

A PROVING OF CADMIUM METALLICUM (1998)

Patricia A Hatherly BA DipEd IBCLC BHSc (Hom)

Final year students undertaking a degree in Health Science (Homoeopathy) at the Australian College of Natural Medicine, Brisbane are required to participate in a proving in order to fulfil course requirements. These provings follow the principles laid down by Hahnemann in paragraphs 105-145 of the *Organon of Medicine*, and those guidelines suggested by J Sherr in *The Dynamics and Methodology of Homoeopathic Provings* and the March 1997 draft of the ICCH recommended guidelines for good provings.

The remedy for this inaugural proving was selected by the course co-ordinator Dr. Mita Parmar and distributed blind on 21/8/1988 (the eve of a new moon and solar eclipse) in the 7C, 8C and 30C potencies to the five students who acted as supervisors to five anonymous volunteers who were in good health and had not taken any remedy in the three months prior to the proving. A base-line case was taken by each supervisor, and each volunteer was instructed to take the remedy away from food and drink in the morning and evening of three consecutive days (ie maximum of 6 doses) or, until symptoms began to arise. Supervisors were required to maintain daily contact initially with the subjects until it was agreed-upon by both parties that two or three contacts a week would suffice. As Master Prover I was available at all times for the supervisors should they need any assistance, and met with the students weekly throughout the proving which lasted 8 weeks.

Murphy notes that the first proving was conducted by Burdach in 1827 with a half grain and later by Petroz.(1) Stephenson also notes that several small provings of *Cadmium Metallicum* have been conducted.(2) Skinner used the 10M and 50M potencies on 4 female provers; noted by McFarland in 1930. Templeton (1949) used the 2C potency with 9 provers; and, in the same year Pahud conducted a proving with 16 provers. Gutman in 1951 produced results using 2C, 3C, 6C and 12C potencies on 38 provers; and, in 1957 Gringuaz conducted a small proving with 2 provers.

Apparently both Dioscorides and Pliny described “Cadmia” in ancient times. However, it was simultaneously identified (and assumed its place in the periodic table) by Hermann and Stromeyer in 1817. Like most heavy metals, Cadmium may be beneficial in minute amounts. However, as an environmental pollutant it may be extremely toxic. Trocas (3) lists the most commonly found environmental sources of cadmium:

- *cigarette smoke (active or passive)
- *contaminated foods (with a low Zn/Cd ratio) [NB: shellfish & animal livers]
- *fertilisers
- *recycled manure used in animal feed
- *burning of petrochemicals, plastics, tyres
- *coal burning
- *zinc ore smelters/cadmium plating/a by-product of zinc refining
- *water/drains & pipes where cadmium was used for the galvanising process
- *pigment in paint [especially enamel]
- *stabiliser for PVC pipes
- *battery manufacture
- *automatic soft drink dispensers (where acid syrup stands overnight in contact with tubes & valves, or containers are cadmium plated).

For a comprehensive summary of the metal's occurrence in nature, its' physical constants, toxicology, pharmacology and chemical action, refer to Stephenson. (4)

The following rubrics were graded accordingly: 1st degree = 1 prover; 2nd degree = 2 provers; 3rd degree = 3 provers and 4th DEGREE = 4 or more provers.

Mind: Impatient; agitated; restless, frustrated, **irritable**, QUICK TO ANGER [< nightfall; < 3-8 pm; < noise]; tendency to swear; wants to argue; revengeful; confused, **angry**, *wants to be left alone*; **indisposed to talk**; content with own company; concentration difficult; mental torpor; INDIFFERENT; *apathetic*; *detached*; unmotivated; bored; lacks purpose; lazy; indolent; desires rest; flat; sense of euphoria on waking; centred, calm; experiencing inner strength; *clear mind*; *mental concentration good*; organised; *thoughts run through the head, evening, in bed, prevent sleep*; anxious; apprehensive (s/if: “like butterflies in the stomach”; del: “that there will be something on the road around the next bend”); *oversensitive to impressions*; senses acute; sensation that there are no boundaries; that boundaries have been defined; that boundaries have been invaded; *sensation of anticipatory excitement about the future*; *desire to throw out old belongings to make way for the new*; *others seem violent*; *feels like time has lengthened*, that there are more hours in the day; *happy*, excited, cheerful; feels sorry for self; feels rejected; desires sympathy; desires company; cries easily.

Vertigo: Sensation as if intoxicated.

Head: Congestive headache “feels like cotton wool” (pain: “pressing”; “like brain is enlarged”; “outward pressure like a balloon”; “vibrating sensation”) FROM TEMPLE TO TEMPLE, with exhaustion, nausea; < *light*, warmth, facing into the sun, rising, motion, laughing, mental exertion, being rushed or hurried, cloudy weather, afternoon; > *lying down, rest, eyes closed*; dull headache > mental & physical activity; tension headache > leaning head back; occipital headache with a sensation that the top of the head feels “open”; sensation as if goose-bumps were on the scalp; sensation of tugging around external head; dull pain in crown of head becoming ‘booming’ on coughing; burning pain in occiput travelling to eyes; ache in eyes < motion, light [glare], pressure; > *sleep*, rest; cold; head *heavy* (del: “cannot lift off pillow”; “neck not strong enough”; “head feels heavy, need a stick to hold it up;” s/if: “feels like my head is going to drop off” < thinking; scalp feels tight.

Eyes: Eyes heavy, tired, hot; eye sockets ache (sensation of pain shooting towards back) > shutting eyes, cold compress; feeling of pressure behind eyes extending to ears *with a sensation of being pushed out of the sockets* (s/if: “feel like they’re going to fall/pop out”; “feel pushed out of sockets by the pressure in the head”) < **SUN**, GLARE; > closing eyes, cold compress; photophobia; eyes water; *sensation of grit when closing eyes* (s/if: “eyes feel like they have sand in them”); eyes red, sore, stinging, burning, *agglutinated* (inner canthi) on waking in the morning; discharge: lime green both hard and soft; eyes blurry (difficulty reading fine print) < reading, rain; sensation that eyesight has improved with *desire not to wear glasses*; bright, silver sparks in field of vision.

Ears: *Sensitive to noise* (loud, high-pitched); sensation of pressure inside, as if blocked with mucous; pulse rushing in ears, voice re-echoes in head < blowing nose; sensation of “white noise” being played in ears; humming noise; loss of hearing; *impaired hearing*; buzzing in ears < background noise; **increased wax**: gluey, sticky, slimy, wet; yellow; orange; sensation of inner ear feeling wet and cold (s/if: “feels like I’ve got water in my ears like running wax; a wet, cold feeling”); *external ear feels hot to touch* (red); left then right; (s/if: “R ear feels hot & cold on & off all day”).

Nose: Coryza < warm room; bland, watery discharge < right nostril; sneezing < air-conditioning; dry, hot feeling on waking < left nostril; right nostril blocked when lying on left side; left nostril blocked when lying on right side; in the morning, yellow discharge, becoming green and thin then becoming clear; sensation as if nose

is blocked; feels like hawking mucous from nose; when nose is blown all is clear; loss of smell; heightened sense of smell; *thick, green discharge early morning*; crusts, scabs followed by thick, sticky mucous; congestion < left side; blood clots left nostril on waking; small spots of blood in mucous; greenish-yellow mucous with brownish lump blown out of nose; ropy; catarrh; whitish mucous, but feels dry; dry posterior nares.

Face: Face feels dry; lips feel dry (desire to lick).

Mouth: Breathing through mouth, very conscious of it and it feels uncomfortable; stale, musty, offensive breath; breath like rotten onions during the night; saliva has strong, disagreeable smell; slimy; diminished sense of taste; mouth feels gummed shut when wakes in the morning; palate and tongue feel scalded; pimple on tip of tongue (L side of centre); gums sore and inflamed left lower jaw around last molar; gums bleed when cleaning teeth; rough, sore patch on inside of R cheek.

Teeth: Teeth feel loose; experiences difficulty with chewing things.

Throat: Throat sore, DRY; feels like tonsils are shrivelling up > drinking water; throat parched, not > by drinking water; tonsils swollen < right side < empty swallowing; choking sensation at base of throat; a sensation as if could vomit; sensation of a mobile piece of wood in back of throat; yellow-green expectoration; loss of voice on talking, must cough and clear throat to retrieve it.

Stomach:

Bloated, (after evening meal); stomach feels full; *sick feeling*; burping, *dyspepsia*; nausea after coffee; slight burning sensation travelling up oesophagus into back of throat; *appetite diminished*; ***appetite increased***; desires meat to fill stomach; contractive pain in abdomen when eating < swallowing; great thirst alternating with little thirst; desires milky products after eating; < milk; averse to cheese; desires: water and salt; coffee and sweets; jasmine tea; spicy food; raw fish; fruit.

Abdomen:

Full, upset feeling > stool; bloated; flatus while lying in bed on waking; can feel wind moving through the colon; rumbling in right hypogastrium; *offensive* flatus < night, onions; noisy, copious, uncontrollable flatus; painful if not expelled; pain: sudden, darting.

Rectum:

Constipation; evacuation: insufficient, incomplete, unsatisfactory; small, pale stools after much straining; waiting a long time to pass stool; urge disappears half-way through movement; stools like sheep pellets; small lumps clumped together; stool dark, dry; *strong urge* (with pain) with small, greasy, clay-like stool; sticky; loose stool; *small amount passed*, sinks to bottom of bowl; *long, thin*, greenish stool; floating; “fast transit time”; sudden call to evacuate preceded by sharp pain in abdomen; frequent motions; three by 10 am; thrice daily; motion expelled with flatus; *loose stool* sprays out (after dinner; after apple juice); golden-brown stool.

Urinary:

Increased frequency; clear, copious; strong-smelling, greenish urine; yellow urine passed with a burning, hot sensation; stings afterwards so dreads having to urinate; kidneys sore to touch.

Male: ***Increased desire***; *no desire*, indifferent; almost no sensation with ejaculation; pleasant, buzzing sensation in genitals without erection.

Female:

Vagina sensitive, external genitals feel swollen during menses < touch (heavy or light), walking around, pressure of sanitary napkin; during menses: sensation of “something falling out”; *sexual desire increased*; sexual desire decreased; menses: sudden onset (early) painless; flow profuse, dark, clots; cramping in back and abdomen.

Respiratory:

Occasional unproductive cough; dry with tightness across chest & lungs; sensation of pressure on chest with a need to take a deep breath; shortness of breath < walking upstairs, or up a hill, after sex (s/if: “someone was sitting on chest”); sensation of chest opening up.

Back/Neck:

Pain at nape of neck; neck feels stiff while lying in bed; tense in neck to occiput; sharp pain extending from neck to shoulder and from neck to occiput; left side of neck feels stiff; desire to stretch and bend backwards to relieve tension in upper back; shoulder and right deltoid feel bruised; burning, sore pain; pain in left and *right* deltoid (aching); sharp pain extending from neck to shoulder; low-grade ache in middle to lower back < *sitting*; *ache in lumbar region*; (dull to sharp); (s/if: “feels as if backbone is bent the wrong way; twisted”) < lifting, walking, motion; > sitting, walking around, bending backwards.

Sleep: ***Sleep: deep, heavy; wakes unrefreshed, feeling exhausted; no desire to get out of bed***; sleep difficult from thoughts; sleep light; disturbed by headache; restless sleep from pains in limbs; difficulty finding a comfortable position (wanting to draw legs up in bed; tendency to clasp hands between knees in bed); generally sleepy. Dreams of success in business; of robbers, *of someone in the house*, of someone knocking on front door (cannot sleep until house is checked); of violence (someone wants to kill him with a crowbar; woman tied down with bricks and drowned in a yacht); of future happiness (new house, *successful career*, kids happy); amorous; of haemorrhoids; ***animals***: (multi-coloured elephant; birdseed; dogs walking on hind legs; a ginger rat; red crabs with large nippers); water; sewage; toxic cereal; groups of people; people speaking in pictures; men neglecting housework; flying / skimming over the ground in a wok; inside of the L breast.

Extremities:

Muscles of upper arms and neck sore; sore from middle of scapula to neck < movement of shoulders, > pressure; elbows sore with headache; hands cold; pain L wrist, grasping <; hands and feet puffy (morning) with a sensation of tingling after urination; hands and feet swollen, hot < hot weather, warmth in general; “pads of feet feel like balloons”; tightness R side from ribs to above hips; red, itchy spots erupt over limbs; legs feel wobbly; sensation of heaviness, muscles stiff, painful; tension in hamstrings and *calves*; *sudden twitching of legs*; sensation of “jumpy legs” when at rest; wandering pain in lower limbs from knees to ankles; tearing pain L heel; desire to draw legs up in bed and clasp hands between ankles swollen; ankles give way on going upstairs

Skin: Dry on face and hands; red patch beside nose, flaking off; large pimple below R ear lobe; face oily; large red pustules (“like boils”) on sides of face near hairline; > squeezing (contains firm, formed plugs of pus); blind, red eruptions < touch, pressure; skin on hands and feet feels “tight”, itchy > scratching; skin on hands and feet hot to touch; *skin itchy*: back, shoulders, groin < morning; > scratching, bathing in warm water.

Temperature:

Chilly when out of bed; *desire to wrap up*; *sensitive to cold, drafts*; night sweats; fever with nausea; body temperature alternates between hot and cold according to the weather; odour during the night from skin; offensive perspiration < heat, afternoon.

Generalities: *high energy*; whole body aches; body feels sensitive (touch, temperature); *physical exertion* <; *tired on waking*; sensation of heaviness; awkward, clumsy; S/S move from L to R; *symptoms alternate*.

Modalities:

- < left side; warm room; air-conditioning; inside; blowing nose; 3-8pm; after nightfall;
cloudy weather; rain; breakfast; motion; light pressure; covering; lying; sleeping; laughing; milk; [empty] swallowing; lying on side of ailment; on waking; sunlight; glare; standing; *physical exertion*; ascending steps; mental exertion; noise.
- > stool; food; hot drink; outside; fresh air; *sleep*; *rest*; lying down; pressure; cold applications; warm weather; not smoking.

It was ascertained that the action of the remedy lasted approximately 21 days.

According to a government public health statement, nausea, vomiting and diarrhoea are the most likely symptoms following acute exposure to cadmium. However, long term exposure through the air or diet may result in kidney damage. This kidney disease is usually not life threatening, but it can lead to the formation of kidney stones and effects on the skeleton are equally painful and debilitating. Respiratory effects may include bronchiolitis and alveolitis. Lung damage, such as emphysema, has been observed in workers in factories where levels of cadmium concentration in the air are high. Lung cancer has been shown to occur in animals exposed for long periods to cadmium in the air. Studies in humans also suggest that long-term inhalation of cadmium can result in increased risk of lung cancer. High blood pressure has been observed in animals exposed to cadmium. Further research is needed to ascertain whether cadmium exposure is implicated in human hypertension.

Other tissues reported to be injured by cadmium exposure in animals or humans include the liver, the testes, the immune system, the nervous system and the blood. Reproductive and developmental effects have been observed in animals treated with cadmium, but these have not been reported in humans. However, pregnant women exposed to high concentrations of cadmium in the workplace gave birth to infants with below normal birth weights.(5)

These observations are, I believe, a reliable foundation for possible organ and system affinities.

References:

- (1) Murphy, R *Lotus Materia Medica*
Lotus Star Academy Colorado 1995 p300
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Jain Publishers New Delhi 1963 p24
- (3) Trocas, D *Environment Sources of Heavy Metals*
ACNM resource pamphlet 1997
- (4) Stephenson, J Op cit pp 25-26
- (5) Internet report *Public Health Statement for Cadmium (4/10/97)*
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