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# **Pholcus phalangoides (Daddy-Long-Legs or Cellar Spider) – Testing the Symptoms –**



**Examination at the Hamburg Institute for Classic Homeopathy and Alternative Healing in 2003 and 2005**

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**In accordance with the recommendation by Jeremy Sherr, the AMP was performed as a double blank examination. All examiners were themselves supervised. The AMP can be downloaded free of charge, but we would be pleased to receive a donation for the project that „Homeopaths without Borders“ are running in Macedonia.**

**Deutsche Apotheker und Ärztebank Account: 0404551060 Sorting Code: 10090603**

**We would also like to thank the **Leonardo-Apotheke** for providing us with the examination medium.**

**Any form of publication or commercial use may only occur with our specific consent. Should any one have any experience with the drug, I would be very interested in hearing from you. Your conclusions would be built into an updated version of this paper.**

**Have fun reading!**



**Mind:**

2, C200, 08:03:00 – 08.05.00 (3 – 5 pm)

I feel suddenly very sad, dejected, depressed for no special reason, would like to cry, but can't; can't motivate myself

2, C200, 08:05:00

Sudden mood swing. Internal disquiet.

It seems to me, that I'm no longer myself. „I'm not myself“, I think; psychically speaking, not physically; „I'm not centred any more“ (psychically), it's awful, I'm scared and wish the examination would come to an immediate end.

2, C200, 08:05:20 (5.20 pm)

Slowly I come back to myself, but I can see „taste“ my previous feelings; I shudder and hope that what I've just experienced won't happen again; I continue to feel extreme internal disquiet and nervousness until 8 pm.

2, C200, 08:XX:XX

I found it very difficult to concentrate all day long; could only, for example, read a few sentences in the newspaper and didn't grasp the content at all, or failed to follow the news on the television.

7, C30, 01:XX:XX

A certain indifference came over me, but it could be the results of the ongoing excessive demands placed on my body.

7, C30, 01:XX:XX

Couldn't concentrate during a lecture on eating disorders.

7, C30, 02:XX:XX

I have a lot to do, but a certain calmness and disinterest develops.

7, C30, 02:XX:XX

Spent some time at a party, but it didn't really interest me.

7, C30, 03:XX:XX

Have to force myself to do anything – but otherwise everything is OK



7, C30, 00:XX:XX

Angry with an employee – she is stupid and cheeky and is getting in my way. I can feel how angry I am with her, how I'd like to accuse her of something. I'm totally aggressive – yes, I even wish her ill. It's difficult to calm down. I can't get rid of the aggression. But it is only directed against her.

7, C30, 07:XX:XX

The very worst aggravation with my bookkeeper. I keep thinking of murder and acts of revenge and there's not a lot I can do to stop these thoughts.

7, C30, 08:XX:XX

Really tired. As a result of the aggravation didn't get enough sleep and slept badly.

7, C30, 11:XX:XX

More problems with the bookkeeper. I get so angry with her that my aggression is no longer controllable. I really hate the woman and can think about nothing else. I want to sue her and much more. A friend of mine takes the role of an enlightened moral apostel and says, „only you are responsible for all that has happened to you“. I know that myself, but this idiot is blathering nonsense. We argue and he leaves. Now I hate him too. I call our whole friendship into question. I can't believe we can repair the break. I loathe him, my anger and aggression can no longer be contained. I start wondering if I should end this stupid life. There's a strong pressure in my breast, but it's not physical. This anger, it's awful, I'm desperate, can't turn off, have to find something to distract myself.

7, C30, 12:XX:XX

Have made up with the bookkeeper. Now and then I still imagine killing her.

The bookkeeper once again puts me off balance, so I get a bottle of red wine and go visit my best friend to let off steam. We drink 3 bottles and dance til two in the morning.

7, C30, 13:XX:XX

My bookkeeper has once again failed to send me the papers I need. I have to take her to court. I'm completely upset and resentful, I want to hurt her. It's all I think about.

3, C200, 00:01:XX

My head's in a cloud – exhausted – don't feel like speaking

3, C200, 00:02:XX

Don't feel like doing anything

Would like to ignore everything



3, C200, 01:00:XX

introverted – my mouth doesn't want to open

Fidgety, unrelaxed, upset

Internally rather quiet – contemplative

3, C200, 01:02:XX

have the feeling, I should test my blood pressure!

Feel rather drugged

Music helps alot!!

3, C200, 03:XX:XX (morning)

new energy is made available

music gratifies and is a very good relaxant

11, C6, 06:XX:XX

Fell quick-witted – somewhat exaggerated

11, C6, 00:00:30

internal unrest with a pounding heart

12, C30, 18:XX:XX

Mood swings until about 10.30 – even the fly on the wall annoys me

13, C200, 01:XX:XX

A friend says I was a little bit irritable (I don't think I was!)

13, C200, 05:XX:XX

Spent the whole day with a floating feeling

5, C30, 01:XX:XX

Good mood (medicinal benefit)

5, C30, 03:XX:XX

Good mood – balanced



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5, C30, XX:XX:XX (about one year after the AMP)

Still in a good mood

Equanimity – have a healthy distance to everything, no longer so morose – no longer so ambitious. I can't change anything, despite what comes.

Can accept more easily that she can't influence her son – "It's his life"

Fewer repetitive thoughts – that was always a problem – Pholcus smoothes that out

Took the medicine again when she felt that she was getting uneasy – always with a prompt amelioration

### **Dreams:**

5, C30, 00:06:XX

Warning lights go on at work – I don't notice anything – other people alert me, stressful (I don't usually dream!) (5.00 pm)

5, C30, 03:XX:XX

Dream about poisoning (5.00 pm)

11, C6, 00:XX:XX

Sit in a bus with a member of my football team. I ignore him. There are also two fighting dogs. Aversion to these dogs, managed however to get to grips with and overcome my own fear.

11, C6, 06:XX:XX

Crazy gunfight, on the run, glass room, it was also about him.  
Feeling: powerless, having to hide, being watched, succumbing

12, C30, 08:XX:XX

We were going to be shot by one of Saddam Hussein's murder units in a hotel in Baghdad. We desperately try to escape from the room, but we don't succeed.

### **Head:**

7, C30, 06:XX:XX

a lot of stress gives me a headache



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3, C200, 00:01:XX

my head is subdued – exhausted – don't feel like talking

3, C200, 00:05:XX

frontal pressure headache

3, C200, 00:07:XX

headache better (drank a lot of water)

3, C200, 03:06:30

Headache comes back

11, C6, 01:XX:XX

grinding headache low at the back of the head; headache disables him (for 2 days)

12, C30, 00:01:10

dim and diffuse headache > coffee

### **Eyes:**

3, C200, 00:05:XX

Eyes become teary

3, C200, 01:00:XX

Eyes still teary

13, C200, 01:XX:XX

woke up with red eyes, as a result of burst blood cells

13, C200, 01:XX:XX

A light pressure on the eyes

### **Ears:**

12, C30, 15:XX:XX



Tinnitus, which was the result of an acute hearing loss 11 years ago and occurred every day at least once, has disappeared (medicinal benefit)

**Nose:**

2, C200, 02:19:00

A few small flecks of blood in clear phlegm, when blowing my nose for the first time in the morning

2, C200, 03:19:00

A few small flecks of blood in clear phlegm, when blowing my nose for the first time in the morning – more than the day before

2, C200, 04:08:15

A few small flecks of blood in clear phlegm, when blowing my nose (like in the morning)

7, C30, 01:XX:XX

Expel green snot from my nose after eating – from the left side

7, C30, 02:XX:XX

My left nostril is occasionally bunged up

7, C30, 05:XX:XX

My nose is occasionally bunged up, as it would be just before catching a cold

7, C30, 06:XX:XX

runny nose, clear liquid – only on the left side

12, C30, 09:XX:XX

heavy catarrh – have to break off reading because I'm soaking my detective novel (7.50 – 9 pm)

12, C30, 17:XX:XX

heavy catarrh (9 – 10 am and 4 – 4.30 pm)



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**Smell:**

12, C30, 15:XX:XX

Become aware of a strong sweet smell – like blood (12 – 2 pm)

12, C30, 16:XX:XX

very sensitive to smells – everything smells earthy, like a forest floor

**Face:**

7, C30, 01:XX:XX

Spots on the chin, they can't be seen, just felt

3, C200, 00:05:XX

Pressure in my upper jaw

13, C200, 00.XX:XX

Twinges in my right cheek bone, externally (high up)

**Mouth:**

7, C30, 03:XX:XX

Metal taste in mouth – can't get rid of it

7, C30, 03:XX:XX

furry palate, only the upper part

7, C30, 04:XX:XX

Metal taste in mouth

**Teeth:**

3, C200, 00:07:XX

Sensitive front teeth





**Throat:**

11, C6, 00:XX:XX

shortlived hoarseness

11, C6, 04:XX:XX

sore throat with the feeling that something is affecting my larynx

Can't swallow easily

**Chest:**

7, C30, 17:XX:XX

find a spot in my left underarm

3, C200, 00:00:0X

shortly after intake feel a light pressure in the area of the heart – it radiates towards the area of the stomach

3, C200, 00:01:XX

a feeling as if I had overexerted myself – a fluttery feeling, is my heartbeat stronger?

3, C200, 00:02:XX

I can feel my heart beat in my throat – very aware of my chest

5, C30, 00:02:XX

Twinges in the breast (both sides)

5, C30, 00:06:XX

Tension in the breast until about 11 pm

5, C30, 01:XX:XX

Roundabout midday once again light tension in the chest

11, C6, 01:XX:XX

heart palpitations, also when I'm still



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13, C200, 00:00:15

Light twinge at the top of my chest, left side, external (about 15 mins.)

**Back:**

2, C200, 07:06:15

Have the feeling that my neck is too weak to carry my head (AS)

11, C6, 02:XX:XX

twinge left and right from the neck vertebrae, two to three times while walking and lying down (2 days)

**Stomach:**

2, C200, 09:07:00

Light nausea after eating, evenings

3, C200, 00:00:0X

Queasy feeling in the pit of my stomach

3, C200, 03:XX:XX (mornings)

Very hungry!!!

5, C30, 00:02:XX

feel queasy

11, C6, 06:XX:XX

only slightly thirsty, have to force himself to drink

11, C6, 00:XX:XX

less appetite the whole day

11, C6, 01:XX:XX

less appetite, which he finds quite pleasant



13, C200, 08:XX:XX

2 am – about 10 minutes of nausea after urinating

**Abdomen:**

7, C30, 01:XX:XX

A light dragging pain in the left groin

7, C30, 15:XX:XX

a stich at 10 pm, in the area of the appendix

12, C30, 18:XX:XX

stich left (3.20 pm)

13, C200, 00:00:10

A light dragging pain in the gut above the pubic bone (about 10 mins.)

13, C200, 00.XX:XX

A light dragging pain in the gut

13, C200, 08:XX:XX

Early morning 5 am Twinge in the left side under the ribcage

**Rectum:**

5, C30, XX:XX:XX

daily bowel movement – was otherwise usually constipated (Medicinal benefit)

**Bladder:**

7, C30, 15:XX:XX

When going to the toilet always a few drops more after finishing.

7, C30, 16:XX:XX

Still a bit incontinent



13, C200, 05:XX:XX

Had to pee 6 to 7 times this morning (even for me too much!!!)

**Urogenital:**

2, C200, 06:07:00

Abdominal pain, as if all abdominal organs are pressing down and out. It's hard to walk, sitting is better

7, C30, 01:XX:XX

Twinge in the area of the left ovary

7, C30, 04:XX:XX

Twinge in the left side of my abdomen

7, C30, 05:XX:XX

Got my period, with light twinges in the abdomen

7, C30, 06:XX:XX

I've stopped bleeding already – very little, very short

3, C200, 02:XX:XX

Otherwise I've got my period (five days too early!! – this has never happened before!!) It came very quickly. Lightish blood – more than I'm used to. Very exhausted – backache (that is however not unusual for me)

Menstruation very heavy “blood is pouring out of me“

3, C200, XX:XX:XX

All conspicuous symptoms have volatilised during my period

The following cycle was once again practically normal (29/30 days) – which means that this irregularity has had no after effects on my cycle (Thank God!)

13, C200, 05:XX:XX

A little burning in the entrance to my urethra



**Extremities:**

2, C200, 05:XX:XX

the little finger of my right hand is slightly swollen and tense (almost the whole day)

2, C200, 09:13.00 (1.00-6.00)

heavy dragging pain in the knuckles of my little finger which effects the middle finger and the thumb of my left hand

2, C200, 10:05:00 (17.00-19.00)

stabbing pain, like being stabbed by a knife, in my Achilles tendon, left leg (OS)

7, C30, 01:XX:XX

Strange heavy feeling in my left leg, especially in the shank

7, C30, 04:XX:XX

Prickly feeling in my hands, not unpleasant

7, C30, 09:XX:XX

My legs, especially ankles and lower legs are edemateously swollen. The band of my socks leaves a clear impression.

5, C30, 00:02:XX

Shaky legs (thighs)

5, C30, 01:XX:XX

Less shoulder pain as accustomed (Medicinal benefit)

5, C30, 03:XX:XX

Shoulders relaxed (Medicinal benefit)

5, C30, XX:XX:XX

Still no shoulder pain (Medicinal benefit)

12, C30, 15:XX:XX

Neuralgia, like the shingles two years ago, but in a different place: as if a metal brush were passing down my left leg (about 8 pm)



12, C30, 19:XX:XX

stabbing pain in my left little finger lasting two minutes (4.50 pm)

13, C200, 00:XX:XX

My arms feel like floating upward – I yield to the feeling and my arms move upwards until they're just above shoulder height.

13, C200, 02:XX:XX

The ball of the hand beneath my index finger itches, I think it was the left hand (it was night time and I was half asleep!)

13, C200, 02:XX:XX

Twinges in my left forearm, upper muscle, close to my elbow joint

13, C200, 04:XX:XX

twinge in my left forearm, upper muscle – it travels as far as my metacarpal

### **Sleep:**

7, C30, 00:XX:XX

Not at all tired – don't go to bed until 2 am – but fall asleep immediately.

7, C30, 07:XX:XX

Don't go to bed until 1 am

7, C30, 08:XX:XX

Tired. Didn't sleep well, due to stress.

7, C30, 09:XX:XX

despite being tired I can only go to bed at 1 am

I can't sleep well lately

3, C200, 01:00:XX

slept well



5, C30, 02:XX:XX

Went to bed late (2 am)

11, C6, 01:XX:XX

Sleep is intensive and longer as before

12, C6, 17:XX:XX

leaden tiredness (4.30 – 8 pm)

**In general:**

2, C200 04:08:15

I'm frozen

7, C30, 04:XX:XX

cold in the evening, despite the warm apartment

3, C200, 00:01:XX

I have the feeling that I've overexerted myself – shaky, heartbeat stronger?

3, C200, 00:02:XX

Quickly exhausted

3, C200, 01:00:XX

sensitive to temperature – chilly

3, C200, 01:00:XX

Pulse faster?

Shaky, slightly tense, nervous

3, C200, XX:XX:XX

All conspicuous symptoms have volatilised during my period