made in the painting, Paradigesartein (Little Paradise Garden), painted by an unknown medieval master. Among the first botanical books, the Hortus Eystettensis recorded 12 cultivated varieties of the common Columbine in 1617. Around 1800 the North American Columbine became increasingly popular in Europe's gardens. By 1900, the common Columbine was considered old fashioned and lost its place in fancy gardens. However, Aquilegia vulgaris can still be found in European gardens as often as the hybrid plants of North American varieties.

Symbolism

Originally, the Columbine was dedicated to the goddess Freya, the patron goddess of crops and birth. She was the symbol of sensuality and was called upon in matters of love. She loved music, spring, flowers, and elves and was the most gracious and beautiful of all the goddesses. Old symbolism relating the plant to love and fertility has been preserved in paintings exhibiting sexual imagery, secret love and seduction, inconsistency and fickleness, desertion, and folly. For example, in the 17th century it was considered a faux pas to give a young woman a bouquet with Aquilegia because of its sexual symbolism. Another example includes, Ophelia in Shakespeare's Hamlet giving a bouquet containing Columbines to King Claudius for his ingratitude and infidelity.

"An older lawyer was having an affair with a younger woman. The woman asked to be provided with an apartment, he asked for 24-7 access."
—Dreams: Prover #1005
"Masturbating in the restroom of a grocery store, boyfriend was shopping, another woman laughing, because she knew I was masturbating in the next stall." —Dreams: Prover #205

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

**Healing and Herbal Applications**

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

- Astringent juice to heal wounds
- Various plant parts to heal gum loss and jaundice
- Crushed seeds to facilitate childbirth and to alleviate labor and menstrual pain
- Crushed leaves to cure cancer
- Spring shoots prepared like asparagus to prevent cancer
- Entire plants used to protect young couples from bad magic (impotence and infertility)
- Triturated juice of the leaves to heal skin rashes
  
  "A woodland walk, a quest for river-grapes, a mocking rush, a wild rose or rock-living columbine, salve my worst wounds." —R. W. Emerson

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

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

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

**Discoveries of the Proving**

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

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

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

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

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

**Mental Themes**

**Disconnectedness**

Indifference to other’s feelings
Mind-chatter; internal dialogue; intolerable inner thoughts
Mind separated from body; as if possessed by a second personality
Like a witness; spectator to events
Sense of distance; isolation
Desire to be alone; better alone
Irritability
Irritable like PMS, irritable over small things, impatient with people
Easy to anger (driving, throwing things, short fuse)

Alternating States
Exuberant—sluggish
Irritability—good mood
Mind-chatter—serenity
Alert—lack of concentration

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

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

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

Mental Clarity
Alert; awake; clear
Aware; focused
Creative; expansive

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

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

Thematic in Dreams

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

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

Beauty and Grace
Costumes; make-up for wedding; beautiful dresses; fashion show; people in horse costumes ("striving for grace")

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

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

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

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

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

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

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

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

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

### Mind

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

- Emotionally oversensitive, temperamental ...
  - 105, 205, 405, 1003, 305
- Sad, weepy, crying, sobbing ...
  - 205, 405, 1003
- Anxious, without reason ...
  - 305, 404, 603, 605
- Impatient with people, short fuse ...
  - 204, 305, 405, 705, 1403
- Irritated, agitated, cranky ...
  - 805, 204, 305, 405, 1104, 1005, 1103, 1104, 1403

- Mentally tired ...
  - 105, 405, 1005, 1104
- Exhausted, sleepy ...
  - 104, 304, 803, 1003, 1104, 1303
- Lethargic, moves in slow motion, sluggish ...
  - 205, 405, 503, 705, 1005, 1303
- Brain foggy/fuzzy/dopey ...
  - 204, 603, 705, 1005

### Emotionally oversensitive

- Sad, weepy, crying, sobbing ...
  - 205, 405, 1003
- Anxious, without reason ...
  - 305, 404, 603, 605
- Impatient with people, short fuse ...
  - 204, 305, 405, 705, 1403
- Irritated, agitated, cranky ...
  - 805, 304, 1104, 1303
- Mentally tired ...
  - 105, 405, 1005, 1104
- Exhausted, sleepy ...
  - 104, 304, 803, 1003, 1104, 1303
- Lethargic, moves in slow motion, sluggish ...
  - 205, 405, 503, 705, 1005, 1303
- Brain foggy/fuzzy/dopey ...
  - 204, 603, 705, 1005

### Times

- 10:00 ...
  - 205, 405, 304, 1104, 503, 603, 605
- 11:00 ...
  - 205, 405, 1105, 1204

### Sleep

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

### Generals

- Sleepy, could not stay awake ...
  - 204, 1103, 1303
- Body feels heavy ...
  - 105, 805
- Body tinges, buzzes (like on speed) ...
  - 1005, 403, 503
- Shakiness (body/hands) ...
  - 705, 1104
- Feverish, raised temperature, warm ...
  - 205, 603, 605, 805, 1204
- Cold, chilly and chills ...
  - 205, 403, 404, 603, 805
- Dryness ...
  - 805, 603

### Modalities

- Eating ...
  - 305
- Cold and fresh air ...
  - 1104, 705
- Chilled ...
  - 603, 404

### Location

- Parietal ...
  - 105, 803
- Top of head ...
  - 705, 1403
- HA right side ...
  - 405, 503, 504, 603, 705, 1005, 504, 601, 603
- HA moved to center ...
  - 405, M03
- HA forehead ...
  - 605, 705, 603, 1303, 1403
- HA over left eye ...
  - 305, 103, 1403

### Vertigo

- Dizzy ...
  - 405, 704, 503
- Off balance to left ...
  - 705
- Circles spinning in head ...
  - 204
- Dizzy with pressure on crown of head ...
  - 503

### Modalities

- < movement ...
  - 204
<table>
<thead>
<tr>
<th>Eyes</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensation</td>
<td>Back of</td>
</tr>
<tr>
<td>Dry</td>
<td>Right</td>
</tr>
<tr>
<td>Gluey</td>
<td>Left</td>
</tr>
<tr>
<td>Eye strain, R eye</td>
<td>Upper</td>
</tr>
<tr>
<td>Pressing pain on eyeball</td>
<td>Modalities</td>
</tr>
<tr>
<td>Twitching left lid</td>
<td>&gt; sipping cold water</td>
</tr>
<tr>
<td>Eyes don’t focus</td>
<td>Time</td>
</tr>
<tr>
<td>Must press to close eyes</td>
<td>07:00</td>
</tr>
<tr>
<td>CC: Dry eyes and mouth and L stiff neck</td>
<td>08:00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ear</th>
<th>Stomach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensation</td>
<td>Sensation</td>
</tr>
<tr>
<td>Loud noises hurt ears</td>
<td>Appetite decreased</td>
</tr>
<tr>
<td>L ear dull pain</td>
<td>Hungry, empty feeling</td>
</tr>
<tr>
<td>R ear plugged</td>
<td>Thirsty</td>
</tr>
<tr>
<td>Itching/alternate itching in both ears</td>
<td>Heartburn</td>
</tr>
<tr>
<td>Pulse in ears racing</td>
<td>Nauseated</td>
</tr>
<tr>
<td>Location</td>
<td>Vomited 3 to 4 times</td>
</tr>
<tr>
<td>Left</td>
<td>Stomach gurgling</td>
</tr>
<tr>
<td>Moving R to L</td>
<td>Burping with metallic taste</td>
</tr>
<tr>
<td>Time</td>
<td>Hiccup</td>
</tr>
<tr>
<td>IS:00</td>
<td>Painful hiccup, as if stabbed</td>
</tr>
<tr>
<td>503, 603, 1303</td>
<td>Burping</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mouth</th>
<th>Modalities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensation</td>
<td>Nausea &gt; after lunch</td>
</tr>
<tr>
<td>Thirstless, cottonmouth</td>
<td>Gurgling gas, burping, leaning forward, agg...</td>
</tr>
<tr>
<td>Chapped lips</td>
<td>Times</td>
</tr>
<tr>
<td>203, 603, 1003, 1403</td>
<td>10:00</td>
</tr>
<tr>
<td>Lips dry, parched</td>
<td>12:00</td>
</tr>
<tr>
<td>Metallic taste</td>
<td>Stomach</td>
</tr>
<tr>
<td>803, 904, 503, 1303</td>
<td>Sensation</td>
</tr>
<tr>
<td>Tingling sensations</td>
<td>Appetite decreased</td>
</tr>
<tr>
<td>CC: Metallic taste with heartburn/burping</td>
<td>Hungry, empty feeling</td>
</tr>
<tr>
<td>Times</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>503, 503, 503</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stomach</th>
<th>Throat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensation</td>
<td>Sensation</td>
</tr>
<tr>
<td>Appetite decreased</td>
<td>Heaviness, difficult breathing</td>
</tr>
<tr>
<td>Hungry, empty feeling</td>
<td>Pressing sensation with shortness of breath</td>
</tr>
<tr>
<td>Thirsty</td>
<td>Constriction/tightness</td>
</tr>
<tr>
<td>Heartburn</td>
<td>L breast tender as if before menses</td>
</tr>
<tr>
<td>Nauseated</td>
<td>Swollen breasts as if before menses</td>
</tr>
<tr>
<td>Vomited 3 to 4 times</td>
<td>Lymph glands L breast/armpit feel tender</td>
</tr>
<tr>
<td>Stomach gurgling</td>
<td>Stabbing chest pain, 1&quot; above sternum</td>
</tr>
<tr>
<td>Burping with metallic taste</td>
<td>Modalities</td>
</tr>
<tr>
<td>Hiccup</td>
<td>&lt; motion, deep breathing, &gt; pressure</td>
</tr>
<tr>
<td>Painful hiccup, as if stabbed</td>
<td>Time</td>
</tr>
<tr>
<td>904</td>
<td>10:00</td>
</tr>
<tr>
<td>Burping</td>
<td>404, 503, 603, 1003</td>
</tr>
</tbody>
</table>
### Neck

**Sensation**
- Tingling neck to head, radiated to cheeks \(...\) 704
- Buzzing in neck moving to head \(...\) 704
- Zigzag jolt left side neck \(...\) 705
- Stiff, left side \(...\) 305
- Nerve pain L neck shooting to occiput \(...\) 603
- Deep chill back of neck \(...\) 704

**Modalities**
- Stiff neck > after eating \(...\) 305
- Female

**Sensation**
- Sex drive increased \(...\) 205, 504 (14 days), 503, 603
- Menses one week early \(...\) 205, 305, 403
- Uterine cramping without menses \(...\) 104, 603
- Menses light, not as painful \(...\) 403
- Menses, no pain, discomfort \(...\) 503
- Cycle was shorter, less blood \(...\) 603

**Modalities**
- Cramps as if menses, > rubbing, rest \(...\) 104

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

### Back

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

**Sensation**
- Lower back achy/weak (as before period) \(...\) 305
- Ache moving to lower back \(...\) 705
- Pain, hot, vibrating in spine, radiating to R \(...\) 1303
- Lower back sore, as if menses \(...\) 104

### Rectum

**Stool**
- No bowel movement 3-4 days \(...\) 205, 603
- Pellets, like deer droppings \(...\) 605
- Increase of BM's/day \(...\) 705, 1204
- Urgent \(...\) 705, 1204
- Loose \(...\) 705, 204, 1204
- Profuse \(...\) 705, 204
- Sulphur odor \(...\) 1204
- CC: Diarrhea with pain perineum \(...\) 705

**Times**
- 08:00 \(...\) 705, 705, 204, 1204

### Selected Rubrics

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

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

#### Taste
- Metallic

#### Throat
- Pain, sore
- Lump sensation

#### Chest
- Pressed in, as if
- Constriction, morning, 10 AM

#### Stomach
- Appetite, diminished
- Nausea, eating after

#### Female
- Sexual desire, increased
- Menses, frequent, too early, seven days

#### Sleep
- Restless
- Waking, 3 AM

#### Generals
- Shocks, electric-like
- Open air, ameliorates
- Morning, 10 AM, aggravates
Words of Appreciation

My special thanks go to our homeopathic heroes, our provers and their supervisors, taking time in their busy lives to contribute to the body of homeopathic knowledge. I would like to thank Amy E. Lockwood, MS, CHom, homeopath, and homeopathic writer/editor in Fort Collins, CO (amy_lockwood@peakpeak.com) and Dorothy Simoni, PhD, Professor Emeritus, Cal Poly Pomona, and aspiring homeopath in Boulder, CO (dsimiini@sugarloaf.net) for their relentless attention to detail and their dedication to this proving.

Barbara Seideneck, RSHom (NA) CHom, CCH, is a German homeopath practicing in Boulder, CO. She is the founder and director of the Homeopathy School of Colorado, established in 1991. Barbara has conducted provings of Amethyst, Ayahuasca (Magic Vine), and Emerald. Barbara enjoys her free time in the beauty of the Rocky Mountains. For detailed symptoms of the proving, see www.homeopathyschool.org.

Barbara@homeopathyschool.org

©2005, Photography by William Wallick (ww@boulder.net)

Footnotes
1 Dictionary of Practical Materia Medica, J.H.Clarke
3 La Columbine, Francesco Melzi: Portrait of Margherita Gonzaga, Pisanello, Louvre; Leonardo da Vinci placed Aquilegia vulgaris next to Bacchus and next to Leda and her children, drawing at Windsor Castle.
4 Prover numbers
5 Only pre-dominant times are reported in this article, provers also experienced symptoms at other times.
6 Concomitants
7 During the proving women experienced back pain similar to pains experienced during menses, without having or expecting a menses.
8 Rubrics listed are based on symptoms experienced by three or more provers, symptoms of unusual intensity or extended duration.

Homeopathy School of Colorado
Home Study & Resident Programs
For further information please contact:
303.440.3717
www.homeopathyschool.org
info@homeopathyschool.org
Hours applicable for certification with the CHC

NASH Audiotape Library

NASH is pleased to lend to members, on a first come first served basis. There is no fee to borrow the tapes; however, members must pay for shipping to and from the NASH office and file a credit card with the Administrator. Tapes should be returned after 30 days.

For the purposes of fulfilling CEU requirements for registered members, a 300 word summary is required. One tape is equal to a one hour lecture.

NASH Annual Conference:
Strength in Unity, October 2001
To Heal or To Cure: That is the Question, Miranda Castro
Panic & Anxiety Disorders, Alastair Gray
Living Harmoniously, Alison Maslan
So That the Soul Should Be More Deeply Known, Mischa Norland
Beneath the Sea: Aspects of Psychodynamics in the Consulting Room Setting, Nicholas Nossaman
Cases of Sambharum Officinalis and other Sweet and Milky Things, Richard Pitt
The Body as an Expression of the Mind, Jan Scholten
A Case of Adamas, Susanna Shelton
The Role of the Body in Homeopathic Prescribing, Robert Stewart
Bamboo: A Useful Remedy Often Missed, Steve Waldstein

NASH 5th Annual Conference:
Vital Connections, October 2003
Infertility: Successful Outcomes, Karen Allen
Kingdom Differentiation in Case Analysis, Nazirahk Amen
Hormones as Remedies, Jackie Clason
New Approaches in Education, Ann Jerome Croce
A Proving of Tule Bluet Dragonfly, Melanie Grimes
Understanding the Vipera Patient, Jeffrey Levine
I Cannot Move My Life Forward, Catherine Shurftstein
Treating Children with LM Potencies, Kim Sikorski
A Bi-Coastal Proving of Sea Horse, Susan Sonz
The Animal Kingdom as Archetypal Human, Robert Stewart
The Consciousness of Elaps and Bothrops, Sadhna Thakkar
Two Very Different Animals, Steve Waldstein

Additional tapes are available.
For a complete list please see our web site.
www.homeopathy.org