

Proving Report - Zinc gluconate

Symptoms in the language of the prover are organized in the traditional homeopathic format (as found in Boericke) and selected according to the following criteria:

- 1 - modalities (something which makes a symptom better or worse)
- 2 - concomitants (something occurring in conjunction with a symptom)
- 3 - timing of the symptom (periodicity, specificity of timing)
- 4 - localization (sides, extension)
- 5 - unique descriptions of a symptom (descriptive adjectives)
- 6 - intensity of the symptom
- 7 - a symptom is new or has not been experienced in the past 12 months.
- 8 - a symptom occurred after taking the medication on at least two occasions during the homeopathic drug proving.
- 9 - a symptom experienced when the proving started which disappeared or is significantly ameliorated after the administration of the proving medication, is classified as a cured symptom.
- 10 - a symptom was experienced in more than one prover.

Proving Protocol

Clinical Trial Design

Homeopathic drug provings are not mentioned in the Good Clinical Practice guidelines. They are similar to Phase I clinical trials outlined in the Code of Federal Regulation (CFR) and the European Community (EC) guidelines for clinical research.

Clinical Investigators

Proving Director - David Riley, M.D.
Proving Supervisors - Ann Seipt, N.D. & Aimee Zagon, PA-C
Proving Coordinator - Olivia Mason, R.P.T., M.S.

Methodology

Data collection - Diary/journal format
Study Design - Single group
Method of Blinding - Double-blind
Controls - Intra-individual controls and placebo controls

Medication

The medication used in this homeopathic drug proving was prepared by DHU GmbH, as globules in a 12C potency (concentration 1×10^{-24}).

Subject Population

There were 17 subjects; 15 women and 2 men ranging in age from 22 to 52 years. Fifteen subjects received verum, 2 received placebo. The placebo provers were numbers GSD-07 and GSD-11. There was one dropout from this homeopathic drug proving. Prover number GSD-07 lost the remedy before taking the first dose.

Subject Inclusion Criteria - each subject:

- was in a general state of good health for that person according to the proving director/supervisor and the subject. A routine evaluation supported this assessment.
- agreed in advance to comply with instructions for keeping a journal. The subject observed and described symptoms experienced from taking a homeopathic medication.
- did not engage in any elective medical treatments (such as surgery or dental procedures) for the duration of the homeopathic drug proving.
- did not undergo any major life changes (moving, getting married or divorced, etc.) and continued the usual habits and patterns of daily life.
- was over the age of 18, competent, and signed the informed consent.

Subject Exclusion Criteria - no subject:

- was in ongoing medical treatment during the homeopathic drug proving,
- had surgery within the past 6 weeks,
- was on prescription medication,
- had taken birth control pills in the past 6 months,
- was pregnant or nursing,
- failed to complete the journal as instructed,
- was under the age of 18 or lacking complete competence.

General Drug Proving Outline

This homeopathic drug proving was conducted in Santa Fe, NM between October 18, 1994 and January 28, 1995. Subjects were recruited by advertisement. All potential subjects attended at least two training sessions, one group session and one individual session, each of which lasted at least one and one-half hours, prior to being accepted into the homeopathic drug proving. Persons were included or excluded according to the criteria listed above in the subject inclusion/exclusion section. A routine evaluation was performed on all persons selected for the homeopathic drug proving. All potential subjects met with the principal investigators for general education about homeopathy and training regarding journal recording during a homeopathic drug proving. Each subject was given a copy of a previously conducted proving to assist him/her in understanding the format of a homeopathic drug proving. All subjects signed an informed consent.

This classical homeopathic drug proving lasted at least 8 weeks per subject. There was a two week pre-proving observation period to establish the baseline rhythm and symptom picture for each subject. This is a single-case study control, comparing symptoms noted during the pre-proving observation period with those experienced after taking the homeopathic medication. Neither the investigators nor the subjects were aware of the substance being proved until after the final report had been written.

Medication Administration

The medication was administered 3 times daily (4 globules dissolved sublingually) until the subject developed symptoms or for three days. The globules were allowed to dissolve under the tongue. No globules were taken after the subject began to experience symptoms. If no symptoms occurred in three days, the subject stopped taking the medication and continued recording in their journal. No food was eaten for at least 15 minutes prior to taking the medication and no food was eaten for at least 15 minutes following administration of the medication.

Symptom Collection and Evaluation

Subjects noted in their journals the symptoms associated with the administration of the homeopathic medication for one month following the administration of the medication. The symptoms experienced after the administration of the medication were compared with symptoms noted during the pre-proving observation period and were evaluated according to the criteria listed at the beginning of the article. Placebo symptoms are included in the final report and denoted by the letter "P". All subjects completed an exit interview where each symptom experienced was reviewed once again for additional clarification. All symptoms were noted for being either new symptoms, old symptoms, or altered symptoms. Some subjects experienced a relief of chronic symptoms (such as the clearing of a chronically stuffy nose.) There were no adverse effects noted at the time of the exit interview or during the post-proving observation period.

Proving Time-line	Week	1	2	3	4	5	6	7	8	9	10
Initial Interview		X									
Inclusion/Exclusion criteria		X									
Initial evaluation		X									
Subject education		X									
Pre-proving observation		X	X								
Administration of proving mediation				X							
Data collection in Journal		X	X	X	X	X	X				
Post-proving observation						X	X				
Contact with subject		X	X	X	X	X	X	X	X		
Observation for adverse effects				X	X	X	X	X	X		
Symptom organization/Final Report										X	X

Materia Medica - Zinc gluconate

Essential Characteristics

Improvement of flatulence, neck constriction, fatigue during menses, restlessness, morning stiffness, nasal congestion, and taste. Eruptions of small pimples on chest and anus. Aching and cramps in the muscles and joints of the extremities. Skin itching without eruption. Numerous cold type of symptoms: ear pain, cough, agglutinated eyes, bleeding or chapped or cracked lips, dryness of lips or mouth, lassitude, restlessness, stiffness, numerous head pains especially in the forehead, hoarseness. Aversion to company, irritability, difficult concentration and dull slow mind. Nasal congestion, coryza, discharges or post nasal drip, and sneezing. Throat pain that is raw, sore, scratching, and worse on swallowing. Major constipation with ineffectual urge, straining, or insufficient stool. Hard, dry, or sticky stools. Appetite increased or decreased.

Mind

Anger from trifles. Anxiety or anxious dreams. Argumentative. Cheerful in the morning but depressed and sad by the end of the day or sadness on waking. AVERSION TO COMPANY. CONCENTRATION DIFFICULT. *Contented*. Cursing. Delusions everything will fail. DREAMS that are unpleasant of sick parents, of being pursued, of being shot. Repeating dreams or dreams that wake the person. Vivid dreams. MENTAL DULLNESS on waking or with difficulty in finding the right word. Mental slowness. Dwelling on past events that were unhappy. Hurried in thought and in activities. IRRITABILITY. Improved mood before menses. RESTLESSNESS. Screaming at home or at work. *Rapid or wandering thoughts*.

Generalities

Dry sensation. INCREASED ENERGY especially in the afternoon and evening. Fainting. Desires sour drinks, spices, and water. Feeling heavy. LASSITUDE in the evening or improves during the menses. RESTLESSNESS. Sore body and muscles. STIFFNESS or improvement of stiffness.

Vertigo

DIZZINESS. Fainting. Vertigo as if in the eyes or with nausea. Better when lying. *Lightheaded*.

Head

PAIN. Dull pain in the forehead above the right eye. Head pain better from walking in cold air. Congestive head pain better from pressure. *Head pain on waking* during the night. Sharp pain at the temple. FOREHEAD PAIN above the eyes on the right, or behind the right eye, or between the eyes. *Head pain on the forehead* either left or right side of the forehead or the upper part. *Occiput*, or occiput and forehead pain that extends to the eyes. Left temple head pain that extends to the eye. Pressing head pain between the eyes. *Throbbing head pain* on the left side or driving one from the bed at night. Head pain as if in a vise.

Eye

Agglutinated eyes at the inner canthi in the morning. Heaviness of the eyes during headache. Itching, burning, or tearing of the eyes. *Pain* that is pressing behind the eye, or throbbing, or as a splinter.

Ear

Right sided ear pain on swallowing. Sensation of fullness or being stopped up.

Hearing

Muffled sound as from a cold.

Nose

NASAL CONGESTION with right sided obstruction. CORYZA from taking a cold. DISCHARGES FROM THE POSTERIOR NARES, *clear*, viscid, watery, or yellow. Dryness of the internal nose. SNEEZING.

Face

Dry, bleeding, chapped, and cracked lips especially the lower lips. Flushes of heat. Itching of the facial skin.

Mouth

Dryness of mouth and mucus membranes with thirst.

Taste

Bad. Diminished. Acute. *Metallic*.

Teeth

Right sided lower molars are sore.

Throat

Mucus in throat. PAIN *with difficult swallowing*. Sore pain especially in the morning. Pain that is raw or scratching.

Stomach

Increased appetite especially in the morning or that is constant. *Decreased appetite* or appetite without desire. Burping that ameliorates. Nausea. THIRST especially in the evening or night.

Abdomen

Flatulence and belching or improvement of flatulence. PAIN that is cramping, throbbing, or stitching. Rumbling associated with intestinal discomfort. Cramping pain better bending double. Stitching pain during menses.

Rectum

CONSTIPATION WITH INEFFECTUAL URGING. *Difficult stool that is hard* or sticky. Straining at stool or insufficient stool. Stinging pain at stool as if the rectum is constricted. Eruptions of pimples about the anus. Offensive flatus. Slight bleeding after the stool.

Stool

Hard or soft and watery. Dark. Dry. Like balls. Large, Sticky.

Urine

Urine has a strong odor or that is cloudy.

Genitalia, Female

Brown leucorrhea. Menses that are long or of *short duration*. Scanty menses. Spotting between the menses at ovulation. Premenstrual cramping pain improves. Decreased sexual desire.

Speech & Voice

Hoarseness in the morning.

Respiration

Difficult inspiration while talking. *Snoring*.

Cough

Dry, tickling cough.

Chest

Eruptions of small pimples on upper chest. Perspiration in the axilla.

Back

Constriction in the neck and thoracic region improves. Aching pain in the cervical region and back.

Extremities

Cramps in the calf in the evening. Heaviness of the upper and lower limbs. *Itching* of the skin especially between the left fingers or on the left heel. RESTLESSNESS. Weakness of the knee. ACHING thigh, thumb joints, or toe joints. Burning and shooting sciatic pain in the thigh.

Sleep

DEEP SLEEP or improvement of sleep. *Difficult falling asleep*. Sleeping on the back. WAKING that is difficult, from dreams, or frequent.

Skin

Eruptions of small pimples on the chest or around the anus. Skin feels dry like parchment or hidebound. Sensation of heat. *Itching* without eruption. Dryness and prickling sensation.