

Proving instructions

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Requirements for the prover

Everybody in relatively good health can participate; *you shouldn't be acutely ill.*

During the proving *no other remedy or drug should be taken*, and all other medical influences should be reduced to a minimum, e.g. tea, coffee, alcoholic beverages, strong spices, herbs. *If a prover is used to drinking moderate amounts* of tea or coffee every day, this should not be changed at the beginning of the proving, because the sudden discontinuation of the habitual consumption of tea or coffee might lead to additional symptoms.

It is possible though to first stop all medical influences such as tea, coffee, herbs, garlic etc., then wait about 10 days until potential symptoms caused by the discontinuation have subsided and then start the proving.

It is important *not to use any substances that you tend to be sensitive to*, since this might distort a proving. On the other hand, it would not be a problem if you are, for example, used to drinking black tea and you don't react sensitively to it.

You should *keep your daily routine* and avoid everything extraordinary, i.e. exciting events, mental as well as physical strain or unusual changes of location. Heavy physical exertion is also to be avoided. You should keep in mind that you are doing a proving, and therefore it is important to watch yourself attentively and to describe all sensations and feelings precisely.

In order to be as unbiased as possible, it is recommended that *provers should not know what remedy they are going to prove*. But if a prover insists, it is still possible to conduct a proving with the knowledge of the proving remedy. In any case it is important not to read up about the remedy during the duration of the proving and to not exchange experiences with other provers, as this would decrease the objectivity towards your own subjective sensations.

Posology

When it comes to posology **it is critical to determine how sensitive a prover is to a remedy**. If you know from experience that you don't react very strongly to potentized remedies and didn't experience strong aggravations, for example from participating in a proving or taking a remedy during homeopathic treatment, then you can start right away with one globule (for example a 30C) as a first dose.

But if you know that you are sensitive or if you are not sure, you should begin with a diluted dose, for example one globule diluted in the 3. glass.

If you are a very sensitive prover you should only take one drop from an even higher dilution, and only make further dilutions by adding a single drop to every next glass.

Very sensitive people are usually the best provers as they tend to produce the most valuable symptoms. They should start with very diluted doses so that they can avoid too strong reactions which may lead them to avoid further provings.

If you have reacted sensitively in past or if you are unsure whether you could react sensitively, wait a few days after the first diluted dose and observe whether symptoms or other changes occur.

Important: **As soon as you perceive any symptoms, discontinue taking the remedy; now the proving has begun** and you have to pay attention to all changes. The duration of the symptoms is very variable, usually a few days, rarely some weeks. As long as the symptoms are lasting you have to document them.

If you don't notice any or only very mild changes after the initial dose, **increase the daily dose** of globules, for example add one globule a day *until you can perceive changes in your condition*. The sensitivity of individual provers varies greatly.

If there are **no perceptible changes**, continue *the daily intake until the first symptoms appear*. Then discontinue the intake as the proving has started.

If you don't perceive any changes even after taking increasing doses **for about five days**, you can dissolve some globules in water and take a bit of the solution daily for a few days as this can be a stronger stimulus. (Lippe)

If the 30C doesn't lead to any changes, you can interrupt the proving for a while and then start again with a lower or higher potency.

The time of the remedy intake needs to be documented. It is recommended to discuss the adaptation of the posology with the leader of the proving.

Proving protocol

Before the proving starts, you should define for yourself your *usual state* of health and your general condition. It helps to document this state daily for about a week, especially if there are symptoms present. This step can be omitted if you are already well aware of your condition.

The *chronology of the symptoms that occur* is very important, so the proving protocol should be kept chronologically in the form of a diary. If possible, this should be written in a Word file, it should be possible to copy from the file, please do not use PDF or Excel files. Please do not arrange the symptoms in head-to-toe order, but chronologically.

The time of taking the proving remedy should be documented. The onset of symptoms should be noted. It is noted when they occur after taking the proving remedy, how long

they last, at what time of day they occur and disappear again. If symptoms occur repeatedly, they should also be noted each time they reappear.

When a remedy causes specific sensations, you should try to evaluate if these can be changed by different positions, open air, eating, drinking, coughing, talking, bowel movements or other activities, or if they develop, disappear, improve or worsen at a specific time during the day or night. You should experiment with different positions and situations to see if a symptom change. This is very important in order to learn something about the peculiar character (genius) of the remedy.

What is a symptom?

You should be clear about what a symptom is. The term comes from the Greek language and means a 'happening, accident, disease, to befall, happen, coincide, fall together'.

It is good to maintain a certain sobriety during a proving. You should be aware that you are doing a proving, but you should also not listen too closely to yourself to see if you can feel any small changes in your body and mind. Something is constantly happening in the body and mind, there is always a tweak here or there and there is always a mood that soon disappears and something else comes along. *A prover should therefore not listen too much into themselves.* If a symptom occurs, he will notice it on his own, **a symptom is just something that happens to you.** It is necessary to take a middle path in self-observation, not to be too attentive to every little thing, but to be attentive to the obvious changes that occur.

People who are very sensitive to homeopathic remedies are generally also very good provers. However, provings are always about **pure observation**. Hallucinations or overwhelming fantasies can and must also be documented in provings, as long as they are pure experiences. Any additional thoughts and comments *do not belong directly to the examination and are not pure observations*. However, they can also be reported as comments on the pure observations.

"Own" symptoms

Given that no other remedies are being taken, a mild diet is adhered to, and there is no unusual mental or physical strain and no extraordinary emotional stress, *all symptoms developing during a proving are assumed to be the result of the remedy action and should be recorded.* Provers should not decide by themselves if a symptom is a proving symptom or not; they should rather **simply document every symptom that appears.** That way potentially important information will be secured. The evaluation and placement of symptoms are conducted at later stage by the leader of the proving through an overview of all the symptoms that have occurred during the proving.

The reappearance of an old familiar symptom is potentially induced by the proving remedy and therefore considered a proving symptom, too. The prover's own chronic

symptoms can change, worsen or decrease during a proving as well; they are also potential remedy induced proving symptoms.

Proving symptoms are therefore not only totally new symptoms, but also symptoms familiar to the prover if those temporarily increase, decrease or change during the proving. (§138 Organon)

In this context, Hering spoke of the fact that the latent illness of the prover takes on the form of the remedy in the proving.

A prover should not be manifestly and above all not acutely ill, because then there are too many symptoms that are already present before the proving remedy is administered. It is like throwing a stone into troubled water, the waves caused by it are not so clearly recognizable; but on a smooth lake on a calm day, the waves caused can be seen very clearly.

One can only react to medicines, i.e. be sensitive to them, with an inner latent readiness to produce symptoms, i.e. a latent sickness. To use an analogy, if you throw a small stone on solid ground, you will hardly see anything, but if you throw it into the water, you will see the waves it causes. The water is ready to change, the solid ground is not. Proving symptoms only appear where something can be elicited. **Proving symptoms are latent symptoms of the prover's disease in the form of the remedy, elicited by the proving remedy.** They are in the form of the remedy because the symptoms are altered (changed) by the power of the remedy, e.g. the same sensations may occur with other modalities.

Here are a few examples: Pre-existing warts of a prover may start to itch during a proving, or a prover may have chronic recurring heartburn, but in a proving this occurs especially after drinking coffee, which was not the case before. Or a prover has recurring back pain, especially in the morning after getting up, but during the proving it occurs at night when turning over in bed, which has never been the case before.

If a prover has **chronic symptoms** shortly before the proving and these persist *unchanged* during the proving, then this is not a proving symptom, the prover's own symptoms are not affected by the remedy, they have everything as usual. It only becomes a proving symptom when this chronic symptomatology *changes*, i.e. when it is improved or worsened or when other modalities or a different character of pain or other additional symptoms occur or when chronic symptoms after a long absence suddenly reappear temporarily during the proving. Such changes in one's own symptoms *almost always* occur in provings, the completely unchanged existence of chronic symptoms is rather rare.

Healing effects on chronic symptoms of the prover

So-called "curative symptoms" occur again and again in provings.

A curative symptom is **usually a temporary disappearance of a chronic symptom of the prover for the duration of action of the proving remedy**, i.e. usually a few days or even just one day. The temporarily disappeared chronic symptom of the proving belongs to what the remedy can heal or positively influence during homeopathic treatment and

must be included in the proving, thus showing the potential of the remedy to have a healing effect on this symptom.

There may also be **longer-lasting** healing effects of symptoms and entire symptom complexes; this should also be recorded subsequently in the proving record.

The disappeared chronic symptoms should be described with the sensation and the modalities and it should be reported how long the own chronic symptoms have disappeared.

For example, you should not just write "serenity", but specify what else was present instead of this serenity, i.e. which symptom replaced the serenity during the proving and how long the serenity lasted. For example, you should not only write that you slept very well, but also describe what your sleep was like before the proving.

At the end

Anyone with average health can do provings without any problems.

Hahnemann advises participation in provings in the following way:

One gets to know a remedy unmediated, one knows what one feels, unmediated, beyond doubt. In addition, one is trained to sharpen one's powers of observation and one's health also improves through provings. (Organon §141, footnote 2).

And Hering writes:

For Hahnemann says it expressly, and we believe it to have been confirmed many times: After careful judicious provings of remedies, the provers become healthier and stronger, even permanently healthy. But if "healthy persons" become healthier by proving remedies, no other explanation can be thought of than that of the gradual healing of diseases that have been dormant in secret (Medizinische Schriften, Volume 3, page 1199)

Provers should always contact the leader of the proving, if they have any questions.

After the proving, follow-up questions by email or telephone may be necessary to complete and clarify the symptoms.

Sources:

- Samuel Hahnemann: Organon, 6. Ed., §§ 105-141
- Adolf zur Lippe: Drug Proving, Homoeopathic Physician, Vol. 1, 1881, page 287-292
- Constantin Hering: Medizinische Schriften, Band 3, „Wo ist der Beweis für diese Symptome?“, pp 1179-1234, Burgdorf-Verlag, 1988