

**A group analysis evaluation of existing Avian
(bird) homoeopathic remedies in terms of known
materia medica**

By

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the Master's Degree in Technology: Homoeopathy in the Faculty of
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I, Nershada Harkhu, do hereby declare that this dissertation
represents my own work in concept and execution.

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DEDICATION

Dedicated to the Glory and Grace of Gurudev Sri Swami

Sivananda and Puje Swamiji Sahajananda

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ABSTRACT

Until recently homoeopathic remedies have been studied and understood by considering each remedy in isolation (Scholten, 1993). In the last few years a new method of understanding homoeopathic remedies, called group analysis, has emerged (Sankaran, 2002). This method involves an understanding of remedies in terms of characteristics common to a group of related remedies (Leisegang, 2007). Remedies are grouped according to natural classifications. Using the information available in computer repertories, searches are systematically performed to identify rubrics which are common within the group. This type of data analysis yields common characteristics which can be applied to lesser understood groups of remedies. This study was an investigation of the common characteristics of the remedies from the Class Aves, using the method according to Sankaran. The investigation was carried out by applying the group analysis method to the available data.

Remedies from the Class Aves are relatively new additions to the materia medica, with the first of these proved in 1995. There is relatively little information available about this group and thus group analysis would be a valuable method of understanding these remedies (Fraser, 2009). A search was performed to determine which bird remedies were best represented in the repertory program

Radar 10. Based on these results the sample group was selected. The rubrics of these remedies were then analysed to determine common sensations within the group. These sensations were then defined and synonyms were determined. These common sensations were then confirmed by searching for the keywords and synonyms in the available data. Second and third order analyses were performed based on the results. The resultant sensations were also compared with those proposed by Shore (2004) and Fraser (2009), to determine whether these theories on bird characteristics are consistent.

Pathological tendencies of the Class Aves were found to involve the throat, female reproductive area, eyes and vision, skin, musculoskeletal system and mental disorders. Clinically there was strong indication for these remedies in cases of depression and anxiety, acne and dermatitis, dysmenorrhoea and disorders of vision such as blurred vision and eyestrain.

The results of this study appeared to confirm the validity of theories on group analysis according to Sankaran (2002). The results further confirmed many of the characteristics attributed to the bird remedy group by Shore (2004) and Fraser (2009). Several new common characteristics of remedies from the Class Aves were deduced from the results of the analysis. The study also produced a proposed vital sensation and showed evidence linking several sensations in the process of reaction to the vital sensation.

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CHAPTER 1: INTRODUCTION

As our homoeopathic materia medica has continued to expand over the years identifying the simillimum remedy for a patient out of the thousands of known homoeopathic remedies has become an increasingly complex task (Wulfsohn, 2005). Until recently homoeopathic remedies have been studied and understood by considering each remedy in isolation (Scholten, 1993). By this method a homoeopath must match the very specific symptoms of their patient to one of the vast number of remedies available (Weston, 2010).

In the last 20 years a new method of understanding homoeopathic remedies, called group analysis, has emerged (Sankaran, 2002). This method involves an understanding of remedies in terms of characteristics common to a group of related remedies (Leisegang, 2007). Remedies are grouped according to natural classifications, such as mineral groups, e.g. the carbonicums; plant families e.g. Graminae; or animal groups e.g. snakes. Due to the huge number of new remedies the group analysis method provides a valuable tool to enable the homoeopath to refine the search to the correct group of remedies in which to find the patients simillimum (Wulfsohn, 2005). The group analysis method can therefore contribute to a greater understanding and systematisation of the increasing amount of information gathered from homoeopathic proving information and clinical experience (Weston, 2010:143).

Homoeopaths such as Sankaran (2005) and Scholten (1993) have been able to determine symptoms common to a group of remedies (grouped according to biological classification) and thus gain a greater understanding of the remedies in that group. This enables them to predict, with some degree of accuracy, the characteristics of a fairly poorly described remedy by applying the characteristics of the group of remedies to which it belongs, together with characteristics specific to that remedy (Scholten, 1993). This is particularly relevant in the case of smaller groups of remedies, such as bird remedies, which have in the past been used relatively less often (Fraser, 2009).

Bird remedies, like many groups of animal remedies, have been poorly represented in the materia medica (Shore, 2004). Thus there is a great need for a clearer representation of bird remedies (Fraser, 2009). Proving data on bird remedies shows a great number of common symptoms between bird remedies, with a comparatively smaller number of characteristics unique to single bird remedies. Therefore family grouping when studying the bird remedies is potentially a very valuable tool (Shore, 2004:16)

1.1 Aim of the group analysis research project

The aim of this qualitative research is to extract common characteristic symptomatology in the homoeopathic remedies belonging to the class Aves as represented in the known materia medica and repertory. This will be performed analysing the class Aves according to the Sankaran (2002) method of group analysis. A further aim of this research is to compare the resultant group of common characteristics with those ascribed to the bird group by Shore (2004) and Fraser (2009).

The objectives of this study are:

1. Identify a set of characteristic sensations common to bird remedies using the rubric extraction process.
2. Determine reactions to these characteristic sensations.
3. Classify each individual bird remedy used in the study according to miasm, using Sankarans' extended miasmatic model (Sankaran, 2005).
4. To compare the results of the characteristics extracted using the group analysis method with those in existing literature published by Shore (2004) and Fraser (2009).

1.2 Rationale for the group analysis evaluation of remedies belonging to the Class Aves

1. Group analysis according to the method described by Sankaran (2002) has been performed at the Durban University of Technology on several plant and animal groups such as Arachnida (Weston, 2010), Insecta (Vogel, 2007), Fungi (Leisegang, 2007) and Graminae (Wulfsohn, 2005). No formal group analysis of bird remedies according to this method has been published; therefore this study will contribute to homoeopathic knowledge on bird remedies.
2. Homoeopath Jonathan Shore (2004) has written on characteristics of the bird group, based on provings and his own experience with these remedies. Some bird characteristics have also been proposed by Fraser (2009). This analysis will be a useful comparison with their work, to help to confirm or to highlight any possible inconsistency with their theories on bird characteristics.
3. Bird remedies have been used to treat a number of medical conditions; including muscle pain, headaches, cardiac problems and neurological problems among others; therefore further studies on these remedies will provide more information necessary to help homoeopaths prescribe these valuable remedies (Shore, 2004). Application of the group analysis will aid

the understanding of the Class Aves and increase the usage of homoeopathic remedies from this group in current clinical practice.

CHAPTER 2: LITERATURE REVIEW

2.1 Development of Homoeopathy

Homoeopathy is an alternative system of medicine developed by Dr Samuel Hahnemann in the late 18th century (Kumar, 2006:1). It is based on the principles of (1) “like cures like”, that is that the medicine given in homoeopathic form to cure a disease symptom can produce similar symptoms in its crude form, and (2) minimum effective dose, that is that the dose of the medicine is as dilute as possible, often less than physically detectable (Vithoukas, 1980). Preparation of homoeopathic medicines involves a process of potentisation, whereby the crude drug form is repeatedly diluted and shaken in a specific manner to produce a gentler yet more effective homoeopathic form of the drug (Vithoukas, 1980). Hahnemann produced the first homoeopathic remedy after he conducted a proving of chinchona bark on himself by taking a dose of the crude form of the substance (Vithoukas, 1980).

A proving is a process whereby a substance (stimulus) is given to healthy individuals in a repeated dose until they produce symptoms as a “defence mechanism”. This defence is evident in all three levels of the person: mental, general and particular physical symptoms. The symptoms are recorded and the picture formed by the totality of these symptoms is used as the materia medica. Diseased individuals whose symptoms match those produced by a specific substance during a proving can be cured by that substance according to the principles of “like cures like” (Vithoukas, 1980:96-97). After his initial proving of chinchona bark (quinine) Hahnemann went on to prove about 50 remedies in his lifetime, refining the proving

procedure with time (Kumar, 2006). Proving has continued since that time and are still being conducted today, contributing to our ever expanding materia medica (Weston, 2010).

The process of homoeopathic case taking has always been a delicate and complex one, and necessarily so, to result in specific characteristic mental, general and particular symptoms. These symptoms have to then be matched to a remedy with similar proving symptoms on all those levels (the simillimum remedy) and the remedy prescribed in the correct potency and frequency. Even in Hahnemann's time, the number of remedies available and their common symptoms often made it difficult to distinguish the right one. In order to aid in the process of identifying the correct remedy homoeopaths, including Hahnemann himself, have developed methods of sorting and categorising the information in the materia medica (Wulfsohn, 2005). Hahnemann developed the first three differentiating groups within the remedies called miasms (Vithoulkas, 1980).

2.2 Development of Grouping within Materia Medica

Hahnemann's miasms were Psora, Sycosis and Syphilis. He was led to the discovery of these miasms after his observation that some patients were not permanently cured despite using the indicated remedy, and that these patients usually had a history of being unwell since an infection of either scabies (Psora), gonorrhoea (Sycosis) or syphilis (Syphilis). Each of these conditions seems to produce a different area of susceptibility, the miasm. These miasms could be

recognised by certain physical, mental and general characteristics (Kumar, 2006:64-65). By treating according to miasm the “obstacle to cure” was removed and the patient recovered fully when treated with simillimum thereafter. This also brought about a further method of distinguishing the correct remedy. By recognising the characteristics of the patient’s miasm, the suitable remedy could be found within the group of remedies considered to correspond with that miasm based on their general characteristics (Vithoukcas, 1980). Not all homoeopaths utilise miasmatic theory in their practice of homoeopathy. In fact there are several schools of thought regarding miasms, some of which disregard them completely (Vithoukcas, 1980).

In the years that followed further developments in this field were conceived of by homoeopaths such as Leeser, who grouped remedies relative to their position on the periodic table in 1930 (Winston, 2004). Farrington began differentiating remedies according to kingdoms in the 19th century (Winston, 2004). Common characteristics of remedies based on their botanical family (in the case of plants), or the characteristics of the elements which they constitute (in the case of minerals) also began to emerge in the 19th century. A large number of homoeopaths continued to differentiate remedies according to miasmatic classification. Sankaran (2005) incorporates the use of ten miasms, including acute, malarial, ringworm, typhoid, leprosy, cancer, and tubercular, in addition to Hahnemanns’ original three. These new miasms are not accepted by all homoeopaths, some choose to disregard all but the original miasms as described by Hahnemann (Vithoukcas, 1980). Although there was and continues to be criticism and, in some instances, rejection of these new miasmatic theories, they became widely known and taught as part of homoeopathic studies (Wulfson, 2005).

2.3 Present Day Group Analysis

Scholten (1993) was one of the first homoeopaths to develop a method of analysing homoeopathic remedies by inferring characteristics of a mineral remedy from its grouping on the periodic table of elements. Scholten's theories on mineral characteristics as related to their grouping on the periodic table formed part of the initial progress made toward the modern approach to group characteristics.

Sankaran (2005) first groups patients according to their characteristic features in terms of the kingdom to which their remedy will belong, either the animal, mineral or plant kingdom. In this way he refines the possible choices of remedy. He then further distinguishes the biological group within that kingdom (e.g. the *Compositae* family within the plant kingdom), where the correct remedy is likely to be found, based on features of the case which have characteristics of that certain group. In order to do this Sankaran emphasises the importance of identifying a characteristic sensation in the case. Sensation can be defined as "consciousness off perceiving or seeming to perceive some state or condition of one's or its parts or senses or of one's mind or its emotions..." (Allen,1990:1102). Sankaran (2005: 290) describes sensation as "discernment or consciousness of any experience" where the experience itself and the nature of the experience qualify the sensation. This vital sensation can be described as the sensation that pervades the entire case; it is the core disturbance of that patient. Remedies from a particular family share a common sensation, for example, plant remedies from the group *Loganiaceae* share sensations of shock, shattered, torn to pieces (Sankaran, 2002).

Having established the sensation, characteristic reactions to it; which are passive, reactive or compensatory, must be identified. According to Sankaran (2002:26) “Each action arises in response to a corresponding sensation and each sensation must usually excite a particular action, even if one does not actually perform that action...In this way sensation and action (or the urge to action) are always equal and opposite”. Reactions to a sensation can be described as “active” for example a vital sensation of “burning” may have an active reaction of “irritation”. A “passive” reaction to “burning” might be “numbness”. A compensatory reaction is one which allows the organism to adapt to the presence of the vital sensation and turn that sensation into something more acceptable, for example a compensatory reaction to “burning” could be “increased sexual desire” (Sankaran, 2005), (Leisegang, 2007). Taking into consideration the miasm that is evident in the case (also determined from characteristics of those patients’ responses); he is able to select the correct remedy from within that group (Sankaran, 2005). In his book “An Insight into Plants” Sankaran provides many in depth case studies which support the use of characteristics of a group of remedies to determine the correct remedy (Sankaran, 2002).

Further research on groups of remedies in the animal kingdom has been done by Nancy Herrick (1998) who explored themes of animal remedies. Inspired by Sankarans’ work, Herrick conducted provings of mammals using their milk and used the proving data to extract and interpret themes of these remedies relating to their natural way of life, as well as human attitudes toward those animals (Herrick, 1998).

Investigation of related remedies not strictly grouped according to scientific classification, notably those of spider group and snake group, has been done by Mangialavori, who documented basic themes common to these groups, in addition to the individual materia medica of each remedy (Wulfson, 2005).

Farokh Master (2002) has compiled information linking common themes of remedies made from animal milks (lacs), also relating this to themes of the animal kingdom. Several Group analysis studies based on Sankarans method have been conducted at Durban University of Technology; these include group analysis of the *Graminae* (Wulfsohn, 2005), *Insecta* (Vogel, 2007), *Fungi* (Leisegang, 2007) and most recently the Class *Arachnida* (Weston, 2010). These studies have provided valuable method of exploring biological groups of remedies and contributed more substantial information on remedies that had been poorly represented in the materia medica (Liesegang, 2007). The group analysis method was found to be a valid approach to exploring materia medica; however it has been emphasised that this method must be applied with caution to avoid bias and inaccuracy (Vogel, 2007). Crucial to this method of case taking and analysis is sufficient information on the characteristics of a group (Wulfsohn, 2005). Without a method of identifying which group within the specific kingdom the remedy might be found, the homoeopath will be seriously disadvantaged in practising this method of homoeopathy. Therefore group analysis research needs to be done, and is being conducted around the world.

2.4 Sankaran's methods and grouping

2.4.1 Group analysis developed by Sankaran

Sankaran (2002:19) observed that even experienced homoeopaths often come to different remedy prescriptions for the same case. With this in mind he investigated the idea of developing a “map and system” to help navigate the expanse of materia medica in a systematic way. He began developing his ideas on group analysis in 1999, combining the classification of remedies according to miasm with the classification of remedies according to their biological kingdom and sub classifications within each kingdom (Sankaran, 2002). These two directions are united by the sensation in the case and the reaction to that sensation. Sankaran's investigation suggests that remedies in the same biological family, for example patients needing a remedy from the *Loganiaceae* plant family, share a common sensation such as “shocked”. Once this sensation is observed through the case, the specific remedy within that family can be identified by observing the reaction to the common sensation. According to Sankaran (2002), different patterns or modes of reaction can be attributed to different miasms. By identifying the reaction as belonging to a specific miasm, it is possible to refine the search to those remedies within the appropriate family which fall within that miasm.

The focal point of the case, according to Sankaran (2004), is sensation, which he termed the vital sensation. This vital sensation can be described as the sensation that pervades the entire case; it is the core disturbance of that patient. Sankaran

describes the disease state as the place where the intersection of the miasm and the family occurs, i.e. the common sensation (which is common to remedies within a specific biological family), combined with the mode of reaction (common to remedies within a specific miasm). Therefore the remedy can be identified if these two factors can be correctly determined from the case. Vital sensation is a description of the root of what is being experienced and is more than merely emotional, mental or psychological but something which can be experienced on physical, mental and spiritual levels (Vogel, 2007).

2.4.2 Kingdom Analysis according to Sankaran

One of the most important factors in using the group analysis method, as described by Sankaran (2002), is the classification of the case as needing a remedy from the correct biological group. Therefore the characteristics which determine that classification have to be properly understood. Sankaran broadly categorises remedies into those of animal, plant or mineral kingdoms. Each kingdom has specific characteristics associated with it, which are linked to the role those kingdoms play in the natural world (Sankaran, 2005).

The underlying theme in the mineral kingdom is structure. Minerals are very structured and ordered in their atomic structure, and the mineral kingdom as a whole is organised into the structure of the periodic table. The sensation in a mineral remedy shares this theme, which can be expressed in many ways. The issues affecting these remedies can be of a lack of structure - where there is something

missing or lacking (or potentially so), or possibly issues with the position or role of the individual within social structure. The mineral remedies will display characteristics associated with the mineral kingdom such as neatness and orderly behaviour, organisation of their lives, and defining their role within social structures. However it must be noted that the mineral characteristics must be present at the level of sensation to be relevant. It is certainly possible for a plant or animal remedy to be neat or orderly; therefore these characteristics have to be seen in combination with a clear mineral theme at the core of the case to classify the case as mineral. Minerals on different groups on the periodic table have certain common characteristics within the broad mineral theme of structure (Sankaran, 2005).

The plant kingdom is characterised by sensitivity to outside influences. The plant kingdom in nature reacts and changes according to outside influences such as temperature, light and moisture, but can not escape these influences. Similarly the characteristics of remedies from this kingdom will be of sensitivity and reaction to something outside of themselves. The plant remedies will feel that specific sensation very acutely and be affected by it. Every area of the being can be affected by the sensation. They may also express sensitivity in an emotional and physical way, being soft and easily strained or hurt. The plant remedy is less focussed on the people or forces around them and more aware of their own reactions to these things (Sankaran, 2005).

Within the animal kingdom in nature there is a theme of “survival of the fittest”. Animals compete for food, water, shelter and (in some cases) position in the social hierarchy. They also compete to find and keep a mate. Many animals have to display

their attractiveness to a mate in order to be chosen over the others. Animals fight each other to survive in many cases, also to assert their dominance in the social structure. The themes of animal remedies are similar to these natural characteristics of animals. There is an emphasis on being affected by another entity; there is struggle and competition with others. These remedies have a focus on competing with others for survival, there is a theme of “kill or be killed”, and thus the emphasis is on the “other” which is affecting them. Unlike plants which focus on their own reaction to an outside force, the animal remedies react to the source of the outside force and their ability to combat it. Animal remedies also tend to be more focused on competition and can be more focused on sexuality than plants or minerals. They may display these traits in their way of dressing (attractiveness) or in their competitiveness at work. They tend to be more aggressive and prone to jealousy. Again it is possible for these traits to be shown by remedies from other kingdoms, so they must be accompanied by characteristic animal themes of competition and survival throughout the case to be relevant (Sankaran, 2005).

2.4.3 Miasmatic classification according to Sankaran

Sankaran (2005) incorporates ten miasms in his method of group analysis, each with its own characteristic mode of reaction. The miasm is the perception of the sensation as experienced by the patient. Many patients may share the same type of sensation, for example “shocked”; but not all will perceive and react to that sensation in the same manner. Some may start and feel frightened at the sudden shock, others may

consider the shocked feeling as a permanent stress - so there are many ways to perceive the sensation of “shocked”. This reaction, which must be found as a direct reaction to or perception of the vital sensation, determines the miasm (Sankaran, 2005). Sankaran describes the mode of reaction of each miasm in detail, but a few keynotes of each can be described here (Sankaran 2005:268-280).

Acute Miasm: The sensation is experienced as temporary, sudden, dangerous and life-threatening. As the situation is temporary there is hope of recovery. The reaction is usually a reflex or instinctive one, either panic (escape to safety or fight the situation) or a feeling of helplessness (Sankaran 2005:268-280).

Psoric Miasm: The sensation is felt as a permanent stress, which often results in anxiety. There is a feeling of struggle and effort with some hope of recovery. There is an element of self doubt and stress (Sankaran 2005:268-280).

Sycotic Miasm: The sensation is perceived as permanent and fixed, something that cannot be overcome but is not destructive. Therefore the reaction is one of acceptance and hiding or covering up. The incapacity is there, so it must be hidden and compensated for in some way. There is a feeling of guilt and disguised weakness (Sankaran 2005:268-280).

Syphilitic Miasm: The sensation is deep, destructive and permanent. The situation is perceived as hopeless and destructive. The reaction is usually desperate and extreme, often violent or drastic. There is an associated feeling of complete isolation and hopelessness (Sankaran 2005:268-280).

Typhoid Miasm: This is described as being between the acute and psoric miasms. There is a perception of a sudden and temporary situation (as in the acute miasm) but it requires more sustained effort (as in Psora). Thus the situation is like a crisis,

intense but temporary requiring a period of sustained effort (Sankaran 2005:268-280).

Malarial Miasm: This is described as being between the acute and sycotic miasms. The sensation is felt as fixed and permanent (as in Sycosis) but there is also a perception of intermittent attacks, which are more sudden and acute (as in acute miasm). This results in a perception of being persecuted or hindered (Sankaran 2005:268-280).

Ringworm Miasm: This is described as being between the psoric and sycotic miasms. The sensation is considered fixed and permanent (as in Sycosis) yet there is hope of recovery (as in Psora). Therefore the reaction is of intermittent acceptance followed by hope and struggle, in a constant cycle (Sankaran 2005:268-280).

Cancer Miasm: This is described as having the fixed nature of Sycosis combined with the destructive nature of syphilis. The sensation is perceived as chaos which has to be controlled by a superhuman effort (Sankaran 2005:268-280).

Tubercular Miasm: This miasm also lies between the sycotic and syphilitic miasms. The characteristics of this miasm are more desperate and oppressive than in the cancer miasm. There is a reaction of hectic activity to escape oppression, but without much hope (Sankaran 2005:268-280).

Leprosy Miasm: There is a sense of destruction, desperation and hopelessness in this miasm (as in syphilis) combined with the desperation and intensity found in the tubercular miasm. The resultant characteristic reactions are of desperation, despair and complete isolation. There is a strong sense of being shunned and isolated which may be projected outwardly or perceived inwardly (Sankaran 2005:268-280)

2.5 Opinions on Group Analysis in the Homoeopathic Fraternity

Despite the growing popularity of this method of understanding homoeopathy, there are several well respected homoeopaths who are not in favour of this method. In an article entitled “Homoeopathy versus Speculative medicine” Saine (2001) denounced the approach of homoeopaths such as Rajan Sankaran as “incompatible with Hahnemann’s specific method of healing” and dismisses it as “speculative”. Vithoukas (2008) expressed similar sentiments to the effect that the new ideas of homoeopaths such as Scholten and Sankaran are “dangerous” and without any factual basis. Vithoukas (2008) further denounces Sankarans “sensation method” by stating the following: “Projecting the "sensations" of the patient is a slippery path for a homeopath to take because these "projections" are not recorded in the materia medica, and every practitioner will be tempted to find another underlying "context" in the feelings of the patient. The fact is that we have to match the patient's symptoms to the remedy proving symptoms and for such a work we have both tools and rules”. Vithoukas (2008) also harshly criticises the more unorthodox methods of proving, such as meditation proving, dream provings and group proving the experiences of provers in the group who have not been given the proving substance are taken as proving data, all of which are used by Shore (2004). Winston (2004) questioned the validity of incorporating new ideas such as grouping remedies by kingdom into homoeopathy, indicating that these new ideas strayed from his definition of what homoeopathy comprises. However Sankaran specifically states that this method by no means takes the place of the proper study and understanding of traditional materia medica repertory, but rather is a new idea built on the foundation of traditional homoeopathic learning and methods (Sankaran, 2002).

Despite the voices of criticism many homoeopaths throughout the world have embraced the group analysis approach and are experiencing positive results. In a letter to *Homeopathy Today*, twenty one prominent homoeopaths signed a letter in defence of the new developments by Shore, Sankaran, Herrick and several other homoeopaths who have developed methods of grouping according to biological classification (Morrison, 2001). These homoeopaths considered the new developments as adding to the tools available to homoeopaths, and instead of taking the place of traditional materia medica studies they are a refinement of the process. The need for evidence to validate or refute the new methods is evident from this controversy.

Studies conducted at DUT all conclude that the method is valid and applicable (Wulfsohn, 2005), (Vogel, 2007), (Leisegang, 2007) and (Weston, 2010). There are still many biological groups which have yet to be thoroughly tested in the method described by Sankaran (2002). The bird remedies are often confused with those from other groups and thus a thorough investigation of this group will contribute not only to knowledge on bird remedies but also to the evidence of the effectiveness and relevance of the group analysis method in general (Fraser, 2009).

2.6 Class Aves

2.6.1 Taxonomy

Birds (class Aves) are winged, bipedal, endothermic (warm-blooded), egg-laying, vertebrate animals. There are around 10,000 living species, making them the most

varied of tetra pod vertebrates. They are classified, according to Shore (2004), as follows:

Kingdom: Animalia

Phylum: Chordata

Subphylum: Vertebrata

Class: Aves

Further detailed Homoeopathic bird taxonomy, as specified by Marrs and Wichmann (2009) is specified in Appendix A.

2.6.2 Physical Characteristics

Birds have evolved from a now extinct group of reptiles, thus sharing certain reptilian anatomical characteristics (Bower, 1975). Birds are the most successful flying vertebrates, and thus their anatomy is unique in that their bodies are specifically adapted for flight (Bower, 1975). They have lightweight bones as well as large air-filled cavities (called pneumatic cavities) connected to their respiratory system, which reduces skeletal weight. They have no teeth (which would add weight) and instead have a bill which is relatively light, and is modified depending on the species (Bower, 1975).

Their vertebrae articulate freely in the cervical region, allowing great range of motion and flexibility in the neck area, whereas the movement is very restricted in the thoracic and pelvic region to provide stability during flight and landing (Bower, 1975). The lower thoracic vertebrae are fused with the pelvis, forming the synsacrum. The hind limbs are modified for bipedal locomotion. The wings are modified forelimbs to

which feathers are attached which provide an aerofoil, with flight muscles attached to the sternum in those birds which do fly (Boalootian and Stiles, 1981). The two halves of the pelvis are not fused, allowing for egg laying and for organs to be positioned further back to facilitate balance (Bower, 1975).

Another unique feature of birds is their feathers, which arise from their bodies like scales on a reptile forming papillae. There are generally three types of feather, The Contour Feathers (which include the wing and flight feathers), Down feathers (forming the first plumage of nestlings and providing insulation to adults), and Filoplumes (hair-like feathers which may have a sensory function). Bird senses are adapted for flight, most prominently their sight (Boalootian and Stiles, 1981). Birds have large eyes and extremely high visual acuity, as well as a wide field of vision. They have very good visual accommodation, allowing for rapid flight among obstacles such as branches (Bower, 1975). Nocturnal birds are able to adapt for night vision due to the *tapetum lucidum*, a reflective layer found behind the receptor cells of the eye. They have an acute sense of hearing, but a poor sense of smell (Boalootian and Stiles, 1981). A well developed sense of taste allows birds to avoid harmful foods (Shore, 2004)

Due to their high metabolic rate and oxygen requirements, birds have a developed a respiratory system especially adapted for their needs (Bower, 1975). They have a high respiratory rate and unique respiratory anatomy. They have no diaphragm and their bronchi lead into a series of air sacs surrounding the lungs, these also connect to pneumatic cavities in the bones. During inhalation air goes primarily to the lungs, during expiration residual air is forced into the surrounding sacs, allowing for

constant air exchange, even during expiration. This increases availability of oxygen (Boalootian and Stiles, 1981).

2.6.3 Social Behaviour

Birds' social behaviour is unique and complex (Bower, 1975). Males usually compete for the attention of females for mating, allowing the most aggressive and active males to breed. They are usually very territorial, particularly in the case of land birds. Males, once mated, will defend their territory by means of warning sounds and colourful displays (Bower, 1975). This ensures that the bird pairs spread out over a wider area and also reinforces the bond of the mated pair. After courtship the pair builds a nest and produce eggs. Rearing of chicks is usually done by both the male and female together (Bower, 1975). Most birds incubate their eggs and rear their own chicks, with the exception of a very few, such as the European cuckoo (*Cuculus canorus*), which lays its eggs in the nests of other smaller birds. Their chicks are reared by those birds along with their own, often competing for food and driving out the other chicks (Boalootian and Stiles, 1975). Approximately 70% of birds will re-pair with the same mate at the following mating season, and often return to the same or adjacent territory to breed each year (Greenwood, 1980).

Despite the separate territories of mated pairs many birds display flocking behaviour, whereby a group of birds of the same species will live together in a group for most of the year, migrating as a group and separating temporarily to form breeding pairs

during mating season (Greenwood, 1980). Birds are generally “gregarious”, a term describing their tendency to prefer being in a group of the same species. However it is interesting to note that despite their gregarious nature, birds also are territorial and there are negative social forces which counterbalance their need to flock. Thus birds tend to flock but will not tolerate each other at very close distances, limiting the size of flocks (Emlin, 1952). Many species of bird migrate in flocks, usually flying southward in autumn, however some migrating bird species fly east or west. It is hypothesised that changes in the photo-period (the amount of light each day) form the trigger for the onset of migration (Booolootian and Stiles, 1981).

2.7 Bird Mythology

Birds have been symbols of power and freedom throughout the ages. In many myths and legends, birds link the human world to the divine or supernatural realm. Due to their dual nature, being both creatures of land and air, they are often seen as linking the earthly and spiritual spheres (Myth Encyclopaedia, 2011). The Egyptians believed that a bird, the Benu bird, brought the first light and first sound into the world when land first rose from the sea, and revered it as the first deity. Another Egyptian myth depicts the *ba* (the spiritual aspect of an individual) as a bird with a human head. It was said that the *ba* could travel through the underworld at night and revisit the earth by day (Willis, 1993). Egyptians also believed that the *ba* would leave the body in the form of a bird, and thus built tombs with narrow shafts leading to the sky for the birds to fly in and out (Myth Encyclopaedia, 2011). This is another clear illustration of the dual nature of birds as depicted in mythology.

Birds are also associated with death, as well as the souls' transformation at death. Carrion-eating birds such as vultures, crows, and ravens, were associated with disaster and war. In Celtic and Irish myths, war goddesses appeared in the form of crows and ravens, and it was said that if one of these birds appeared before an army at the start of battle it would be defeated. Stymphalian birds, in Greek mythology, were dangerous man-eating birds that infested the woods around Lake Stymphalus in Arcadia (Myth Encyclopaedia, 2011). As his fifth labour, Hercules frightened the birds into the air with a huge rattle and then killed them. Birds were also considered guides in the afterlife. In Syrian mythology, figures of eagles on tombs represented guides that lead souls to heaven. In Jewish tradition the soul guide is also depicted as a dove. In Islamic tradition souls remain in the form of birds until judgment day. Greek and Celtic myths also depict the soul taking the form of a bird after death (Myth Encyclopaedia, 2011).

The theme of transformation is widespread in bird mythology. Shamans in Siberian and Indonesian mythology were said to transform into birds during trances. Similarly, in Europe and Asia, spirits of birds are said to enter the body of a Shaman to inspire them. One of the most common bird myths is that of the phoenix. In Egyptian legend, the phoenix burned up every 500 years but was subsequently reborn out of its own ashes. Japanese and Chinese mythology also features a phoenix which is reborn in times of good fortune (Willis, 1993). In traditional Chinese medicine birds nests are utilised for healing, as well as being an ingredient in food.

2.8 Birds in homoeopathy

Homoeopathic remedies from the class Aves are a relatively recent addition to our materia medica, with the first proving of a bird remedy, *Haliaeetus leucocephalus* (American bald eagle), conducted by Jeremy Sherr in 1995. Thereafter many other bird provings were conducted, producing materia medica on around 30 fairly well known bird remedies (Fraser, 2009). Better known remedies include *Pelecanus occidentalis* (Brown Pelican), *Spheniscus humboldti* (Humbolt Penguin) and *Cygnus cygnus* (Swan). Several fairly new bird provings have been conducted including *Columbia livia* (Common city pigeon) (Shah, 2008). Bird remedies have been used to treat various conditions, including conditions affecting the joints and extremities, headaches and problems with vision (Shore, 2004).

Some of the most comprehensive research on the class Aves, including proving and some theories on group characteristics, has been done by Shore (2004), who published this information in his book *Birds, Homeopathic Remedies from The Avian Realm*. Shore proposes bird characteristics including conceptual organisation, intuition and spiritual awareness, freedom and travel and issues surrounding detachment from the social group. Most recently (during the course of this study) well established homoeopath Peter Fraser published a book entitled *Birds, Seeking the Freedom of the Sky*, which explores themes relating to the bird group as a whole and also themes of the specific groups within the class Aves (Fraser, 2009). According to Fraser (2009), the themes of bird remedies revolve around the conflict between their need for freedom and their restrictions. He also highlights many themes which are consistent with Sankarans' animal kingdom themes, such as

escape from danger and survival issues. He notes an emphasis on themes of communication and even clairvoyance. Other themes proposed by Fraser include restlessness, connection to the natural world and communication (Fraser, 2009). Some general themes of the bird group as a sub-classification of the Animal group have been proposed in *Sankaran's Schema* (2005). These themes include some common ideas including themes of freedom and restriction, stitching and stabbing pains, disturbance of appetite and many others. Sankaran also emphasised the themes of responsibility versus freedom and the perception of being bound or restricted. It is interesting to note the common features proposed by these homoeopaths. No formal Group analysis has been published and therefore the resultant characteristics arising from this proposed group analysis would be a valuable comparison to the characteristics that have been suggested thus far.

2.9 Radar Synthesis 10 and Encyclopaedia Homoeopathica

Group analysis is made possible, in part, by the technology that allows us to use computer programs to sift through large amounts of data which could not be achieved unaided (Wulfsohn, 2005). The programs to be used are Radar 10 and Encyclopaedia Homoeopathica, both from Archibel (2005). Radar Synthesis 10 is computer repertory analysis software which is used to search through a vast number of rubrics and distinguish a desired group of remedies based on common rubrics. It is an important research tool as it allows for searches through large amounts of repertory data which can be presented or selected according to the user's preferences (Archibel, 2005). Encyclopaedia Homoeopathica is a program that contains vast amounts of materia medica from various sources from classic original authors such as Kent, to more recent provings and books (Kratimenos, 2001). It is

an invaluable tool as it not only allows easy access to this materia but also enables searches through the materia medica according to the user's specifications. This allows extraction of very specific information from a vast source of data. Radar 10 and Encyclopaedia Homoeopathica are also compatible and it is easy to work with information from one in the other (Archibel, 2005). These programs are therefore valuable for prescribing as well as research purposes (Liesegang, 2007). Although these resources are based on vast amounts of materia medica and repertory, the expansion of knowledge in homoeopathy is growing at a rapid pace and not all of the new materia medica and provings can be included in the current software.

CHAPTER 3 - RESEARCH METHOD

3.1 Definition of bird remedies

The Class Aves was first defined in terms of current taxonomical knowledge and a list of the remedies which fall into this Class was compiled. The remedies from this group used in homoeopathic prescribing were then listed. A computerised search was performed to determine the names of all bird remedies which are represented in the Radar software program. The number of rubrics in which each remedy was represented provided an indication of how well each remedy was represented in the database.

3.2 Sample selection

The software was used to extract all rubrics that contained remedies from the Class Aves. Both Complete Repertory and Synthesis were used in order to produce the maximum possible data for selection (Archibel, 2005). Thereafter remedies which were represented in the greatest number of rubrics were selected from the list. The remedies which had the greatest representation in terms of rubrics listed were given preference to ensure that the remedies used in the consequent parts of the study were as well represented in the body of the repertory as possible, and were represented with the highest possible number of rubrics. Remedies which were represented by less than 100 rubrics were not considered as their poor representation would not be conducive to the extraction process. Those remedies represented in the research of Shore (2004) and Fraser (2009) were also taken into

consideration, as the results of this group analysis would ultimately be compared primarily to this information. A minimum of 5 remedies was selected as this is the smallest number to have been used in a group analysis study to date (Weston, 2010). This is also the smallest number recommended by Sankaran (2002). This process produced the 5 best represented remedies:

- *Cathartes aura* - Turkey Vulture
- *Falco peregrinus* - Peregrine Falcon
- *Corvus corax principalis* - Raven
- *Haliaeetus leucocephalus* - Bald Eagle
- *Buteo jamaicensis* - Red-tailed Hawk

3.3 Data processing

The selected remedies were subsequently used to do a repertory extraction of the rubrics that contained at least 2 of the selected remedies. The parameters were set such that any rubric containing more than 50 remedies would be excluded to ensure that the rubrics used in the study were as characteristic in nature as possible. Rubrics containing greater than 50 remedies have been considered too large to represent a characteristic nature of a remedy (Weston, 2010). Sankaran (2002:25) also uses the limit of 50 rubrics in his overview of the group analysis method. To evaluate the relative significance of the rubrics they were ranked by ordering them

from the rubrics containing the least number of remedies to those containing the most.

3.4 Data analysis

3.4.1 Determination of common sensations

This data was then analysed for common sensations of the class Aves. A sensation was determined to be common to the group if it was represented by a rubric (with a size of less than 50 remedies) common to at least 2 of the selected remedies. The rubrics were scanned for common mental, physical, general and particular symptoms, which were then listed. Sensation rubrics are listed in Table 2. These sensations were then defined using Collins (2006) dictionary and synonyms for each were determined from Collins (2006) thesaurus. The accuracy of these extracted sensations was evaluated by cross-checking the sensations, and their synonyms, with the homoeopathic literature database, Encyclopaedia Homoeopathica (Archibell, 2005) as well as proving data. This was accomplished by using keywords descriptive of each sensation as found in the sensation rubrics (Table 2) to search the literature, restricting the remedies to those from the Class Aves only. Sensations were considered valid if they were confirmed by evidence from the literature obtained from the search. This was termed the first order analysis. The resultant confirmed sensations as extracted from the database were also defined using a dictionary and thesaurus (Collins, 2006). Any new keywords produced from these synonyms and definitions were analysed via the same keyword search method in a second order analysis. In this way first order sensations could be confirmed and further second

order sensations could be determined. These second order sensations were also defined using a dictionary and their synonyms were found using a thesaurus (Collins, 2006). Any new possible sensations yielded from this process were used in a third order analysis using another keyword search of the data, which served to confirm second order sensations and confirm some new third order sensations.

3.4.2 Determination of reaction to common sensations

A person may react to a sensation in either an active, passive or compensatory manner (Sankaran, 2002). According to Sankaran (2002:26) “Each action arises in response to a corresponding sensation and each sensation must usually excite a particular action, even if one does not actually perform that action...In this way sensation and action (or the urge to action) are always equal and opposite. He also proposed that the theme of sensations found in animal remedy groups relates to the idea of survival and competition, rather than sensitivity, as is the theme in plant groups, or fitting into structure as is the case in mineral groups (Sankaran, 2005). This was taken into account while scanning for reactions to common sensations in the bird remedies. Once common sensations were established by the keyword search method described in 3.4.1 above, further investigation into the possible active, passive and compensatory reactions to them, as evident in the Homoeopathic literature was undertaken. Each extracted sensation was fully defined using a dictionary (Collins, 2006). Thereafter synonyms for the defined sensation were identified using a thesaurus (Collins, 2006). Once the synonyms were established each of them was subjected to a literature search in Encyclopaedia Homoeopathica,

limiting the search results to bird remedies only, to test its validity. If the sensation was confirmed by evidence from the literature it was considered valid. If it could

3.4.3 Determination of miasmatic classification

According to Sankarans' extended miasmatic model (2002), the individual remedies belonging to the group can be categorised as having a specific miasmatic classification. Keywords specific to each miasm according to Sankaran (2005:7) were used to search the available data from the software as well as proving data and relevant homoeopathic literature restricted only to bird remedies. The keywords are tabulated in Appendix F. Those remedies which showed a predominance of keywords related to a particular miasm in the search results could be broadly classified under that miasm. Thereafter the analysis was refined and the miasm of each bird remedy was finally determined by analysing the characteristics particular to each individual remedy. The miasm was determined depending on the predominance of the keywords and themes of a particular miasm in the literature of the remedy i.e. if syphilitic keywords and themes were dominant in the search results then the remedy was considered syphilitic.

CHAPTER 4 - RESULTS AND DISCUSSION

4.1 Birds in homeopathy

Remedies from the Class Aves are relatively recent additions to the materia medica. As a result, few bird remedies are represented well in terms of available proving information and materia medica. *Haliaeetus leucocephalus*, the first bird remedy to be homoeopathically proved (Fraser, 2005) as well as *Falco peregrinus*, are perhaps the only two relatively well represented bird remedies at present. Although there has been much interest in this group in the last few years, many of the other bird provings have not yet been introduced into the materia medica contained in popular homoeopathic software such as Radar 10 (Archibel, 2005). As a result the traditionally used method of conducting a group analysis by computer searches through the materia medica in software data bases had to be slightly adjusted, to allow for manual searches through available homoeopathic literature on birds in order to extract a fair representation of the “smaller” bird remedies which are still very much relevant in this study.

In the table below the Bird remedies represented in the available literature are listed, showing the number of searchable rubrics found on Radar 10.

Table 1: Bird remedies in homoeopathy

| <u>Scientific Name</u> | <u>Common Name</u> | <u>Family</u> | <u>Representation in repertory</u> |
|---------------------------------|--------------------|---------------------|---|
| <i>Pelecanus occidentalis</i> | Brown Pelican | <i>Pelecanidae</i> | No rubrics listed |
| <i>Ara macao</i> | Scarlet Macaw | <i>Psittacidae</i> | 96 Rubrics (Complete Repertory) |
| <i>Columba palumbus</i> | Ring Dove | <i>Columbidae</i> | 63 Rubrics (Complete Repertory) |
| <i>Buteo jamaicensis</i> | Red-tailed Hawk | <i>Accipitridae</i> | 309 rubrics (Complete Repertory) 198 Rubrics (Synthesis) |
| <i>Bubo virginianus</i> | Great Horned Owl | <i>Strigidae</i> | No rubrics listed |
| <i>Ardea herodias</i> | Great Blue Heron | <i>Ardeidae</i> | No rubrics listed |
| <i>Haliaeetus leucocephalus</i> | Bald Eagle | <i>Accipitridae</i> | 1330 Rubrics Complete Repertory 510 Rubrics Synthesis |
| <i>Corvus corax principalis</i> | Raven | <i>Corvidae</i> | 721 Rubrics Complete Repertory 90 rubrics Synthesis |
| <i>Falco cherrug</i> | Saker Falcon | <i>Falconidae</i> | 13 Rubrics Synthesis |
| <i>Falco peregrinus</i> | Peregrine Falcon | <i>Falconidae</i> | 1524 Rubrics Complete Repertory 1266 Rubrics Synthesis |
| <i>Cathartes aura</i> | Turkey Vulture | <i>Cathartidae</i> | 399 rubrics complete repertory |
| <i>Spheniscus humboldti</i> | Humboldt Penguin | <i>Spheniscidae</i> | No rubrics listed |
| <i>Cygnus cygnus</i> | Whooper Swan | <i>Anatidae</i> | No rubrics listed |
| <i>Cygnus olor</i> | Mute Swan | <i>Anatidae</i> | 9 Rubrics Synthesis |
| <i>Vultur gryphus</i> | Andean Condor | <i>Cathartidae</i> | 32 Rubrics Synthesis |

The above list of remedies was reduced to the five remedies which were most significantly represented in the materia medica available at this time:

- *Cathartes aura* - Turkey Vulture
- *Falco peregrinus* - Peregrine Falcon
- *Corvus corax principalis* - Raven
- *Haliaeetus leucocephalus* - Bald Eagle
- *Buteo jamaicensis* - Red-tailed Hawk

4.2 Extraction and analysis of common rubrics

A comparative extraction of all rubrics containing at least one of the chosen bird remedies was performed, limiting the results to rubrics containing 50 or fewer remedies in total to ensure that rubrics represented characteristic features of the remedies. Both the Synthesis and Complete Repertories from Radar (Archibel, 2005) were used in order to maximise the available data (Appendix B and Appendix C respectively). Duplicated rubrics were removed. The limit was set at 50 in order to exclude less significant rubrics, but still provide sufficient data, considering the poor representation of bird remedies in general. Previous studies at Durban University of Technology used the restriction of 50 remedies with successful analysis (Weston, 2010)

The extracted rubrics were then reduced to those that contained at least two of the chosen bird remedies. Thereafter the rubrics were scanned for words describing sensation. Sensation can be defined as “consciousness off perceiving or seeming to perceive some state or condition of one’s or its parts or senses or of one’s mind or its emotions...” (Allen, 1990:1102). These sensation rubrics were then ordered from the smallest (those containing fewest remedies in total) to the largest (those containing the most remedies in total).

These extracted sensation rubrics are listed in the table below:

Table 2: Sensation rubrics for the Class Aves

| Sensation rubric | Haliae etus | Corvu s- corax | Falco- p | Buteo - j | Cathart es | Rubric size |
|--|----------------|----------------------|-------------|--------------|---------------|----------------|
| MIND - DELUSIONS - Abdomen - enlarged | 1 | 0 | 1 | 0 | 0 | 3 |
| MIND - DELUSIONS, imagination - body, body parts - hand, hands - separated from body | 0 | 1 | 1 | 0 | 0 | 5 |
| HEAD - PAIN - pulsating , throbbing - temples - left | 1 | 0 | 1 | 0 | 0 | 9 |
| MIND - THOUGHTS - vacancy of | 1 | 0 | 1 | 0 | 0 | 12 |

| | | | | | | |
|---|---|---|---|---|---|----|
| ABDOMEN - DISTENSION - general - stool - amel. | 1 | 0 | 1 | 0 | 0 | 13 |
| BACK - STIFFNESS - Cervical region - morning - waking; on | 1 | 0 | 1 | 0 | 0 | 14 |
| EXTREMITIES - DRYNESS - general - fingers | 0 | 0 | 1 | 0 | 1 | 15 |
| EXTREMITIES - PAIN - cramping - lower limbs - legs - calves | 1 | 0 | 1 | 0 | 0 | 15 |
| EXTREMITIES - PAIN - upper limbs - fingers - first, thumb - right | 1 | 1 | 0 | 0 | 0 | 17 |
| MIND - DELUSIONS , imagination - body, body parts - head - separated from body, is | 0 | 1 | 1 | 0 | 0 | 17 |
| HEAD - PAIN - dull - forehead - eyes - above | 1 | 0 | 1 | 0 | 0 | 20 |
| MIND - DETACHED | 1 | 0 | 1 | 0 | 0 | 22 |
| EXTREMITIES - PAIN - cramping - lower limbs - legs | 1 | 1 | 1 | 0 | 0 | 23 |
| NOSE - CONGESTION of blood | 0 | 0 | 1 | 0 | 1 | 24 |

| | | | | | | |
|--|---|---|---|---|---|----|
| EXTREMITIES - DRYNESS - general - lower limbs | 1 | 0 | 1 | 0 | 0 | 24 |
| ABDOMEN - DISTENSION - general - morning | 1 | 0 | 1 | 0 | 0 | 25 |
| EYES - TWITCHING - lids - right | 1 | 0 | 1 | 0 | 0 | 26 |
| MIND - DREAMS - flying | 1 | 1 | 1 | 0 | 1 | 32 |
| MIND - AWARENESS heightened | 1 | 0 | 2 | 0 | 0 | 32 |
| EXTREMITIES - ERUPTIONS - painful | 0 | 0 | 1 | 0 | 1 | 33 |
| MIND - SPACED-OUT feeling | 1 | 1 | 1 | 0 | 0 | 37 |
| MIND - ELATED | 1 | 0 | 1 | 0 | 0 | 42 |
| MIND - DELUSIONS, imagination - light, incorporeal, immaterial, he is | 1 | 0 | 1 | 0 | 0 | 42 |
| MIND - EMPTINESS of the mind, sensation of | 1 | 0 | 1 | 0 | 0 | 43 |
| HEAD - PAIN - constant, continued | 1 | 0 | 1 | 0 | 0 | 43 |

| | | | | | | |
|---|---|---|---|---|---|----|
| DREAMS - FLYING | 0 | 0 | 1 | 1 | 0 | 47 |
| FACE - ERUPTIONS - painful | 0 | 0 | 1 | 0 | 1 | 47 |
| MIND - DELUSIONS - light [= low weight] - is light; he (= incorporeal) | 1 | 0 | 1 | 0 | 0 | 50 |

Each of the sensations extracted from the above table was defined using Collins (2006) dictionary (Appendix D). Many of the sensations which appeared were synonymous with each other, for example **emptiness** and **vacancy**, therefore this was taken as one sensation or theme (emptiness), and in this way duplication of a single concept in the search was eliminated. Synonyms are fully defined according to Collins thesaurus (2006) in Appendix E. A table summarising the confirmed sensations and themes is shown below.

Table 3: Summary of confirmed sensations and themes

| <u>First Order theme/sensation from original extraction</u> | <u>Sensation keywords confirmed by literature search</u> |
|---|--|
| Separated | Detached/ Divided |
| Floating/flying | Flying, lightness (low weight), Spaced out feeling, |
| Joy/Elation | Carefree, Happiness/ Cheerfulness |
| Emptiness | Vacancy |
| Pulsating | throbbing |

| | |
|----------------------|---------------------------------|
| Swelling/Enlargement | Enlarged, Distension, Expansion |
| Dryness | Dryness |
| Cramp | Spasm, cramp |
| Cutting | Cutting |

Further synonyms for each of the extracted sensations were listed using a Thesaurus (Appendix E). Thereafter each of the sensations and the relevant synonyms were subjected to a keyword search of the literature to confirm its validity. If a sensation and its synonyms was found in the literature search using the sensation word or synonymous words (as defined in Appendix E) as a keyword for the search it was found to be valid. Those sensations which proved to be themes of the bird group through this process were taken as confirmed sensations of the group. The most common sensations verified by this method were swelling, separated, throbbing, floating, cutting, elation, emptiness, stiffness, dryness and cramping.

4.3 Analysis

4.3.1 First Order analysis

The most significant sensations were **swelling** and **floating**, followed by cutting, separated, cramping, elation, dryness and emptiness.

The following are some examples from the literature showing where the relevant sensation/theme is present:

4.3.1.1 Swelling/ Enlargement

Although there is a distinction between a physical swelling and a perception or sensation of swelling, both of these concepts of swelling connect to the main sensation of swelling or enlargement as defined by Sankaran (2005: 290), where he describes sensation as “discernment or consciousness of any experience” where the experience itself and the nature of the experience qualify the sensation.

Haliaeetus leucocephalus

MIND - DELUSIONS, imaginations - body, body parts - abdomen – enlarged

MIND - DELUSIONS, imaginations - body, body parts – enlarged

MIND - DELUSIONS - enlarged - body is - fat; feeling

MIND - DELUSIONS – enlarged

FACE - SWELLING – general

FACE - SWELLING - general - oedematous

CHEST - SWELLING - Axillae - Glands (= Axillary glands)

EYES - SWELLING - sensation of

CHEST - SWELLING - Axillae - Glands - left

CHEST - SWELLING - Axillae - Glands - painful

FACE - SWELLING - general

GENERALITIES - SWELLING – general

Corvus corax principalis

THROAT - SWELLING

MIND - DELUSIONS, imaginations - body, body parts - eyelashes are enlarged

NOSE - ENLARGED sensation

FACE - SWELLING – general

FACE - SWELLING - general - eyes – below

THROAT - SWELLING – general

THROAT - SWELLING - general – tonsils

CHEST - EXPANSION, sensation of

CHEST - SWELLING – general

CHEST - SWELLING - general - lymphatic tissue

CHEST - SWELLING - general – mammae

GENERALITIES - SWELLING – general

Falco peregrinus

MIND - DELUSIONS, imaginations - body, body parts - hand, hands – enlarged

MIND - DELUSIONS, imaginations - body, body parts - head - enlarged, is

MIND - DELUSIONS, imaginations - body, body parts - neck is too large

MIND - DELUSIONS, imaginations - body, body parts - stomach – enlarged

MIND - DELUSIONS - hand - larger; hands are becoming

MIND - DELUSIONS, imaginations – enlarged

FACE - BLOATED

MOUTH - SWELLING - general

MOUTH - SWELLING - general - glands, salivary

MOUTH - SWELLING - general - glands, salivary - submaxillary, submandibular

MOUTH - SWELLING - general - tongue

THROAT - SWELLING – general

STOMACH - ENLARGED - sensation of enlargement

FEMALE GENITALIA/SEX - SWOLLEN - Uterus

CHEST - SWELLING – general

CHEST - SWELLING - general - mammae

EXTREMITIES - ENLARGEMENT EXTERNAL

THROAT - SWELLING - general - sensation of

EXTREMITIES - ENLARGEMENT - sensation of - lower limbs

EXTREMITIES - ENLARGEMENT - sensation of - lower limbs – legs

MIND - DELUSIONS, imaginations - body, body parts - hand, hands - enlarged

MIND - DELUSIONS, imaginations - body, body parts - head - enlarged, is

MIND - DELUSIONS, imaginations - body, body parts - stomach – enlarged

MIND - DELUSIONS, imaginations - enlarged

MIND - DELUSIONS, imaginations - enlarged - persons are

MIND - DELUSIONS, imaginations - expanding - consciousness is, outside of head

ABDOMEN - ENLARGED

ABDOMEN - SWELLING - sensation of

EXTREMITIES - ENLARGEMENT - sensation of

EXTREMITIES - ENLARGEMENT - sensation of - lower limbs

MIND - DELUSIONS, imaginations - body, body parts - hand, hands - enlarged

MIND - DELUSIONS, imaginations - body, body parts - head - enlarged, is

MIND - DELUSIONS, imaginations - body, body parts - stomach - enlarged

MIND - DELUSIONS, imaginations – enlarged

GENERALITIES - SWELLING – general

Buteo jamaicensis

EYES - PHENOMENA - SWELLING - sensation of

Cathartes aura

THROAT - SWELLING – general

THROAT - SWELLING - general – tonsils

EXTERNAL THROAT - SWELLING – general

EXTERNAL THROAT - SWELLING - general - lymphatic tissue, cervical

CHEST - SWELLING – general

CHEST - SWELLING - general - lymphatic tissue

EXTREMITIES - SWELLING - general

EXTREMITIES - SWELLING - general - lower limbs

GENERALITIES - SWELLING - general

HEAD - ENLARGED sensation

GENERALITIES - SWELLING – general

4.3.1.2 Floating (flying, lightness)

Haliaeetus leucocephalus

MIND - DELUSIONS, imaginations - floating in air

MIND - DELUSIONS, imaginations - flying - he or she is

MIND - DELUSIONS, imaginations - light, incorporeal, immaterial, he is

MIND - DELUSIONS, imaginations - light, incorporeal, immaterial, he is - walking,
while

MIND - DELUSIONS – floating

MIND - DELUSIONS - flying

MIND - DREAMS – flying

DREAMS - FLYING - America; across

DREAMS - WATCHING - herself from above

MIND - THOUGHTS - flying, of

MIND - DREAMS - watching herself from above

HEAD – LIGHTNESS

GENERALITIES - LIGHTNESS, sensation of

Corvus corax principalis

MIND - DELUSIONS, imaginations - outside his body

MIND - DREAMS – flying

MIND - LIGHTNESS, feeling of

GENERALITIES - LIGHTNESS, sensation of

Falco peregrinus

MIND - DELUSIONS, imaginations - body, body parts - feet - touching scarcely the ground

MIND - DELUSIONS, imaginations - elevated - air, in

MIND - DELUSIONS, imaginations - floating in air

MIND - DELUSIONS, imaginations - flying - he or she is

MIND - DELUSIONS, imaginations - light, incorporeal, immaterial, he is

MIND - DELUSIONS - feet - touch scarcely the ground

MIND - DELUSIONS – floating

MIND - DELUSIONS - flying

MIND - DREAMS – flying

MIND - DREAMS - flying - airplane, in

MIND - FIGHT, wants to

MIND - DELUSIONS, imaginations - outside his body

CHEST - FLUTTERING sensation

MIND - DELUSIONS - elevated - air; elevated in the

Buteo jamaicensis

MIND - DELUSIONS – flying

MIND - DELUSIONS - flying - walking; while

MIND - PHENOMENA - DELUSIONS, imaginations - flying - he or she is

MIND - PHENOMENA - DREAMS - body, body parts - light, ethereal, is

MIND - PHENOMENA - DREAMS - floating

DREAMS - BODY - lightness of

DREAMS – FLOATING

DREAMS – FLYING

DREAMS – FREEDOM

DREAMS - WATCHING - herself from above

GENERALS - VIBRATION, fluttering, etc

Cathartes aura

MIND - DREAMS – floating

MIND - DREAMS – flying

4.3.1.3 Separated

Haliaeetus leucocephalus

MIND - DELUSIONS, imaginations - separated - world, from the, that he is

MIND – DETACHED

MIND - DELUSIONS - separated - world; from the - he is separated

MIND - DREAMS – fragmented

MIND - DELUSIONS - separated - world; from the - he is separated

MIND - DETACHED

BACK - PAIN - Lumbosacral region - Spine - split; as if

Corvus corax principalis

MIND - DELUSIONS, imaginations - body, body parts - arms - separated from body

MIND - DELUSIONS, imaginations - body, body parts - hand, hands - separated
from body

MIND - DELUSIONS, imaginations - body, body parts - head - separated from body,
is

MIND - DELUSIONS, imaginations - body, body parts - separated, body and
thoughts are

MIND - DELUSIONS - separated - body - mind are separated; body and

GENERALITIES - SEPARATED, parts of body feel

Falco peregrinus

MIND - DELUSIONS, imaginations - body, body parts - hand, hands - separated
from body

MI ND - DELUSIONS, imaginations - body, body parts - feet - separated from body,
are

MIND - DELUSIONS, imaginations - body, body parts - head - separated from body,
is

MIND - DELUSIONS, imaginations - body, body parts - limbs - separated from body,
are

MIND - DELUSIONS, imaginations - division between himself and others

MIND - DELUSIONS, imaginations - separated - thoughts are

MIND - DELUSIONS, imaginations - separated - world, from the, that he is

MIND – DETACHED

EXTREMITIES - SEPARATED sensation

EXTREMITIES - SEPARATED sensation – Legs

EXTREMITIES - SEPARATED sensation - Upper limbs

GENERALITIES - SEPARATED, parts of body feel

MIND - DELUSIONS - division between himself and others

Buteo jamaicensis

MIND - PHENOMENA - DELUSIONS, imaginations - connected - wholeness in the
midst of separation and diversity, finding

Cathartes aura

No evidence for this theme in the available literature

4.3.1.4 Cutting

Haliaeetus leucocephalus

EARS - PAIN – cutting

CHEST - PAIN - cutting, sudden sharp pain

CHEST - PAIN - cutting, sudden sharp pain – mammae

GENERALITIES - PAIN - cutting

EXTREMITIES - PAIN - cutting

BACK - PAIN - cutting

EARS - PAIN - cutting – left

Corvus corax principalis

MIND - DREAMS – cutting

MIND - DREAMS - cutting - knife, of being cut with a

CHEST - PAIN - Heart - cutting pain

EXTREMITIES - PAIN - Hands - cutting pain

EXTREMITIES - PAIN - Shoulders – cutting

EXTREMITIES - PAIN - Thumbs - cutting pain

Falco peregrinus

MIND - DREAMS – cutting

MIND - DREAMS - cutting - knife, of being cut with a

MIND - DREAMS – knives

DREAMS - CUT, being

DREAMS - CUTTING

MIND - SUICIDAL disposition - razor; with a

CHEST - PAIN - cutting, sudden sharp pain

GENERALITIES - PAIN – cutting

Buteo jamaicensis

MIND - DELUSIONS - knives - body; shot into the

DREAMS – KNIVES

MIND - PHENOMENA - DREAMS - meat - cut off bone, must be

FEMALE - PHENOMENA - PAIN - cutting - menses, during

EXTREMITIES - PHENOMENA - PAIN - cutting - off - upper limbs

Cathartes aura

NOSE - PAIN – cutting

MOUTH - PAIN – cutting

MOUTH - PAIN - cutting – tongue.

HEAD - PAIN - cutting, darting, stabbing

ABDOMEN - PAIN – cutting

FEMALE - PAIN – cutting

CHEST - PAIN - cutting, sudden sharp pain

CHEST - PAIN - cutting, sudden sharp pain – sternum

BACK - PAIN – cutting

EXTREMITIES - PAIN – cutting

GENERALITIES - PAIN – cutting

4.3.1.5 Dryness

Although there is a distinction between the perception or sensation of dryness and physical dryness both of these are relevant to the sensation as defined by Sankaran (2005: 290), where he describes sensation as “discernment or consciousness of any experience” where the experience itself and the nature of the experience qualify the sensation.

Haliaeetus leucocephalus

EYES - DRYNESS – general

MOUTH - DRYNESS – general

THROAT - DRYNESS – general

SKIN – DRYNESS

GENERALITIES - DRY sensation – internal

Corvus corax principalis

EYES - DRYNESS – general

MOUTH - DRYNESS – general

Falco peregrinus

NOSE - DRYNESS inside – general

MOUTH - DRYNESS – general

THROAT - DRYNESS – general

COUGH – DRY COUGH - DRY – night

EXTREMITIES - DRYNESS

EXTREMITIES - DRYNESS - general - hands

EXTREMITIES - ERUPTIONS – dry

SKIN – DRYNESS

Buteo jamaicensis

EYE – DRYNESS

Cathartes aura

NOSE - DRYNESS inside – general

COUGH - DRY – night

EXTREMITIES - DRYNESS - general – hands

4.3.1.6 Cramping

Haliaeetus leucocephalus

ABDOMEN - PAIN - cramping

ABDOMEN - PAIN - cramping, griping

ABDOMEN - PAIN - cramping, griping - stool – before0

FEMALE - PAIN – cramping

CHEST - CONVULSIONS, spasms

BACK - PAIN – cramping

BACK - PAIN - cramping - cervical region

EXTREMITIES – CRAMPS

EXTREMITIES - PAIN – cramping

EXTREMITIES - PAIN - cramping - lower limbs

GENERALITIES - PAIN - cramping

Corvus corax principalis

FEMALE - PAIN – cramping

EXTREMITIES - PAIN – cramping

EXTREMITIES - PAIN - cramping - lower limbs

GENERALITIES - PAIN - cramping

Falco peregrinus

ABDOMEN - PAIN - cramping

ABDOMEN - PAIN - cramping, griping

CHEST - CONSTRICTION

EXTREMITIES – CRAMPS

EXTREMITIES - CRAMPS - lower limbs

EXTREMITIES - PAIN – cramping

EXTREMITIES - PAIN - cramping - lower limbs

GENERALITIES - PAIN – cramping

Buteo jamaicensis

FEMALE - PHENOMENA - PAIN – cramping

EXTREMITIES - PHENOMENA - PAIN - cramping

EXTREMITIES - PHENOMENA - PAIN - cramping - lower limbs

Cathartes aura

ABDOMEN - PAIN - cramping, griping

ABDOMEN - PAIN - cramping, griping - menses – during

FEMALE - PAIN – cramping

BACK - CONVULSIONS, spasms – general

BACK - PAIN – cramping.

BACK - PAIN - cramping - menses, during

GENERALITIES - PAIN – cramping

4.3.1.7 Throbbing (pulsating)

Haliaeetus leucocephalus

HEAD - PAIN - pulsating, throbbing – vertex

HEAD - PAIN - pulsating, throbbing – temples

ABDOMEN - PAIN - pulsating, throbbing

EXTREMITIES - PAIN - pulsating, throbbing

GENERALITIES - PAIN - pulsating, throbbing

Corvus corax principalis

No evidence for this theme in the available literature

Falco peregrinus

HEAD - PAIN - pulsating, throbbing – forehead

HEAD - PAIN - pulsating, throbbing – sides

HEAD - PAIN - pulsating, throbbing – temples

EXTREMITIES - PULSATION

GENERALITIES - PAIN - pulsating, throbbing

GENERALITIES - PULSATION – external

Buteo jamaicensis

No evidence for this theme in the available literature

Cathartes aura

HEAD - PULSATING, beating, throbbing

ABDOMEN – PULSATION

EXTREMITIES - PAIN - pulsating, throbbing

GENERALITIES - PAIN - pulsating, throbbing

GENERALITIES - PULSATION - internal

4.3.1.8 Elation, cheerfulness, carefree

Haliaeetus leucocephalus

MIND - CHEERFULNESS, gaiety, happiness – general

MIND - EUPHORIA, elation - driving a car fast, while

MIND - EXCITEMENT, excitable

MIND – EXHILARATION

MIND - MIRTH, hilarity, liveliness

MIND - CAREFREE

MIND - CHEERFUL - dancing, laughing, singing; with

MIND – ELATED

Corvus corax principalis

MIND - EXCITEMENT, excitable

Falco peregrinus

MIND - BLISSFUL feeling

MIND - CHEERFULNESS, gaiety, happiness – general

MIND - DREAMS - joyous

MIND – ECSTASY

MIND – EXHILARATION

MIND - EXHILARATION – blissful

MIND - MIRTH, hilarity, liveliness

MIND – CAREFREE

MIND - ECSTASY - walking in open air; on

MIND – ELATED

Buteo jamaicensis

MIND – CAREFREE

MIND - PHENOMENA - CHEERFULNESS, gaiety, happiness - general

Cathartes aura

No evidence for this theme in the available literature

4.3.1.9 Emptiness (Vacancy)

Haliaeetus leucocephalus

MIND - EMPTINESS of the mind, sensation of

MIND - THOUGHTS - vacancy of

GENERALITIES - EMPTINESS, hollow sensation

STOMACH - EMPTINESS - eating - not amel. by

Corvus corax principalis

No evidence for this theme in the available literature

Falco peregrinus

MIND - EMPTINESS of the mind, sensation of

MIND - THOUGHTS - vacancy of

CHEST - EMPTY sensation

GENERALITIES - EMPTINESS, hollow sensation

CHEST - EMPTINESS, sensation of

Buteo jamaicensis

MIND - PHENOMENA - EMPTINESS of mind, sensation of

Cathartes aura

No evidence for this theme in the available literature

4.3.2. Second Order Analysis

The first order sensations were also defined using Collins (2006) dictionary and synonyms determined for these using a Collins (2006) thesaurus, in order to obtain confirmation and clarity on the themes uncovered, as well as to discover any further sensations or themes present. The first order sensations which yielded further relevant synonyms for a second key word search. Those synonyms which were confirmed in the literature are taken as confirmed second order sensations. Table 4 shows a listing of the first order sensations and the second order keywords derived from relevant synonyms and definitions thereof.

Table 4: Second Order themes/sensations from first order themes/sensations

| First Order sensations/themes | Second order sensations/themes |
|--------------------------------------|--|
| Cramping/spasm | Constriction, obstruction , restrict |
| Separated/divided | Isolated, disconnected, numbness, anxiety |
| Cutting | separating, dividing, biting |
| Swelling | Inflammation, eruption , expansion |

4.3.2.1 Constriction/ Obstruction

Haliaeetus leucocephalus

CHEST - CONSTRICTION, tension, tightness

GENERALITIES - CONSTRICTED sensation – external

GENERALITIES - CONTRACTIONS, strictures, stenosis – general

BACK – CONTRACTION

NOSE - OBSTRUCTION

NOSE - OBSTRUCTION – general

Corvus corax principalis

CHEST - CONSTRICTION, tension, tightness

CHEST - CONSTRICTION - Lungs

THROAT - CHOKING, constricting

RESPIRATION - IMPEDED, obstructed – painful

GENERALITIES - CONSTRICTED sensation – external

GENERALITIES - CONTRACTIONS, strictures, stenoses – general

RESPIRATION - IMPEDED, obstructed

Falco peregrinus

HEAD - CONSTRICTION - band or hoop

STOMACH - PAIN - cramping, griping, constricting

RECTUM - CONSTRICTION, closure, contraction

CHEST - CONSTRICTION, tension, tightness

GENERALITIES - CONSTRICTED sensation – external

GENERALITIES - CONTRACTIONS, strictures, senses – general

Buteo jamaicensis

NOSE - OBSTRUCTION

Cathartes aura

RESPIRATION - IMPEDED, obstructed - constriction, contraction - throat, of

NOSE - OBSTRUCTION – general

RESPIRATION - IMPEDED, obstructed

4.3.2.2 Anxiety

Haliaeetus leucocephalus

MIND - RESTLESSNESS, nervousness - anxious

MOUTH - DRYNESS - general – anxious

SLEEP - RESTLESS - anxiety, with

GENERALITIES - ANXIETY, ailments from

MIND – ANXIETY

MIND - ANXIETY - sleep - falling asleep, on

MIND - ANXIETY - stool – before

MIND - ANXIETY - weather - rainy, about

Corvus corax principalis

MIND - SADNESS, despondency, depression, melancholy – anxious

RESPIRATION - DIFFICULT - anxiety, from

GENERALITIES - ANXIETY, ailments from

GENERALITIES - TREMBLING - general - anxiety – from

MIND – ANXIETY

MIND - ANXIETY - trifles, about

MIND - ANXIETY - trifles, about

MIND - ANXIETY - health, about

MIND - ANXIETY - family, about his

Falco peregrinus

HEART & CIRCULATION - PALPITATION heart - anxiety – with

MIND – ANXIETY

MIND - ANXIETY - conscience, of

MIND - ANXIETY - untidiness and chaos, about

MIND - ANXIETY - trifles, about

MIND - ANXIETY - future, about

Buteo jamaicensis

No evidence for this theme in the available literature

Cathartes aura

MIND - ANXIETY - conscience, of

4.3.2.3 Eruptions

Haliaeetus leucocephalus

FACE – ERUPTIONS

FACE - ERUPTIONS - mouth – around

MOUTH - ERUPTIONS – general

EXTERNAL THROAT – ERUPTIONS

CHEST – ERUPTIONS

BACK – ERUPTIONS

EXTREMITIES – ERUPTIONS

EXTREMITIES - ERUPTIONS – blisters

SKIN – ERUPTIONS

GENERALITIES - ERUPTIONS - vesicles, mucous membranes

Corvus corax principalis

SKIN - ERUPTIONS

Falco peregrinus

FACE – ERUPTIONS

EXTERNAL THROAT – ERUPTIONS

FEMALE – ERUPTIONS

CHEST – ERUPTIONS

CHEST - ERUPTIONS – pimples

EXTREMITIES - ERUPTIONS - upper limbs

EXTREMITIES - ERUPTIONS – blisters

EXTREMITIES - ERUPTIONS - upper limbs

EXTREMITIES - ERUPTIONS - lower limbs

SKIN - ERUPTIONS

Buteo jamaicensis

No evidence for this theme in the available literature

Cathartes aura

FACE – ERUPTIONS

FACE - ERUPTIONS - eyes – about

FACE - ERUPTIONS – acne

CHEST - ERUPTIONS – pimples

BACK - ERUPTIONS – acne

EXTREMITIES – ERUPTIONS

EXTREMITIES - ERUPTIONS - upper limbs

EXTREMITIES - ERUPTIONS - upper limbs - fingers – tips

SKIN – ERUPTIONS

4.3.2.4 Biting

Biting is a theme associated with the animal Kingdom in general, according to Sankaran (2005).

Haliaeetus leucocephalus

GENERALITIES - BITING, chewing - agg.

Corvus corax principalis

MIND – BITING

MIND - BITING – nails

MIND - DREAMS - animals, of - dogs - bitten, by, of being

EYES - PAIN - burning, smarting, biting

Falco peregrinus

MIND – BITING

MIND - BITING - about him

MIND - FEAR - bitten, of being

MIND - RAGE, fury - biting, with

MOUTH - BITING - nails

MIRILLI'S THEMES – BITE

Buteo jamaicensis

No evidence for this theme in the available literature

Cathartes aura

MIND - DREAMS - animals, of - biting him

EYES - PAIN - burning, smarting, biting

MOUTH - BITING - cheek, talking or chewing

4.3.3 Third Order Analysis

Most of the second order sensations confirmed and went back to first order sensations. A few, *biting* and *constricted*, led to third order sensations as the synonyms and definitions of these sensations provided new keywords for the third order search. Those synonyms which were confirmed in the literature are taken as confirmed third order sensations. Table 5 shows a listing of the second order sensations and the third order keywords derived from relevant synonyms and definitions thereof.

Table 5: Third order sensations/themes from second order sensations/themes

| <u>Second Order sensations/themes</u> | <u>Third order sensations/themes derived from synonyms of second order sensations</u> |
|--|--|
| Biting | Anger, rage, fury |
| Constricted | Trapped, imprisoned, caught |

4.3.3.1 Anger/Rage

Haliaeetus leucocephalus

MIND - ANGER, irascibility

HEAD - PAIN - sides - anger, from

GENERALITIES - ANGER, ailments from

MIND - RAGE, fury

Corvus corax principalis

MIND - ANGER, irascibility

MIND - DREAMS - anger, angry

MIND - SHRIEKING, screaming, shouting - anger, during

GENERALITIES - ANGER, ailments from

SLEEP - SLEEPLESSNESS - general - anger, after

MIND - RAGE, fury

MIND - RAGE, fury - cursing, with

MIND - RAGE, fury - shrieking, with

Falco peregrines

MIND - ANGER, irascibility

MIND - RESTLESSNESS, nervousness - anger, from

HEART & CIRCULATION - PALPITATION heart - anger, from

SLEEP - SLEEPLESSNESS - general - anger, after

GENERALITIES - ANGER, ailments from

GENERALITIES - ANGER, ailments from – suppressed

MIND - INDIGNATION - rage, with

MIND - RAGE, fury

MIND - RAGE, fury - biting, with

GENERALITIES - RAGE, fury, ailments from

Buteo jamaicensis

MIND - ANGER

MIND - PHENOMENA - ANGER, irascibility

MIND - ANGER - kill; with impulse to

Cathartes aura

No evidence for this theme in the available literature

4.3.3.2 Trapped/Imprisoned

Haliaeetus leucocephalus

MIND - DELUSIONS, imaginations - trapped, he is

MIND - DREAMS - prisoner - being taken a

MIND - DELUSIONS, imaginations - prisoner, she is a

Corvus corax principalis

MIND - DREAMS - prisoner - being taken a

Falco peregrinus

MIND - DELUSIONS, imaginations - trapped, he is

MIND - DREAMS - trapped, being

MIND - DELUSIONS, imaginations - prisoner, she is a

Buteo jamaicensis

No evidence for this theme in the available literature

Cathartes aura

No evidence for this theme in the available literature

4.4 Summary of Data Analysis

4.4.1 Sensations

The extraction produced several marked sensations and themes that appear in most or all of the selected remedies. Sensations and themes were found in at least three of the selected remedies. Below is a table illustrating the types of sensations obtained via the extraction:

Table 6: Types of sensations obtained through the extraction process

| Enlargement/ expansion | Floating | Separated | Constriction | Dryness | Joy | Emptiness | Ang er |
|-----------------------------------|-----------------|------------------|------------------------|----------------|--------------|------------------|-------------------|
| Swelling | Flying | Cutting | Cramp | | Cheerfulness | Vacancy | Rage |
| Throbbing | lightness | Divided | Spasm | | Euphoria | Hollow | |
| Pulsating | | Isolate | Contraction | | Excitement | | |
| Expansion | | Anxiety | Obstruction | | Elation | | |
| Enlargement | | Detached | Restricted | | Exhilaration | | |
| Eruptions | | Fragmented | Trapped/ Imprisoned | | Mirth | | |
| | | Biting | | | Carefree | | |
| | | | | | Blissful | | |
| | | | | | Ecstasy | | |

Several of these sensations can be linked by a vital sensation to describe a central sensation of separation or detachment, in a mental and physical sense, with passive sensations of expansion, floating, enlargement and anger, and active reactions of constriction, imprisonment and anxiety, as well as compensatory reactions of elation and euphoria. A few sensations could not be linked to a process, but were found to

be valid sensations or themes in the remedies of the Class Aves as they were evident in three or more of the selected remedies.

Table 7: Proposed sensations/themes and reactions of the homoeopathic remedies belonging to the Class Aves

| Sensation | Passive Reaction | Active Reaction | Compensation |
|---|---|---|--|
| Separation <i>(Divided</i> <i>Separated</i> <i>Detached</i> <i>Cutting)</i> | Trapped/Imprisoned Emptiness Floating/lightness Expansion Enlargement Swelling | Constriction Anxiety Cramping Anger/Rage Eruption | Elation Euphoria Flying (Freedom) |
| Dryness | | | |

4.4.2 Themes

1. Feeling of separation or detachment. This is seen in the mental and physical spheres both as generalised feeling of detachment and as a feeling of parts of the body being separate, divided or detached.
2. Floating, lightness and flying.

3. Cramping, constriction and restriction extending to a feeling of being restricted trapped or imprisoned
4. Swelling and enlargement of parts.
5. Joy and Elation, felt in varying degrees, often to a point of drug like euphoria.
6. Anger and rage, with a desire to lash out.
7. Eruptions over the whole body.
8. Emptiness/Vacancy
9. Dryness
10. Desire for and/or sensation of biting
11. Increased appetite
12. Anxiety

4.5 Comparison with Shore's and Fraser's homoeopathic bird themes

There are many similarities in comparison with the themes proposed by Shore (2004) and Fraser (2009). Most marked consistent themes between these two authors are freedom, issues of disorientation and awkwardness, spiritual awareness, clairvoyance or intuition, a sense of empathy and community and restlessness. Physically both authors describe increased appetite. The proposed themes of both Fraser (2009) and Shore (2004) are summarised in table 8:

Table 8: Homoeopathic Bird themes according to Shore (2004) and Fraser (2009)

| Shore (2004) | Fraser (2009) |
|--------------------------|--------------------------------------|
| Freedom/Restriction | Freedom and travel |
| Spirituality | Spiritual awareness |
| Joy, Elation/ Depression | Sense of impartial detachment |
| Awkwardness/clumsiness | Disorientation in time and space |
| Nervous complaints | Sensation as if drugged |
| Restlessness | Nervous Restlessness/ Irritability |
| Vulnerability/Protective | Empathy |
| Anger/Violence | Perfectionism |
| Communication | Relationship to group or society |
| Clairvoyance | Intuition/Natural knowing |
| Vision/Affinity for Eyes | Stabbing/stitching/lancinating pains |
| Increased appetite | Disturbance of appetite |
| Dysmenorrhoea | Stiffness, tension and cramping |
| | Desire for open air |
| | Warm blooded |

Themes that can be confirmed by this study include joy/elation. Sensations as if drugged, cramping, anger and a sense of detachment were also confirmed. Some new themes that have come to light through this study include *emptiness* and *vacancy*, *biting*, *Eruptions* and a more widespread sensation of *separation* and *cutting* than previously explored. A very marked tendency for swelling and expansion of parts as well as a mental sense of expansion was a notable theme throughout the

study. Although the sensation of detachment and separation have been mentioned by other authors this study showed these sensations as part of a process, tying several bird sensations together as active/passive reactions and compensations. This process, which was brought to light in this study, is described fully in section 4.4.1 and discussed in chapter five.

4.6 Miasmatic Classification

The five selected remedies were classified into specific miasms based on Sankarans miasmatic model (Sankaran, 2005). This was determined by searching through the materia medica for miasmatic keywords as described in Sankarans *Schema* (2005). The remedy was categorised as a particular miasm if the materia medica showed a clear predominance of the themes associated with that miasm. The miasmatic keywords used in the search to determine the miasms are listed in Appendix F. There was a marked predominance of Tuberculinic themes in the bird remedies, and this is a common miasm among the selected remedies. Evidence from materia medica is from Radar 10 (Archibel, 2005) unless otherwise stated.

4.6.1 Haliaeetus leucocephalus



Figure 1: Yan, Xin. 2007. *Bald Eagle with Pink Salmon*. Pencil on paper.

Tuberculinic miasm seems to predominate in this remedy

Although aspects of the remedy do show syphilitic tendencies, the predominant miasm, according to the search based on the Sankaran (2002) miasmatic model, is Tuberculinic. However the Syphilitic nature of this is incorporated into the Tuberculinic miasm as this miasm includes aspects of the Syphilitic and Sycotic miasms according to Sankaran (2005).

MIND - DELUSIONS, imaginations - **trapped**, he is

MIND - DELUSIONS, imaginations - **prisoner**, she is a (

CHEST - **OPPRESSION** - respiration - agg.

Rubrics and proving data from Shore (2004):

“Dreams of animals **free**, not caged”

“So rise above. To fly away. To rise high above your fears. Be **free of the obligations of the world.**”

“I am **dominated by world**, better when I am high above and not being pushed.”

4.6.2 Corvus corax principalis



Figure 2: Bateman, Robert. 2004. *Raven on Fir Branch*. Mixed media on water colour paper.

The Syphilitic miasm seems to be dominant in this remedy:

MIND - DREAMS - countryside, nature - **destruction** of

MIND - DREAMS - **destruction**, of

MIND - DREAMS – **killing**

MIND - DREAMS – **suicide**

MIND - **SUICIDAL** disposition

MIND - **DESPAIR**

From the original proving by Greg Bedayn, as reproduced in Shore (2004):

“In the dream I began to scream that was going to **kill myself** and she would be sorry.”

“**Suicidal** feelings during the day”

In a dream she felt that **she had totally blown it. No way out.** Stuck in that state.

“On waking I felt a sense of impotent **anger and despair** about the savagery and utter stupidity of humans, and a fear for the life of the planet. A kind of **hopelessness** I sometimes feel in my waking life. How can we do these things when there is so much life and beauty which gets **destroyed.**”

From a case published in Homoeopathic Links (Deacon, 2009):

“**Deep dark depression** related to all her encounters with **death**”

“She felt she was **dying**. She had visions of assassins **stabbing** her in the back and of her being **crucified.**”

4.6.3 Falco peregrinus



Figure 3: Tang, Charles. 2007. *Peregrine falcon*. Pencil on paper.

The Syphilitic miasm seems to predominate, as is evident in these excerpts from the original proving by Misha Norland (Norland, 1999):

A feeling of **isolation** and coldness inside. Shutting down to the outside world, separation from my partner. 15G 015 XX.XX NS

Lots of mouth **ulcers**, on tongue and inside bottom lip. 02P 045 XX.XX NS

Mouth **ulcers** top left, and bottom right coming on. Dragging me down. Sharp pain, better cold, better clean mouth, worse chocolate, sweet. 06P 002 XX.XX RS

Couldn't see any paths, any future, where I was going. Felt like I was standing alone in a desert and there was nothing as far as the eye could see, in all directions around me. It felt like there had been paths but sand had blown over them all, so all I could do was just stand there with a feeling of **emptiness**. Like a sort of empty **despair**.

This summed up how I felt overall. 24G 000 XX.XX NS

I don't know what is going on. Moments of peace, calm, and periods of feeling totally content and strong in myself. Then a judder and a jolt, a complete wave of **despair** and vulnerability. 15G 019 XX.XX NS

We don't respect our environment, we are **destroying** the planet, we have no respect for each other. P

Feel almost **suicidal**, don't want to wake up and try again tomorrow. 02P 005 XX.XX NS

Almost lost it the other night, **suicidal** Have never really felt suicidal before this proving. 02P 007 XX.XX NS

Deep despair, I cried and cried and felt so lonely. 02P 019 XX.XX NS

Yesterday I wanted to **commit suicide** by opening a vein in my arm, and I seriously considered the practicalities of doing this. 15G 019 XX.XX NS

4.6.4 Buteo jamaicensis



Figure 4: *On the wing*. 2003-2009. Robert Cairone. Pencil on paper.

Tuberculinic miasm appears to be dominant as evident in the following:

MIND - PHENOMENA - DREAMS – **freedom**

DREAMS - **FREEDOM** - **desire for**

MIND - PHENOMENA - **DEFIANT**

MIND - PHENOMENA - **TRAVEL, desire to**

Proving data and excerpts from Shore (2004):

They have a great desire for **freedom and being carefree**.

They are unable to be carefree because they feel a strong sense of responsibility.

“The yearning for **freedom** was very strong”

“I am in conflict between my own need for freedom and **the restriction of my freedom** through the attachment to humans”

From a case published in Homoeopathic Links by Helmond (2009):

“**I want to feel free.** I will not look into my agenda for any upcoming events further than one week, at the most! Otherwise I feel crowded out”

“I want to be **free** and have fun. I want to do my own things, things for myself. And **not have to feel guilty and responsible all the time**”

4.6.5 Cathartes aura



Figure 5: Fifield, Virginia. 2008. *Black Vulture*. Charcoal on paper.

Leprosy Miasm seems to predominate:

MIND - **REPROACHES** - himself

MIND - PHENOMENA - **FORSAKEN** feeling

MIND - PHENOMENA – **BITING**

From Shore (2004):

“**Disgusting**, disturbing dream that lingered for several days; **anger and disgust**; two friends she knew were boyfriend and girlfriend; on her birthday he **violated** her and forced her to perform sexual acts in front of two or three other people”

From a case published in Homoeopathic Links (Shepard, 2009):

I saw that not only was the man **treated as invisible**, but that he was used, even **abused** by others who gained their own advancement as a result of his tireless and **unacknowledged** labours.

CHAPTER 5 – ANALYSIS OF THE REMEDIES OF THE CLASS AVES

5.1 Animal Kingdom characteristics of the Class Aves

Animal remedies have certain key characteristics and themes in common, according to Sankaran (2004). The bird remedies selected in this study showed many of these characteristics, which was evident in the proving data as well as in other well documented sources of materia medica. The following selected data demonstrates the presence of certain animal characteristics in each of the bird remedies. (Unless otherwise stated the data is taken from complete repertory from Radar 10 (Archibel, 2005) :

1) Aggression and anger

Haliaeetus leucocephalus:

MIND - RAGE, fury

MIND - CRUELTY, brutality, inhumanity

MIND - KILL, desire to

MIND - IRRITABILITY - easily

Corvus corax principalis:

MIND - ANGER, irascibility (Complete Repertory)

MIND - DREAMS - anger, angry - family, towards

Falco peregrinus:

MIND - CRUELTY, brutality, inhumanity

The following are proving symptoms from the original proving of Falcon by Misha Norland (Norland, 1999)

“I'm not going to play the victim - I'm going to stand up to these people 06P 000 XX.XX NS”

“I feel aggressive, angry and agitated. 04P 000 XX.XX NS”

“A boy jumped me from behind. I managed not to kick him. Threw him on the ground. My reaction surprised me. 06P 014 XX.XX NS”

“My son pushed me down to the ground. I reacted so indignantly and angrily over something so small and playful. 02P 058 XX.XX NS”

“I have responded with irritation and anger when I have felt that my boundaries have been under threat, or when challenged. This has occurred too when I have felt that others have been ripped off or taken advantage of. 15G 019 XX.XX AS “

Buteo jamaicensis:

MIND - PHENOMENA - ANGER, irascibility

MIND - ANGER - kill; with impulse to

Cathartes aura:

MIND - IRRITABILITY

2) Typical animal dreams

These include dreams of competition and survival, attack and pursuit, of being neglected, of animals and of sexuality (Sankaran, 2004: 309).

Haliaeetus leucocephalus:

MIND - DREAMS - animals, of

MIND - DREAMS - animals, of - attacking him

MIND - DREAMS - prisoner - being taken a

MIND - DREAMS - rape

MIND - DREAMS - amorous

Corvus corax principalis:

MIND - DREAMS - anger, angry - family, towards

MIND - DREAMS - animals, of - dogs - bitten, by, of being

MIND - DREAMS - beaten, being

MIND - DREAMS - danger - escaping from a

Falco peregrinus:

MIND - DREAMS - abused - being

MIND - DREAMS - animals, of

MIND - DREAMS - accusations - crime, wrongful

MIND - DREAMS – amorous

MIND - DREAMS – jealousy

MIND - DREAMS - pursued, of being

The following are proving symptoms from the original proving of Falcon by Misha Norland (Norland, 1999)

“Dreamt last night- which was of a sexual nature, the major themes were of helplessness, powerlessness even though I was the more powerful entity, of shame, of self disgust, of others being disgusted with me, of feeling forsaken, of no one else caring. Also a sort of moral tension was present - I felt I had to partake in the sexual act and part of me felt I really didn't want to. This part of me felt bullied and disempowered. 02P 002”

Buteo jamaicensis:

MIND - PHENOMENA - DREAMS - animals, of

MIND - PHENOMENA - DREAMS - attacked, of being

MIND - PHENOMENA - DREAMS - helpless, feeling

Cathartes aura:

MIND - DREAMS - animals, of

MIND - DREAMS - animals, of - biting him

MIND - DREAMS - hiding from danger, of

3) Feeling victimised by complaints

Haliaeetus leucocephalus:

MIND - HELPLESSNESS, feeling of

MIND - PHENOMENA - EXPLOITED sensation

MIND - PHENOMENA - DREAMS - attacked, of being

[This was not prominent in the other bird remedies]

4) Competition/Jealousy

Haliaeetus leucocephalus:

MIND - JEALOUSY

[This was not common in the bird remedies]

5) Sexual themes

Haliaeetus leucocephalus:

MIND - DREAMS - amorous

MALE - SEXUAL - desire – diminished

Corvus corax principalis:

MIND - DREAMS – amorous

FEMALE - SEXUAL - desire – increased

Falco peregrinus:

MIND - DREAMS - amorous

MIND - DREAMS - humiliation – sexual

MALE - SEXUAL - desire – diminished

FEMALE - COITION - aversion to

FEMALE - SEXUAL - desire – increased

GENERALITIES - SEXUAL - excitement agg.

6) Restlessness and nervousness

Haliaeetus leucocephalus:

MIND - EXCITEMENT, excitable - nervous

MIND - HURRY, haste

MIND - RESTLESSNESS, nervousness

MIND - EXCITEMENT, excitable - coffee, as after

Corvus corax principalis:

MIND - RESTLESSNESS, nervousness

MIND - RESTLESSNESS, nervousness - move - must constantly

MIND - RESTLESSNESS, nervousness - pacing back and forward

MIND - EXCITEMENT, excitable - nervous

Falco peregrinus:

MIND - RESTLESSNESS, nervousness

MIND - RESTLESSNESS, nervousness – anger

SLEEP - RESTLESS

Buteo jamaicensis:

MIND - PHENOMENA - RESTLESSNESS, nervousness

Cathartes aura:

MIND - RESTLESSNESS, nervousness - night

5.2 Pathological tendencies in remedies from the Class Aves

During the search of the materia medica and repertory of the selected remedies several pathological tendencies were noted. These are listed here, with some evidence of these affinities from the repertory:

1) Eruptions of the skin

Haliaeetus leucocephalus:

Face, mouth, throat, back, extremities, skin, generals

Corvus corax principalis:

SKIN – ERUPTIONS

Falco peregrinus:

Face, external throat, female, chest, extremities-upper limbs, skin

Cathartes aura:

Face, eyes, chest, back, extremities. Fingers, Skin

2) Affectations of the Eyes and Vision

Haliaeetus leucocephalus:

EYES: Discharges, dryness, itching redness, weakness, twitching, sensitive, pain,
lachrymation

VISION: Acute, blurred. Colours, myopia

Corvus corax principalis:

EYES: Pain, agglutination, dryness, heaviness, itching, swelling, sticky

VISION: Blurred, Colours, Spots, Headache before

Falco peregrinus:

EYES: Heaviness, pain, photophobia, twitching

VISION: Blurred, Foggy, Flashes, Circles, Bright, Acute

Buteo jamaicensis:

EYES: Agglutinated, itching, heaviness, pain,

VISION: Acute, dim

Cathartes aura:

EYES: Discharges, discolouration, heaviness, pain

VISION: Acute

3) Complaints relating to the throat

Haliaeetus leucocephalus:

INTERNAL THROAT: Dryness, inflammation, irritation, itching, pain, scratching,
tension

EXTERNAL THROAT: Eruptions, Pain

Corvus corax principalis:

INTERNAL THROAT: Choking, pain, swelling, constricting

Falco peregrinus:

INTERNAL THROAT: Catarrh, discolouration, dryness, foreign body sensation, inflammation, mucous, nausea, swelling, pain

EXTERNAL THROAT: Eruptions, swelling

Buteo jamaicensis

INTERNAL THROAT: Inflammation, pain

Cathartes aura:

INTERNAL THROAT: Inflammation, pain, suppuration, swelling

EXTERNAL THROAT: Pain, Swelling (lymphatic)

4) Complaints of the neck and back

Haliaeetus leucocephalus:

BACK: Coldness, contractions, eruptions, cracking, eruptions, pain, perspiration, cramping, stiffness, tension, weakness

Corvus corax principalis:

BACK: Pain, sensitive, stiffness

Falco peregrinus:

BACK: Heaviness, itching, pain, stiffness, tension

Buteo jamaicensis

BACK: Pain

Cathartes aura:

BACK: Convulsions, eruptions, pain, cramping

5) Cramping and spasm most notably uterine cramping

Haliaeetus leucocephalus:

CRAMPING: abdomen, female, extremities, chest, back, generalities

FEMALE: FEMALE - PAIN - cramping - uterus

FEMALE - PAIN - cramping - menses - during

Corvus corax principalis:

CRAMPING: Female, extremities, generalities

FEMALE: FEMALE - CONTRACTION - general

FEMALE - CONTRACTION - general - uterus

Falco peregrinus:

CRAMPING: Abdomen, chest, extremities, generalities

FEMALE: Not applicable

Buteo jamaicensis

CRAMPING: Female, extremities

FEMALE: FEMALE - PHENOMENA - PAIN - cramping

FEMALE - PHENOMENA - PAIN - cramping - menses - during

Cathartes aura:

CRAMPING: Abdomen, female, back, generalities

FEMALE: FEMALE - PAIN - cramping

FEMALE - PAIN - cramping - uterus - menses - during

5.3 Mental and emotional characteristics of remedies of the Class Aves

Detachment: The theme of detachment or separation is present on every level in the bird remedies. On the physical level there is a sensation of cutting or separating. There is also a prevalent delusion of parts being separated, such as head separated from body or hand separated. In the mental and emotional sphere there is a marked sense of detachment from others, in some cases to the point of feelings of isolation and separation from the world. In light of this it is not surprising that many bird remedies show clairvoyance and spirituality, as this is in keeping with the theme of that separation from the world/group. This appears to be a vital sensation in the birds as many of the other themes and sensations seem to occur as reaction or compensation for this central theme of separation.

Euphoria: There is a sense of elation and joy present in the bird remedies; it seems to stem from a sensation of lightness and freedom. In some instances there is elation

to a drug like intensity. On the other hand the opposite quality is also present; most bird remedies contain rubrics of despair and deep sadness.

Feeling of floating/lightness/flying: These sensations are also a very strong feature of all the remedies in the study. The sensation or desire for flight and lightness was mostly associated with positive feelings of joy and elation. A desire for freedom or feeling of freedom is associated with these sensations.

Oppression and restriction: There is a sense of imprisonment or restriction present on a mental level, with many dreams and delusions of being imprisoned or trapped. There is a strong theme of conflict between feelings of restriction and obligation and a desire for freedom.

Irritability and anger: This is a common theme which can range in intensity from irritability to rage and mania. This is also a strongly animal characteristic.

Dreams and delusions: There are a large number of delusions in the bird remedies, in comparison with the drug remedies. Many delusions and imaginations deal with perception of themselves or parts of themselves as separated or detached. Similarly there are many delusions of body parts being enlarged. Paranoid delusions and dreams are also common, extending to dreams and delusions of pursuit, of being threatened, or in danger and being trapped or caught. These themes of pursuit are also common to many animal remedies. The paranoia is also reminiscent of drug remedies. There is also a strong theme of dreams of animals which is typical of animal remedies. Dreams of water and nature are common and may be linked to the natural habitat of birds.

5.4 Proposed vital sensations and reactions according to Sankaran

Some sensations can be expressed directly as well as in the form of a reaction to that sensation, which can either be passive, active or compensatory (Sankaran, 2004:141). Several of the most common extracted sensations appeared to be linked and can be described as a process. In the case of the Class Aves, there is a very distinct and widespread sensation of *separation* on mental, physical and general levels (also expressed as *detached*, *cutting*, and *divided*). This is the direct expression.

The passive reaction to the sensation of separation appears to be a sensation of *expansion* or *swelling* (usually of a part), *floating* and *lightness* as well as feelings of *imprisonment*. These sensations are consistent with a feeling of separation, they describe a state in which a part is separated from the whole person (swelling, enlargement) or the whole person is separated from the group or the world (imprisoned/trapped, lightness, floating).

The active reaction can be described by the sensations of *constriction* and *cramping* which are also very pronounced in the class Aves on all levels. The actions of constriction or cramping are in opposition to the sensation of separation, they describe a “pulling together” a feeling of a constricting toward the whole person or the whole being pulled in toward itself.

The compensatory reaction is described by the sensations of *elation* and *euphoria*, in the drug-like state of bliss that is seen in these remedies. In these cases there is still

a sense of separation, but this becomes an acceptable state as there is a sense of bliss and joy associated with it, much like the feelings in a drug remedy.

In the remedy *Buteo jamaicensis*, the following rubric appears in complete repertory: **“MIND - PHENOMENA - DELUSIONS, imaginations - connected - wholeness in the midst of separation and diversity, finding”**. This describes the core of this process; it describes the sensation of separation and diversity as well as the reactive striving for a feeling of wholeness and the compensatory sensation of achieving satisfaction and happiness in the midst of the feelings of separation.

5.5 Clinical Applications

The remedies from the Class Aves had an affinity for the following clinical conditions:

- Dysmenorrhoea
- Acne and dermatitis
- Conditions affecting the eye: Conjunctivitis, Eye strain
- Disorders of vision: Blurred vision, distorted vision
- Mental disorders: Anxiety, depression, delusions, mania, psychosis, schizophrenia, drug abuse
- Headaches and migraines
- Conditions affecting the back and spine: Myalgia, spondylosis

CHAPTER 6 - CONCLUSION AND RECCOMENDATIONS

In light of the poor representation of bird remedies in the materia medica and repertory at present, this study was intended to extract and clarify a clear pattern of common sensations and characteristics common to the Class Aves. With such information available, the bird remedies, and the bird group as a whole, can be better utilised and understood. Extraction of the data was done through the computer software from Radar 10 and Encyclopaedia Homoeopathica (Archibel, 2005), as well as utilising the resources of original proving data to make manual keyword searches to augment the scanty information available in the software. The analysis was conducted according to the methods described by Sankaran (2002).

6.1 Group Analysis approach to Homoeopathy

According to the researcher the group analysis method is a valid and valuable method of exploring and grouping materia medica of remedies from biological groupings. This is a new approach to homoeopathy, one which has been under much scrutiny in the homoeopathic community. Methodology which is new to homoeopathic methods and not the traditional approach is not necessarily invalid, as has been suggested recently (Winston, 2004). The researcher believes this study, and other research studies along these lines contribute to the validation of this methodology as the results are consistent with Sankaran's theory on group analysis (Sankaran, 2005).

The group analysis approach has been very successful when applied to plant remedies. This methodology is based on identifying key sensations which are common in the remedies found in that biological group. When applied to animal groups some success has also been achieved; however the nature of animal remedies does not lend itself as easily to analysis with the approach of searching for key sensations since animal remedies often have several identifiable sensations which are present in a biological group. Thus the method, when applied to animal groups, may be more applicable and suitable if modified to better incorporate the patterns associated with the animal kingdom (Weston, 2009).

When applied to a group of remedies such as Class Aves, which are recently proved and still very poorly represented in the materia medica and repertory, the application of the group analysis method becomes more challenging. In order to successfully apply the correct methodology more data needs to be accessible and available in the widely used databases. Without having sufficient information available it is not possible to utilise the relevant remedies effectively, and thus the patient and the homoeopath are disadvantaged. Based on this study the group analysis approach appears to be valid, even under the circumstances of having less than ideal amount of raw data available. However the accuracy of the assessment would have been enhanced had more data been readily available.

6.2 Recommendations for further research

In order to conduct further research regarding the Class Aves further development in establishing reliable proving data is essential. Many bird remedies need to be proved and many more could be proved again using standardised methods.

Proving data also needs to be added to the existing software and data bases to enable homoeopaths and students to familiarise themselves with the remedies and conduct any further study.

The bird group holds a number of unexplored areas for research. Group analysis of this nature could be performed on sub groups of the Class Aves, to explore themes within sub groups. A group analysis on domestic birds or water birds for example, would be a valuable source of information.

This study supports comparisons of bird characteristics to characteristics of drug remedies; thus a comparative research project concerning these two groups would be very interesting and valuable.

The group analysis method itself could be applied to many more groups, particularly animal groups. In order to perfect the method, an understanding of the difference between the manner in which the plant and animal kingdom groups present while using this method needs to be achieved. Further research on adaptations to the method which would better suit the characteristics of animal remedies would be interesting and informative.

6.3 Final Thoughts

The bird group has been a fascinating and enlightening group to explore. The characteristics of the class Aves are in many ways what one might expect from our mythological knowledge of them. Among others, the themes of freedom, lightness of heart and joy which humans have historically associated with birds, are confirmed by this study, and in some respects it appears to the researcher to confirm that as humans we instinctively know many things about nature. Thanks to modern technology we can now confirm with data and further explore the things that once we could only imagine.

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Appendix A
Bird Taxonomy According to Marris and Wichmann (2009)

Class: Aves

Subclass: Palaeognathae

Order: Struthioniformes

Tinamiformes

Subclass: Neognathae

Order: Anseriformes

Galliformes

Gruiformes

Charadriiformes

Pelecaniformes

Phoenicopteriformes

Procellariiformes

Sphenisciformes

Apodiformes

Ciconiiformes

Falconiformes

Strigiformes

Columbiformes

Psittaciformes

Cuculiformes

Piciformes

Passeriformes

Trogoniformes

Gaviiformes

Appendix B
Complete Repertory Rubrics containing two or more bird remedies with 50 or fewer remedies

| | | | | | | | |
|------|---|---|---|---|---|---|----|
| 10. | MIND - ACTIVITY - desire for | 1 | 0 | 1 | 0 | 0 | 39 |
| 41. | MIND - ANXIETY - others, for | 0 | 1 | 1 | 0 | 0 | 37 |
| 55. | MIND - CAREFREE | 1 | 0 | 1 | 0 | 0 | 12 |
| 65. | MIND - CLAIRVOYANCE | 1 | 1 | 1 | 0 | 0 | 43 |
| 81. | MIND - CONFIDENCE - self, in | 0 | 0 | 1 | 0 | 1 | 18 |
| 97. | MIND - COUNTRY, desire for, to go into the - mountains | 1 | 0 | 1 | 0 | 0 | 2 |
| 99. | MIND - CRUELTY, brutality, inhumanity | 1 | 0 | 1 | 0 | 0 | 42 |
| 100. | MIND - CRUELTY, brutality, inhumanity - general | 1 | 0 | 1 | 0 | 0 | 40 |
| 121. | MIND - DELUSIONS, imaginations - body, body parts - hand, hands - separated from body | 0 | 1 | 1 | 0 | 0 | 5 |
| 123. | MIND - DELUSIONS, imaginations - body, body parts - head - separated from body, is | 0 | 1 | 1 | 0 | 0 | 17 |
| 137. | MIND - DELUSIONS, imaginations - animals, of - bugs, of | 0 | 1 | 0 | 0 | 1 | 6 |
| 138. | MIND - DELUSIONS, imaginations - animals, of - cockroaches | 0 | 1 | 0 | 0 | 1 | 5 |
| 145. | MIND - DELUSIONS, imaginations - danger - of | 1 | 1 | 1 | 0 | 0 | 18 |

| | | | | | | | |
|------|---|---|---|---|---|---|----|
| 167. | MIND - DELUSIONS, imagination - light, incorporeal, immaterial, he is | 1 | 0 | 1 | 0 | 0 | 42 |
| 176. | MIND - DELUSIONS, imagination - outside his body | 0 | 1 | 1 | 0 | 0 | 8 |
| 182. | MIND - DELUSIONS, imagination - prisoner, she is a | 1 | 0 | 1 | 0 | 0 | 3 |
| 184. | MIND - DELUSIONS, imagination - queen, she is a | 0 | 1 | 1 | 0 | 0 | 3 |
| 188. | MIND - DELUSIONS, imagination - separated - world, from the, that he is | 1 | 0 | 1 | 0 | 0 | 29 |
| 196. | MIND - DELUSIONS, imagination - time - space, and, lost or confused | 0 | 1 | 1 | 0 | 0 | 11 |
| 198. | MIND - DELUSIONS, imagination - trapped, he is | 1 | 0 | 1 | 0 | 0 | 7 |
| 199. | MIND - DELUSIONS, imagination - ugly, is | 1 | 0 | 1 | 0 | 0 | 6 |
| 210. | MIND - DESPAIR - future, about | 0 | 1 | 1 | 0 | 0 | 6 |
| 215. | MIND - DETACHED | 1 | 0 | 1 | 0 | 0 | 22 |
| 239. | MIND - DREAMS - animals, of - birds, of | 0 | 1 | 1 | 0 | 1 | 16 |
| 243. | MIND - DREAMS - animals, of - dogs | 1 | 1 | 1 | 0 | 1 | 50 |
| 243. | MIND - DREAMS - animals, of - dogs | 1 | 1 | 1 | 0 | 1 | 50 |
| 245. | MIND - DREAMS - animals, of - fishes | 1 | 1 | 1 | 0 | 0 | 18 |
| 279. | MIND - DREAMS - climbing | 0 | 1 | 1 | 0 | 0 | 11 |
| 292. | MIND - DREAMS - cruelty | 0 | 1 | 1 | 0 | 0 | 14 |
| 294. | MIND - DREAMS - cutting | 0 | 1 | 1 | 0 | 0 | 18 |

| | | | | | | | |
|------|--|---|---|---|---|---|----|
| 295. | MIND - DREAMS - cutting - knife, of being cut with a | 0 | 1 | 1 | 0 | 0 | 6 |
| 306. | MIND - DREAMS - dirt, dirty | 0 | 1 | 1 | 0 | 0 | 13 |
| 309. | MIND - DREAMS - disgusting | 0 | 1 | 1 | 0 | 0 | 41 |
| 313. | MIND - DREAMS - eating | 0 | 1 | 1 | 0 | 0 | 12 |
| 325. | MIND - DREAMS - family, own | 1 | 1 | 0 | 0 | 0 | 20 |
| 332. | MIND - DREAMS - flowers | 0 | 1 | 1 | 0 | 0 | 11 |
| 333. | MIND - DREAMS - flying | 1 | 1 | 1 | 0 | 1 | 32 |
| 344. | MIND - DREAMS - hiding from danger, of | 0 | 1 | 0 | 0 | 1 | 11 |
| 345. | MIND - DREAMS - high places | 0 | 1 | 1 | 0 | 1 | 23 |
| 356. | MIND - DREAMS - injuries | 0 | 1 | 1 | 0 | 0 | 22 |
| | | | | | | | |
| 359. | MIND - DREAMS - jealousy | 0 | 1 | 1 | 0 | 0 | 11 |
| 382. | MIND - DREAMS - nakedness, about | 0 | 1 | 1 | 0 | 0 | 14 |
| 401. | MIND - DREAMS - prisoner - being taken a | 1 | 1 | 0 | 0 | 0 | 9 |
| 404. | MIND - DREAMS - rape | 1 | 1 | 1 | 0 | 0 | 17 |
| 432. | MIND - DREAMS - teaching, of | 0 | 1 | 1 | 0 | 0 | 7 |
| 440. | MIND - DREAMS - war | 0 | 1 | 1 | 0 | 0 | 20 |
| 446. | MIND - DREAMS - water - waves | 1 | 1 | 1 | 0 | 0 | 13 |
| 447. | MIND - DREAMS - water - waves - high, of | 1 | 1 | 1 | 0 | 0 | 9 |
| 455. | MIND - DRIVING a car, desires | 1 | 0 | 1 | 0 | 0 | 8 |
| 465. | MIND - EMPTINESS of the mind, sensation of | 1 | 0 | 1 | 0 | 0 | 43 |
| 467. | MIND - ENVIRONMENTAL orientation - increased | 1 | 0 | 1 | 0 | 0 | 5 |
| 472. | MIND - ESCAPE, attempts to - run away, to | 0 | 1 | 1 | 0 | 0 | 22 |
| 513. | MIND - FEAR - | 0 | 1 | 1 | 0 | 0 | 32 |

| | | | | | | | |
|------|---|---|---|---|---|---|----|
| | poisoned - being | | | | | | |
| 530. | MIND - FORSAKEN feeling - friendless, feels | 1 | 0 | 1 | 0 | 0 | 21 |
| 575. | MIND - INJUSTICE, cannot support | 0 | 1 | 1 | 0 | 0 | 35 |
| 582. | MIND - IRRITABILITY - menses - before | 0 | 0 | 1 | 0 | 1 | 45 |
| 605. | MIND - LOVE - nature, for | 0 | 1 | 1 | 0 | 0 | 10 |
| 611. | MIND - MEMORY - weakness, loss of - dates, for | 1 | 0 | 1 | 0 | 0 | 16 |
| 624. | MIND - MISANTHROPY | 1 | 0 | 0 | 0 | 0 | 49 |
| 634. | MIND - OBJECTIVE, reasonable | 3 | 0 | 1 | 0 | 0 | 21 |
| 638. | MIND - PATIENCE | 1 | 0 | 1 | 0 | 1 | 13 |
| 647. | MIND - RAGE, fury - cursing, with | 0 | 1 | 1 | 0 | 0 | 9 |
| 674. | MIND - SENSES - acute - body, of | 1 | 0 | 1 | 0 | 0 | 8 |
| 688. | MIND - SENSUAL | 1 | 0 | 1 | 0 | 0 | 14 |
| 708. | MIND - SUICIDAL disposition - thoughts | 1 | 1 | 1 | 0 | 0 | 45 |
| 719. | MIND - TALK, talking, talks - desires to, to someone | 0 | 1 | 1 | 0 | 0 | 23 |
| 734. | MIND - THOUGHTS - vacancy of | 1 | 0 | 1 | 0 | 0 | 12 |
| 736. | MIND - TIME - loss of conception of | 1 | 1 | 0 | 0 | 0 | 8 |
| 750. | MIND - UNFEELING, hard- hearted | 1 | 0 | 1 | 0 | 0 | 45 |
| 825. | HEAD - PAIN - constant, continued | 1 | 0 | 1 | 0 | 0 | 43 |
| 826. | HEAD - PAIN - dull - forehead - eyes - above | 1 | 0 | 1 | 0 | 0 | 20 |
| 839. | HEAD - PAIN - pulsating, throbbing - temples - left | 1 | 0 | 1 | 0 | 0 | 9 |
| 893. | EYES - TWITCHING - lids | 1 | 0 | 1 | 0 | 0 | 26 |

| | | | | | | | |
|-------|--|---|---|---|---|---|----|
| | - right | | | | | | |
| 918. | VISION - COLORS before the eyes - variegated | 0 | 1 | 1 | 0 | 0 | 23 |
| 965. | NOSE - CONGESTION of blood | 0 | 0 | 1 | 0 | 1 | 24 |
| 966. | NOSE - DISCHARGE - clear | 0 | 0 | 1 | 0 | 1 | 45 |
| 1011. | FACE - ERUPTIONS - painful | 0 | 0 | 1 | 0 | 1 | 47 |
| 1129. | STOMACH - APPETITE - constant | 1 | 1 | 0 | 0 | 0 | 22 |
| 1186. | ABDOMEN - DISTENSION - general - morning | 1 | 0 | 1 | 0 | 0 | 25 |
| 1193. | ABDOMEN - DISTENSION - general - stool - amel. | 1 | 0 | 1 | 0 | 0 | 13 |
| 1401. | CHEST - SENSITIVE - mammae | 0 | 1 | 1 | 0 | 1 | 34 |
| 1478. | BACK - PERSPIRATION - cervical region | 1 | 1 | 0 | 0 | 0 | 38 |
| 1509. | EXTREMITIES - DRYNESS - general - fingers | 0 | 0 | 1 | 0 | 1 | 15 |
| 1510. | EXTREMITIES - DRYNESS - general - lower limbs | 1 | 0 | 1 | 0 | 0 | 24 |
| 1523. | EXTREMITIES - ERUPTIONS - blisters | 1 | 0 | 1 | 0 | 0 | 46 |
| 1532. | EXTREMITIES - ERUPTIONS - painful | 0 | 0 | 1 | 0 | 1 | 33 |
| 1598. | EXTREMITIES - PAIN - upper limbs - fingers - first, thumb - right | 1 | 1 | 0 | 0 | 0 | 17 |
| 1652. | EXTREMITIES - PAIN - cramping - lower limbs - legs | 1 | 1 | 1 | 0 | 0 | 23 |
| 1653. | EXTREMITIES - PAIN - cramping - lower limbs - legs - calves | 1 | 0 | 1 | 0 | 0 | 15 |
| 1772. | SLEEP - | 1 | 0 | 1 | 0 | 0 | 16 |

| | | | | | | | |
|-------|--|---|---|---|---|---|----|
| | SLEEPINESS - waking - on | | | | | | |
| 1772. | SLEEP - SLEEPINESS - waking - on | 1 | 0 | 1 | 0 | 0 | 16 |
| 1780. | SLEEP - WAKING - midnight - after - one am. | 1 | 0 | 0 | 0 | 1 | 32 |
| 1841. | GENERALITIES - BENDING - agg. - forward - head | 1 | 1 | 0 | 0 | 0 | 30 |
| 1898. | GENERALITIES - FOOD and drinks - beer - amel. | 0 | 1 | 1 | 0 | 0 | 15 |
| 1922. | GENERALITIES - FOOD and drinks - pickles - desires | 0 | 1 | 1 | 0 | 0 | 30 |
| 1952. | GENERALITIES - SEPARATED, parts of body feel | 0 | 1 | 1 | 0 | 0 | 57 |
| 1992. | MIRILLI'S THEMES - DISTANCES | 0 | 1 | 1 | 0 | 0 | 50 |
| 2012. | MIRILLI'S THEMES - INTEGRATION | 0 | 1 | 1 | 0 | 1 | 37 |
| 2018. | MIRILLI'S THEMES - MENACED | 0 | 1 | 1 | 0 | 0 | 18 |
| | | | | | | | |

Appendix C
**Synthesis: Rubrics containing remedies with two or more bird remedies with
50 or fewer remedies in total**

| | | Haliaetus | Corvus- corax | Falco-p | Buteo | Cathartes. a | Rubric size |
|------|--|-----------|------------------|---------|-------|-----------------|----------------|
| 9. | MIND - AILMENTS FROM - anger - suppressed | 1 | 0 | 1 | 0 | 0 | 50 |
| 47. | MIND - AWARENESS heightened | 1 | 0 | 2 | 0 | 0 | 32 |
| 49. | MIND - AWARENESS heightened - body; of | 1 | 0 | 1 | 0 | 0 | 14 |
| 54. | MIND - AWKWARD - strikes against things | 1 | 0 | 1 | 0 | 0 | 26 |
| 63. | MIND - CAREFREE | 1 | 0 | 1 | 1 | 0 | 28 |
| 85. | MIND - COMPANY - desire for - children; of | 0 | 0 | 1 | 1 | 0 | 3 |
| 93. | MIND - CONFIDENCE - want of self- confidence - self-depreciation | 1 | 0 | 1 | 0 | 0 | 36 |
| 95. | MIND - CONFIDENT | 0 | 0 | 2 | 2 | 0 | 48 |
| 113. | MIND - COUNTRYSIDE - desire for | 1 | 0 | 1 | 0 | 0 | 13 |
| 114. | MIND - COUNTRYSIDE - desire for - mountains | 1 | 0 | 1 | 0 | 0 | 4 |
| 143. | MIND - DELUSIONS - body - ugly; body looks | 1 | 0 | 1 | 0 | 0 | 21 |
| 169. | MIND - DELUSIONS - flying | 1 | 0 | 1 | 1 | 0 | 34 |
| 196. | MIND - DELUSIONS - light [= low weight] - is light; he (= incorporeal) | 1 | 0 | 1 | 0 | 0 | 50 |
| 212. | MIND - | 1 | 0 | 1 | 0 | 0 | 7 |

| | | | | | | | |
|------|--|---|---|---|---|---|----|
| | DELUSIONS - prisoner; she is a | | | | | | |
| 225. | MIND - DELUSIONS - separated - world; from the - he is separated | 1 | 0 | 1 | 0 | 0 | 47 |
| 235. | MIND - DELUSIONS - trapped; he is | 1 | 0 | 1 | 0 | 0 | 20 |
| 245. | MIND - DELUSIONS - Abdomen - enlarged | 1 | 0 | 1 | 0 | 0 | 3 |
| 270. | MIND - DRIVING - desire for driving | 1 | 0 | 1 | 0 | 0 | 10 |
| 271. | MIND - DRIVING - desire for driving - fast | 1 | 0 | 1 | 0 | 0 | 10 |
| 280. | MIND - ELATED | 1 | 0 | 1 | 0 | 0 | 42 |
| 342. | MIND - FEARLESS | 1 | 0 | 1 | 0 | 0 | 23 |
| 397. | MIND - INSECURITY; mental | 0 | 0 | 1 | 1 | 0 | 47 |
| 423. | MIND - LIBERTINISM | 1 | 0 | 1 | 0 | 0 | 49 |
| 432. | MIND - MEMORY - weakness of memory - dates, for | 1 | 0 | 1 | 0 | 0 | 24 |
| 459. | MIND - NATURE - loves | 0 | 0 | 1 | 1 | 0 | 23 |
| 466. | MIND - ORIENTATION; sense of - increased | 1 | 0 | 1 | 0 | 0 | 5 |
| 467. | MIND - PATIENCE | 1 | 0 | 1 | 0 | 0 | 20 |
| 486. | MIND - SADNESS - morning - waking - on | 1 | 0 | 1 | 0 | 0 | 35 |
| 513. | MIND - SPACED-OUT feeling | 1 | 1 | 1 | 0 | 0 | 37 |
| 523. | MIND - SQUANDERING | 0 | 0 | 1 | 1 | 0 | 33 |
| 545. | MIND - THOUGHTS - | 1 | 0 | 1 | 0 | 0 | 20 |

| | vacancy of | | | | | | |
|-------|---|---|---|---|---|---|----|
| 572. | MIND - WATER - loves | 1 | 0 | 1 | 0 | 0 | 20 |
| 912. | CHEST - PAIN - Mammae - left | 0 | 0 | 1 | 2 | 0 | 41 |
| 957. | BACK - STIFFNESS - Cervical region - morning - waking; on | 1 | 0 | 1 | 0 | 0 | 14 |
| 1001. | EXTREMITIES - PAIN - cramping | 0 | 0 | 1 | 2 | 0 | 38 |
| 1104. | DREAMS - BIRDS | 0 | 0 | 1 | 1 | 0 | 14 |
| 1138. | DREAMS - COLORED | 0 | 0 | 1 | 1 | 0 | 27 |
| 1181. | DREAMS - FAMILY, own | 1 | 0 | 0 | 1 | 0 | 38 |
| 1195. | DREAMS - FLYING | 0 | 0 | 1 | 1 | 0 | 47 |
| 1198. | DREAMS - FOOD | 0 | 1 | 1 | 0 | 0 | 18 |
| 1231. | DREAMS - KNIVES | 0 | 0 | 1 | 1 | 0 | 17 |
| 1277. | DREAMS - RELATIVES | 0 | 0 | 1 | 1 | 0 | 16 |
| 1313. | DREAMS - WAR | 0 | 1 | 1 | 0 | 0 | 35 |
| 1318. | DREAMS - WATCHING - herself from above | 1 | 0 | 0 | 1 | 0 | 2 |

Appendix D definitions of extracted sensations according to Collins (2006)

| | | | | | | | |
|---|--|---|--|-----------------------------|---|---|--|
| Enlarged | Separated | throbbing | emptiness | distension | stiffness | dryness | cramping |
| Make or grow larger | Divide up into parts, sever or be severed | (1) Pulsate repeatedly (2) vibrate rhythmically | Containing nothing, (2) unoccupied (3) without purpose or value | (of part of the body) swell | (1) Not easily bent or moved (2) moving with pain (3) difficult (4) severe (5) unrelaxed or awkward | Lacking moisture | (1) painful muscular contraction (2) confine, restrict |
| floating | Cutting | Congestion | Twitching | Awareness | Elated | flying | lightness |
| Rest on the surface of a liquid, move about, move lightly and freely, aimlessly | (1) Open up, penetrate, wound or divide with a sharp instrument (2) divide | Crowded to excess | Move spasmodically, pull sharply, nervous muscular spasm, sharp pull | Having knowledge, informed | Extremely happy and excited. | (1) move through the air on wings or in an aircraft, (2) float, flutter, display or be displayed in the air | (1) not heavy, weighing relatively little. (2) relatively low in strength, amount, density etc. (3) lacking sufficient weight (4) not clumsy, (5) free from care, cheerful |

Appendix E Synonyms

| Enlarged | Separated | Throbbing | Emptiness | Distension | Stiffness | Dryness | Cramping |
|---|---|---|---|-----------------------------|--|--|--|
| Add to, amplify, broaden, expand, extend, swell , grow, magnify, widen | divide, sever, come apart, come away, detach , disconnect, disjoin, remove, split, sunder, part, break up, disunite, diverge, sunder, part, break up, disunite, diverge, divorce, estrange, part company, split up, unconnected, detached, disconnected, divided, divorced, isolated, unattached | (1) Pulsate , beat, pound, pulse, thump (2) vibrate | Bareness, blankness, desolation, vacancy , vacuum, void, waste | (of part of the body) swell | (1) inflexible, firm, hard, inelastic, rigid, solid, taut, tense, tight, unbending, unyielding, (3) difficult, arduous, ext`racting, hard, tough (4) severe, drastic, extreme, hard, harsh, heavy, strict (5) awkward, clumsy, constrained, forced, formal, graceless, inelegant, jerky, stilted, ungainly, ungraceful, unnatural, unrelaxed | Dehydrated, arid, barren, desiccated, dried up, parched, thirsty | (1) Spasm, ache, contraction, convulsion, pain , pang, stitch, twinge (2) restrict, constrain, hamper, handicap, hinder, impede, inhibit, obstruct |

| floating | Cutting | Congestion | Twitching | Awareness | Elated | Flying | Lightness |
|--|--|-----------------------------|---|--|---|--|---|
| Be buoyant, bob, sail, glide, hang, hover, move gently, slide, slip along, drift | (1) Penetrate, chop, pierce, score, sever, slash, slice, split | Overcrowding, crowding, jam | Jerk, flutter, jump, squirm, pull, pluck, tug, yank, spasm, tic | Knowledge, consciousness, familiarity, perception, realisation, recognition, understanding | Joyful, cock-a-hoop, delighted, ecstatic, euphoric, exhilarated, gleeful, jubilant, enjoyed | (1) to take wing, flit, flutter, hover, sail, soar, wing (2) display, flap, float , flutter, show, wave | Insubstantial, airy, buoyant, flimsy, portable, slight (2) weak, faint, gentle, indistinct, mild, moderate, slight, soft (4) nimble, agile, graceful, lithe, sprightly, sylphlike |

Appendix F: Miasm keywords according to Sankaran's (2005:7) miasmatic model:

| Acute | Typhoid | Malaria | Ringworm | Sycotic | Cancer | Tubercular | Leprosy | Syphilis |
|----------------------|----------------------|---|-----------------------------------|----------------|----------------------|-------------------|----------------|-----------------|
| Acute | Sub-acute | Paroxysmal | Trying | Fixed | Control | Hectic | Isolation | Destruction |
| Sudden | Crisis | Periodicity | Giving Up | Fixed | Self control | Trapped | Mutilation | Homicide |
| Violent | Intense | Stuck | Irritation | weakness | Perfection | Closed in | Disgust | Suicide |
| Panic | Sinking | Persecution | Discomfort | Guilt | Fastidious | Suffocation | Dirty | Total |
| Danger | Recover | Unfortunate | Accepting alternating with trying | Hide | Chaos | Intense activity | Intense | Impossible |
| Reflex action | Intense short effort | Alternation between excitement and acceptance | Accepting alternating with effort | Secretive | Order | Change | oppression | Despair |
| Escape | Emergency | | | Avoidance | Superhuman | Freedom | Despair | Devastation |
| Helpless | | | | Accepting | Beyond ones capacity | Defiant | Bites himself | Psychosis |
| Terror | Impatience | Hindered | | Giving-up | | Oppression | Outcast | Ulcers |
| Fright | Collapse | Obstructed | Herpetic | Warts | Great expectation | Desire to change | Loathing | |
| Instinctive reaction | Demanding | Unfortunate | Acne | Tumors | | Tuberculosis | Sadism | |
| Insanity | Critical | Harassed | Ringworm | Gonorrhea | | | Intense | |
| | Typhoid | Intermittent | | | | | hopelessness | |
| | | | | | | | Hunted | |