

## **PATHOGENETIC TRIALS (PROVINGS) – CLINICAL CONFIRMATION.**

With the proving of **Bothrops jararacussu**

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*Proving means integration with nature,  
by only observing we don't penetrate it.*

Multiple sclerosis, scleroderma, bulimia nervosa, celiac disease, interstitial cystitis, hypothyroidism, chronic myelocytic leukemia, idiopathic intestinal mastocytosis, etc. are mysterious names that, throughout exhaustive years of study and research, have been created to name the diseases, but in homeopathy they have no use in the prescription of substances acting under the similitude principle. The homeopath, clinical physician in essence, makes use of the existent knowledge about a disease to understand its onset, development and evolution and applies to it the miasmatic thinking to help him understand better the diseased and the disease, but he does not use the disease as the target of his prescription for a very simple reason, up to the present moment homeopathic provings in humans have not been taken far enough to the point of being able to develop the diseases mentioned above. Despite the great number of homeopathic manuals and substances in the market intended to cure diseases and the financial groups that force self prescriptions based on these manuals, the posterior analysis of the amelioration and the extensive observation of these patients shows that there is no cure, only suppressed symptoms, while the diseased continues to degenerate in his most profound morbid state.

What does homeopathy do then?

The homeopathic physician prescribes for the diseased, applies the Similitude\_Clinic; the homeopathic physician is the clinician of the similitude, as requires the homeopathic proving. Homeopathy comes from the provings, they are what guide the whole clinical work.

While proving on himself the bark of China off, Hahnemann went through an interactive experience and a profound integration with nature, he experienced the malaria picture he had had in the Hungarian steppes and immediately understood the reason of the cure with China off. His immune system, under the stimulus of China off, remembered all the symptoms of the previous disease. Hahnemann did not have the disease malaria but experienced its symptoms again under the effect of China off because he, as an individual, presented a special sensitivity to it (similarity).

Since the day the exhausted and thirsty Inca drank from the puddle the water which had turned dark and bitter from the bark of China off and got cured of his malaria, a great number of people were also cured with China off using weighable doses, but in order to experience the malaria symptoms under the stimulus of China off without being sick is only possible for those who have a special sensitivity to it. Innumerous of Hahnemann's opponents repeated his experiment and used China off at that time and did not experience any malaria symptoms for the fact that they did not present that special sensitivity which explains the law of similars . At the same time, the dynamized China off does not cure malaria either. We followed two clinical trials in the period of 1983 to 1987 in North Brazil where malaria is endemic (cities of Rio Branco and Rondonia) and the dynamized China off did not help anyone, because none of the patients displayed that special sensitivity. It was worthless the prescription of China off to the malaria infected who did not present sensitivity to it (similarity). The Inca cured himself because the quinine (alkaloid contained in the bark of China off) running in his blood reached levels high enough to kill the malaria parasites. As the homeopathic cure demands similarity between the sick person and the prover, in these two clinical trials with the dynamized China off no one was cured because when dynamized it does not destroy the parasites.

This is where we encounter the logic that conducts the provings, the Similitude Clinic and consequently, Homeopathy.

The purpose of trying homeopathic substances in human subjects considered healthy is to provoke a disharmony, an ill state which will enable the interpretation of the symptoms arising from

the proving. As experimentally demonstrated by Hahnemann, these symptomatic pictures are important in helping the patients who present similar symptoms. There the aphorism “*similia similibus curentur*”. The substance which has the capacity to produce a certain symptomatic picture on healthy subjects is capable of making the ill organism cure itself of these symptoms when it receives this substance, preferably in very well diluted doses to avoid the famous aggravations.

Here is the similitude, the rigid nucleus of all homeopathic research programs: the special sensitivity people have to certain substances and the curative power involved in this mechanism.

After perceiving this, Hahnemann begins to carry out provings in humans by applying the systematic-methodic thinking of his time, contributing thus to the improvement of the scientific method.

By trying only one substance per time in the human subjects considered “healthy” by him, Hahnemann rescues the unity of the being, obtains body and soul symptoms (psychic), breaks up the tacit agreement in which the doctors were responsible for healing the body and the religious for healing the soul, identifies this special sensitivity some people have to certain substances and makes operational the aphorisms of the ancients : “Let likes be cured by likes”. This is where the homeopathic whole is, the whole of the similitude.

While using a substance tried in humans (Arnica montana during an autumn diarrhea epidemic) for the first time, Hahnemann verifies that only a few patients get better. The Similitude Clinic is born. The patients who have this special sensitivity to Arnica montana are the ones who get better. What guides the Similitude Clinic is the similitude with the clinical picture of the patient and not with the clinical picture of the disease. Similarity with Arnica montana means cured patients. When there is no similarity, there is the need to search for a better similitude for that patient.

It is evident that the counter-prove of the provings’ veracity lies in the clinical outcome that is obtained. Well conducted provings will identify reliable symptomatic pictures that will produce excellent outcomes when applied under the similarity criterion.

From Hahnemann up to our days, the homeopathic proving protocols in humans have suffered some alterations in order to keep following the scientific method without letting aside the innovations that homeopathy has identified and intends to research.

In Brazil, the Research Committee of the Brazilian Homeopathic Medical Association (CP-AMHB) uses and recommends the Protocol for Homeopathic Provings in Humans, elaborated from the LUIMO Protocol of Pure Proving with the necessary modifications to make it operational in our country. This same protocol has already oriented two non institutional provings ( Iodium purum – Stannum metallicum ), five local provings ( Aqua coco – Collibaccillium – Saccharum officinalis - Selenium and HCN ) and three national provings ( Brosimum gaudichaudii and Bothrops jararacussu in Brazil, and Croton lechlerii in Equator), all of them carried out in teaching centers, with the intention of contributing to the education of the homeopathic doctor and mobilizing almost five hundred people among provers and proving teams.

In short, the CP-AMHB National Protocol for Homeopathic Provings in Humans follows these main steps :

- Prior Self-observation Period – 180 days.
- The Actual Proving Period – 360 days.
- Data Analysis and Tabulation Period – 90 days.
- Data Presentation and Discussion Period – 90 days.
- Final Data Arrangement – 90 days.
- Final Writing – 90 days.
- Total Period – 2 years and a half to 3 years.

The attachment I is the CP-AMHB Protocol for Homeopathic Provings in Humans. It will be possible to discuss it, but there won’t be time to present it during the speech.

The reading of the proving diaries gives the Similitude Clinician all the elements he needs for a good practice. The proving diaries teaches us how to elaborate a good clinical history. It has information regarding the onset, development and termination of the symptoms in all its peculiarities, teaching us how to work with them in the clinic. The homeopathic interview is very long because this way it orientates the proving. The study of physical symptoms in all its modalities

and the study of psychic symptoms by penetrating the patient's deepest soul is not a practice that came from philosophizing about man, but from the pathogenesis practice.

The proving of *Bothrops jararacussu* that we present next shows that the similitude clinic is totally oriented by the proving.

The proving of *Bothrops Jararacussu's* poison aims not only to develop new tools for the homeopathic practice but also to contribute with the education of the homeopathic doctor. Inserted in the national provings planning coordinated by CP-AMBH, it comes to collaborate with the formation of new researchers in the pathogenesis field, once its participants, by making observations and criticisms, rescue the innate tendency to do research to solve problems, an imperative attribute for the good practice of medical profession.

The experience of having many teaching centers in the country carrying on provings together has been a very rich activity, not only for those who participate but also for the ones who are interested in the theme. The information speed, responsible for straitening cultural differences, leads the groups to have very similar behaviors, the work responsibility is constant and the interest is growing bigger. Besides expanding the provers population in order to work with a significant number, the fact of working together stimulates discussions around a common research subject, thus improving the protocol's efficiency, proposing new models, facilitating the comparison with other existing models, making the work among the teaching centers more united and increasing more and more the enthusiasm for provings.

### **Simplified Materia Medica of Bothrops jararacussu**

Among the provers who presented increased or decreased similarity with Bothrops jararacussu, the inharmonious movement introduced by the substance expressed itself through the following symptomatology : mosaic of symptoms.

REDUCTION OF TOLERANCE WITH PEOPLE DURING DAILY ACTIVITIES:/ intolerance to criticisms, contradiction, noises, people's voices, social meetings, working problems, family, traffic, etc. Such intolerance/irritability was accompanied by anger, what made the PP more aggressive and rude, agitated, critical, quiet, wishing to isolate themselves from the environment, avoiding people, with aversion to answer questions, saddened, critical and sometimes sarcastic. Pessimism and non conformity appeared twice. One P found herself too selfish during the period.

Another group of mind symptoms which was significantly repeated was the sensation of apprehension followed by preoccupation and unreasonable anxiety. Some PP were impatient and agitated ( one was even very clumsy) at the same time when others displayed mental dullness and slowness in their actions. The lack of concentration (during classes, jobs, tasks) and the consequent distraction appeared a great many times, the memory being affected in many PP ( lack of memory for duties, for what one has to do or has done, plans, etc.).

Injustice, humiliation, disrespect and indignation have, in some situations, triggered the symptoms above-mentioned, being always followed by exacerbation of aggressiveness and intolerance, or feelings of sadness, of being alone in the world, with nostalgic thoughts accompanying these moments ( sometimes triggered by smells, sounds, talks, etc.).

There was also reduction regarding sensitivity and sensorial impressions (people's talks, exchanging of affection and tenderness) sometimes accompanied by weeping and a solitary nostalgia.

Many provers felt cold and indifferent to their patient's life dramas and sufferings, and also with their families, lacking feelings of affection. They were very surprised by these feelings, as they were being "contradictory and antagonistic".

Regarding illusions, one male P experienced the one of "having nothing between my legs" (absence of genitalia) , and another P felt his penis very cold.

Four provers felt their apprehensions, worries and anxieties reduced during the whole proving, they felt calmer, loosen up, authentic, more present, with sensation of freedom and independence, helpful, attentive and joyful.

DIZZINESS appears in many provers, accompanied by sensation of an empty, hollow and light head, swaying from side to side, disappearing when standing up. One prover felt like an altered state of consciousness for a few seconds and another felt like leaving her body (like she was looking at her body from the outside).

HEADACHES -In the majority of the provers, were of pressure, nailing, throbbing and burning sensation. The modalities are presented in the final board of modalities.

EYES - What drew attention was the regularity with which this organ was affected: ocular burning, stitching, throbbing, constriction, redness, fissure in the eyelid, dryness, secretion, lachrymal and visual alterations such as luminous halos around luminous objects, “fog”, loss of visual focus and tremulous vision appeared many times.

NOSE - Just like in every pathogenesis there were many cases of cold and flu, the modalities that presented modifications are shown at the end. Two provers reported sensation of liquid in the face during movements.

MOUTH – inferior jawbone – teeth - A representative point of symptomatic significance was the musculature of the jawbone angle, more to the right side, with constrictive pains, aggravated by pressure. One P developed an abscess in the local and two PP had one tooth broken. The chewing musculature was many times sore, with cramps. One P had a peripheral facial paralysis in the left side, taking three months for recovery (15 days after having interrupted the taking of the fifth vial – 50MC<sub>1c</sub> trituration).

RESPIRATORY - Difficulty to breathe deeply, feeling of asphyxia, respiratory tiredness after exercises, with constant cough and bloody expectoration. Palpitation sometimes accompanies this symptom. The difficulty to breath was very outstanding, many PP have experienced it, in a bigger or smaller intensity.

CHEST - Constrictive pain and palpitations scared many PP, transitory tachycardia accompanied by hissing sound, nausea and quivers were concomitant with mind symptoms. Palpitation was an outstanding symptoms, as well as the precordial pain that sometimes was present.

DIGESTIVE - Nausea was the concomitant symptom. A great number of symptoms accompanied, like dizziness, headaches, palpitations, coughs, pains in articulations, digestive and kidney colic, as well as mind symptoms such as anxiety and irritability. Chocolate, sweets, cheeses and coffee were the most reported desires. One prover had an exaggerated craving for pepper and another felt aversion to meat. Thirst of great amounts of water or juice and frozen yogurt, voracious appetite (3PP). Two PP reported a significant gain of weight and one lost weight due to the intensity of the triggered symptoms. Three PP had clinical pictures similar to “colitis” with constrictive pains, rumblings, emission of flatus, feces with putrid or acrid smell, excoriating, urgent desire to evacuate sometimes without enough time to get to the toilet. The amount of eliminated feces for many times did not correspond to the desire. The repetition of floating feces called attention.

FEMALE GENITALS - Menses more abundant, salty odor. (1P). One P verified endocervical polyp by the end of the proving.

MUSSELS – SKELETAL - Pains in the articulations, mussels and in the tendons insertions. Erratic, perceived in small points and aggravated by pressure, they appear many times in many PP. Two of them went through very long seizures (80 and 150 days) accompanied by great irritability. Muscular pains as if from great physical efforts. In general the musculature presents tremor, cramp, starting, contraction, and one symptom which seems to characterize the substance: the FASCICULATION.

DREAMS - Of all kind and quality. Vivid, with animals (worms, earthworms, snakes, etc.) erotic, with thieves, chases and nostalgic are the most frequent. In general, Bothrops jar. has excited the dream universe of the PP, being possible to notice, in the evolution of each prover dreams, the expression of a movement which leads to the cure. Curative pathogenesis for these provers? Two provers labeled them as “depurative” and four found themselves very surprise with the dream explosion.

## MODALITIES

**Triggering factors** : injustice, humiliation, anger with indignation, disrespect, cold.

**Amelioration** : HEAT, MOVEMENT, rest, open air, wind, cold - throat  
- stomach

**Aggravation** : COLD, movement, REST, PRESSURE, afternoon, evening, night.

**Concomitance** : NAUSEAS

**Sensations**: PRESSURE, itching, throbbing, burning, CONSTRICTION, FASCICULATION.

**GENERAL** - Intense tiredness right after waking up was reported by many PP, with body sluggishness, head “empty”, slowness, sensation of heavy legs and body, “as if the legs could not sustain the body”. Sometimes together with muscular pains as if from heavy physical exercises.

In general PP feel hotter than usual, with many descriptions of local heats in small areas.

Perspiration and secretions become fetid.

PP see their skin problems return (tinea cruris, chilblains, eruptions, allergies to metals and other bracelets, exfoliation, mainly dry eruptions.

One P presented colic in the urinary system, another in the biliary system, a third one presented a jaundiced picture with indisposition, tiredness, dark urine and whitened lumps\_in feces. As soon as the substance was suspended he got better.

The Similitude Clinic requires that the mosaic of symptoms obtained from the proving be similar to the mosaic of symptoms obtained from the study of the patient’s clinical history. Bothrops jararacussu may be the substance that will help any of the carriers of the pathologies initially mentioned, provided that its symptomatic mosaics be coincident. If the coincidence exists, the organism will receive the information from the substance and will immediately mobilize itself to reencounter the healthy state. The substance does not cure, it only introduces the similitude sign that will work as a reorganizing instrument in the system, and from that on the new movement will culminate with the re-subjectivization of the subject and the consequential physical improvement. The substance informs, the organism cures itself. This is the daily work of the Similitude Clinician, help resubjectivize the subject having as the starting point the similar information obtained from the homeopathic proving in humans.

## SUMMARY – BOTHROPS JARARACUSSU.

The proving of Bothrops jararacussu constitutes the National Experimentation n. II (EN2), and follows the orientation of the Research Committee of the Brazilian Homeopathic Medical Association (CP-AMHB) through its coordination for provings in human subjects. The EN2 took place in the period of 1996 – 1998 inside the courses for education of homeopathic doctors (1200 hours) of the Gaúcha Homeopathic Society (Porto Alegre – RS), Benoir Mure Homeopathic Foundation (Florianópolis – SC), Homeopathic

Medical Studies Foundation of Paraná (Curitiba – PR) and Paulista Homeopathic Association ( São Paulo – SP ) . It followed the CP-AMHB Protocol of National Experimentation in Healthy Human Subjects (modified LUIMO) and thirty provers, 29 clinical directors, 14 group directors, 5 local directors, 31 persons of the supporting teams, and 14 colleagues of the CP-AMHB journeyed in and out the EN2, with the exclusive intention of increasing the knowledge regarding homeopathic drugs, thus helping to build one more page of the pure homeopathic materia medica. The poison of *Bothrops jararacussu* was obtained in form of pure crystals prepared by Pasteur Laboratory. One part was triturated in lactose and then the homeopathic dynamizations were prepared; the other part was diluted in bi-distilled water and then again the homeopathic dynamizations were prepared. Thus, the proving worked with two dynamization groups: One group deriving from trituration and the other from dilution, both in potencies 12CH – 30CH – 200 Cfc – MCfc – 10 MCfc and 50 MCfc, all presented under the shape of drops, being the placebo prepared from the pattern water-alcohol solution. After the previous self observation period, the constitution of the clinical files and the evaluation of the prover-candidates , the protocol oriented each P to take five drops three times a day until the arising of symptoms, and then to suspend the takings. When *Bothrops* ceased to produce symptoms, they interrupted the takings on the 21<sup>st</sup> day; the women started the proving one day after the end of their menses and each P took, in the average, four dynamizations and placebo. Randomly, the PP were recommended to reinitiate the takings of the next vial thirty days after the last symptom triggered by the previous vial had disappeared. All symptoms were recorded in the experimentation diaries and each P was attended by a clinical director with whom they had weekly or fortnightly interviews for a verification and study of the symptoms; the clinical directors had fortnightly interviews with their group directors and these, with their local directors. The supporting teams tabulated the symptoms and the national coordination gathered the data and presented the final picture.

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