

## Lac Ovinum – Physical Rubrics

(Asterisk denotes gradation. Parenthesis indicates prover numbers of provers that experienced the symptom) If prover numbers are missing, usually this means only one prover experienced the symptom. If there are asterisks present and no prover indicated, this just means as we understand this remedy, this symptom could be seen, if provers did or did not note it in this way)

Vertigo; Dizzy \*\* (3,4,5)  
Vertigo; Dizzy and minty all over (4)  
Vertigo, Light-headed (3,4)  
Vertigo, Rocking sensation (5)

Head, Pain \*\*\*\* (1,2,3,4,5,6, 9, 10)  
Head; Pain; Leaning forward aggr (1)  
Head; Pain; Lying amel \*  
Head; Pain; Noise aggr \*\* (3, 4)  
Head; Pain; Pressure amel (4, 5)  
Head; Pain; Suddenly comes on (1, 2)  
Head; Pain, Eyes, behind \*\*\* (3, 4, 5, 10)  
Head; Pain; Eyes, Right, behind (4, 5)  
Head; Pain; Eyes, movement of, aggr  
Head; Pain; Temples \*\* (1, 5, 6)  
Head; Pain; Forehead \*\* (1, 2, 5)  
Head; Pain, Band, as if a (1)  
Head; Pain; Right side \*\*\* (2, 4, 6, 9)  
Head; Pain; Dull  
Head; Pain; Throbbing \*\* (1, 4, 9)  
Head; Tingling, top on (10,13)  
Head; Tingling; drops of water on top, as if (13)

Eye; Discoloration; red spot (14)  
Eye; Photophobia \*\* (9, 12, 14)  
Eye; Movement of eyes aggravates head pain

Vision; Acute (12)

Hearing; Acute  
Hearing; Distant, sounds

Nose; Congested \*\* (6, 12, 14)  
Nose; Discharge \*\*\* (3, 4, 9, 12, 15)  
Nose; Discharge; clear \*\* (3, 4, 15)  
Nose; Discharge, watery \*\* (3, 12, 15)  
Nose; Discharge; profuse, running down \*\* (4, 12, 15)  
Nose; Discharge, crusts (4, 6)  
Nose; Drainage; posterior nares \*\* (4, 9, 15)  
Nose; Dryness \*\* (5)  
Nose; Smelling acute \*\*\* (5, 6, 10, 14)  
Nose; Smelling acute, felt assaulted by the strong smell of heavy perfume (5)

Face; Jaw pain \*

Mouth; Saliva, profuse \*\* (4, 5, 6)

Mouth; Saliva, profuse, salty

Mouth; Tongue, tingling

Mouth; Cracking, right corner of mouth

Teeth; Sensitive

Teeth; Sensitive, cold, to

Throat; Dry \*\* (4, 5, 15)

Throat; Hawking \*\* (5, 9, 15)

Throat; Lump, sensation of (3, 5, 9)

Throat; Mucus \*\* (5, 9, 14)

Throat; Mucus; Tenacious

Throat; Pain \*\*

Throat; Pain, raw

Throat; Pain, scratchy

Throat; Tingling (4)

Throat; Tingling, minty sensation (4)

Neck; Pain (14)

Neck; Stiff (4, 12, 14)

Stomach; eating amel \*\*\*

Stomach; Thirsty \*\*\*\* (1, 3, 4, 5, 10, 13, 15)

Stomach; Appetite, increased \*\*\*\* (1, 2, 3, 4, 5, 6, 10, 14)

Stomach; Appetite; ravenous \*\* (1, 2, 3)

Stomach; Appetite, increased, snacking \*\* (1, 3, 14)

Stomach; Appetite, diminished \*\*\* (3, 10, 4, 12, 14)

Stomach; Appetite, diminished, evening in (3)

Stomach; Eating, though not hungry (4)

Stomach; Eructations \*\* (3, 5, 9, 10)

Stomach; Hunger, on waking (1, 2)

Stomach; Full, feels (1)

Stomach; Full, can't get it to feel full \*\* (1, 2, 10)

Stomach; Nausea \*\*\*\* (1, 3, 4, 5, 10, 12, 13)

Stomach; Nausea; extends to throat (4)

Stomach; Vomiting

Abdomen; Hunger pains

Abdomen; Pain; stabbing

Abdomen; Rumbling \*\*\* (3, 10)

Abdomen; Distended \*\*\* (3, 4, 5, 10)

Rectum; Flatulence \*\*\*\* (1, 3, 4, 5, 10)

Rectum; Diarrhea \*\*\*\* (3, 6, 5, 10, 14)

Rectum; Constipation \*\*\* (3, 6, 9, 12)

Rectum; Burning \*\* (3, 5, 6)

Stool; Loose \*\*\*\* (3, 4, 5, 10, 14)

Stool; Brown, soft, tan colored (10, 14)

Stool; Sputtering (3, 5)  
Stool; Watery (3, 5)

Male; Impotence  
Male; Sexual desire, diminished  
Male; Sexual desire, increased (6)

Female; Sexual desire, increased (3, 5, 10)  
Female; Sexual desire, diminished (3)  
Female; Sexual desire increased during the day; decreased at night in bed (3)

Female; Discharge, white creamy, gel-like (9)  
Female; Menses; copious (14)  
Female; Menses, early (14)  
Female; Menses, scant brown in beginning (5)

Respiration; Difficult (1, 5)  
Respiration; Sighing (1)

Cough; Dry (5)  
Cough; Barking (5)  
Cough; Expectoration; difficult \*\*\* (3, 5, 9, 14)  
Expectoration; egg-white, sticky (5)

Chest; Mammae, complaints of, menses before (9, 10)

Back; Chill (4)  
Back; Pain (1, 2)  
Back; Pain; Shoulder blades \*\*\*\* (2, 4, 5, 12, 14)  
Back; Pain; Shoulder blades, right side \*\* (4, 5, 14)  
Back; Pain, Bending aggr (1, 2)  
Back; Pain; Rubbing amel \*\* (2, 4, 5)  
Back, Pain; Stretching, desire to \*\* (1, 5, 6)  
Back; Pain; Ache, dull \*\* (2,  
Back; Pain; Burning (2, 12)  
Back; Pain; Drawing (1, 5)  
Back; Pain; Drawing, across shoulder blades (4, 5)  
Back; Pain; Tight \*\*\* (1, 2, 5, 14)  
Back; Stiff (1, 2)

Extremities; Left-sided \* (3, 6, 9, 10, 12)  
Extremities; Right-sided \*\* (1, 3, 4, 5, 6, 13, 14)  
Extremities; One-sided \*\*\* (1, 3, 4, 5, 6, 10, 13, 14)  
Extremities; Awkward  
Extremities; Falling asleep easily (3)  
Extremities; Coldness \*\*\*\* (1, 3, 4, 6, 10)  
Extremities; Coldness, Feet (1, 10)  
Extremities; Coldness, Feet, Toes (10)  
Extremities; Coldness, Hands \*\*\* (1, 3, 4, 6)  
Extremities; Heaviness (1)  
Extremities; Minty, sensation in arms (4)

Extremities; Numbness \*\* (3, 4, 5, 6)  
 Extremities; Pains \*\*\* (1, 2, 3, 4, 5, 6, 9, 10)  
 Extremities; Pains, Cold aggr \*\* (12)  
 Extremities; Pains, Legs \*\*\* (1, 2, 3, 4, 12)  
 Extremities; Pains; Leg, right side (1, 3, 12)  
 Extremities; Pains, Knee \*\* (2, 4, 12)  
 Extremities; Rubbery sensation (4)  
 Extremities; Stretching, desire to \*\*\* (3, 5, 14)  
 Extremities; Tingling \*\* (3, 4, 5, 6, 12)  
 Extremities; Weakness, Legs (1, 4)

Sleep; Deep \*\* (10, 12, 15)  
 Sleep; Drowsiness (5, 14)  
 Sleep; Falling asleep, easy (1, 5, 13, 14)  
 Sleep; Falling asleep, difficult \*\* (1, 5, 14)  
 Sleep; Fitful (5, 14)  
 Sleep; Interrupted (4, 9)  
 Sleep; Naps (1, 3, 4, 5, 10, 14)  
 Sleep; Sleepiness (1, 5, 10, 14)  
 Sleep; Sleepiness; overpowering, while eating  
 Sleep; Sleeplessness \*\* (4, 5, 9, 14)  
 Sleep; Tossing much (5, 14)  
 Sleep; Waking, tired (3, 4, 6, 9, 14)  
 Sleep; Waking, chilled (5)  
 Sleep; Waking, perspiration, with (5)  
 Sleep; Waking; Hot, feels hot when wakes \*\* (1, 2, 5)

Fever alternating with chills (4)

Perspiration; chills, with (4, 5)  
 Perspiration; heat, with flushes of (4, 13)

Skin; Bruising easily (14)  
 Skin; Dry \*\*\* (14, 15)  
 Skin; Eruptions (9, 14)  
 Skin; Formication (5)  
 Skin; Itching \*\*\* (5, 14, 15)  
 Skin; Itching, wandering (5)  
 Skin; Sensations, numb, rubbery, thick  
 Skin; Warts (healed symptom) (12)

Generals; Air, open, fresh air amel (3, 14)  
 Generals; Coldness aggr \*\* (1, 4)  
 Generals; Chill \*\*\*\* (1, 2, 3, 4, 5, 12)  
 Generals; Exhaustion (3, 4, 5, 6)  
 Generals; Heat, flushes of \*\*\*\* (1, 2, 4, 5, 10, 13)  
 Generals; Heaviness \*\* (3, 4, 5)  
 Generals; Lack of vital heat \*\*\*\* (1, 2, 3, 4, 5)  
 Generals; Lying down ameliorates (3, 4)  
 Generals; Minty sensation throughout (4)  
 Generals; Prostration \*\*\*\* (3, 4, 5, 13, 14)

Generals; Stretching, desire for \*\*\*\* (1, 3, 5, 6, 14)  
Generals; Walking, ameliorates, continued motion \*  
Generals; Weakness \*\*\*\* (1, 3, 4, 5, 6, 9, 10, 13, 14)

Food; Cravings, anything edible \*\*\*\*  
Food; Aversions; Cold foods \*\*\*

Cravings: Alcohol; Bacon; Bread; Cakes; Chocolate; Chicken; Cold drinks; Eggs, hard boiled;  
Farinaceous, pasta; Fried foods; Garlic; Ice cream; Meat, bacon, chicken, salted; Mint; Parsley; Peanut  
butter; Pickles; Pineapple; Potato chips; Raw foods; Salt; Seafood, shrimp, sushi; Soup; Spicy;  
Spinach; Sweets; Tea; Tomato, salsa, tomato juice; Warm foods.  
Aversions: Cheese; Cold foods; Cream; Dairy; Fruits; Meat; Slimy foods; Vegetables.