

# The Proving of *Thonningia* *sanguinea*





*(The information in this report is incomplete- we have selected some examples of Prover's words for the purpose of a presentation. The complete proving with rubrics will be published on <https://nyhomeopathy.com/provings/> )*



# Thonningia Sanguinea

is a flowering plant distributed throughout western and southern Africa, especially in the tropical regions.

**Common names** in different African languages: Ground pineapple, pineapple of the bush, duiker's kolanut or crown of the ground.

Not related to pineapple; it is a member of the **Santales family, parasitic grouping.**



Stunning bright red colored or pinkish red. Both **male and female inflorescence**.

It has a flower head with single female or male flowers, surrounded by brown scales.

The blossom and stem are 8 to 10 cm long.

The branching, yellowish **tuber** extends horizontally up to 10 or 15 centimeters through the soil.

It forms bulb-like swellings at the points where it attaches to the roots of its host plants. These swellings, or **galls**, can reach over 18 centimeters wide.

It lives as a **parasite, obligate, and can't do photosynthesis**; there is no **chlorophyll**, as the plant obtains nutrients from hosts and does not need to **photosynthesize**.



It is **Parasitic AND mutualized;**

It lives as a **parasite, obligate, and can't do photosynthesis.**

It parasitizes mainly rubber (*Hevea brasiliensis*), oil palm (*elaeis guineensis*), date palm (*Phoenix dactylifera*), cocoa (*Theobroma cacao*).

The flower attracts insects; flies and ants, for pollination. Insects get nectar from the plant and distribute pollen.

Thonningia is the **host of larvae of a specific fly, Morellia**. Muscid flies lay eggs in the flowers and the larvae feed on the male flowers when they emerge.





## **MEDICINAL USES:**

All parts of the plants are used: The tubers, the flower heads and the stems. Different geographical areas use this plant to treat various issues.

Used to treat heart disease, intestinal worms, diarrhea, dysentery, venereal diseases, rheumatism, incontinence and bedwetting.

Gum infections, dental caries, gingivitis and sore throats are treated through gargle and mouth washes.

Externally applied it is used for hemorrhoids, skin infections, leprosy, and torticollis.

In some areas it is used as an aphrodisiac.



### **Laboratory studies show:**

Specific compounds show antimicrobial and hepatoprotective activities.

Antibacterial activity: drug resistant strains of Salmonella.

Fighting mycoses associated with HIV and AIDS.

Black mold and yeast and well known bacteria like *Bacillus subtilis*, *Pseudomonas aeruginosa*, *staphylococcus aureus* are fought through *Thonningia*.

# Proving conducted at the NEW YORK SCHOOL OF HOMEOPATHY

<https://nyhomeopathy.com>

9 provers, 9 supervisors

Number of dosages taken:

1. 2 doses 00, 2 doses 01
2. 2 doses 00, 2 doses 01
3. 2 doses 00, 1 dose 01
4. 1 dose 00, 1 dose 01, 3 doses, 02
5. 2 doses 00
6. 2 doses 00, 1 dose 01
7. 2 doses 00, 2 doses 01, 2 doses 02
8. 1 dose 00
9. 3 doses 00, 3 doses 01, NO REACTION!

Each prover is given a supervisor- Day 00 is the day you take the 1st dose, in this case it was Sept 10.

Each prover must speak to their supervisor before taking each dose.

First meeting Sept. 9, 2017 / Extraction meeting Sept. 23, 2017

Master Provers- Susan Sonz, C.C.H., I.H.C., Birgit Kleinfeld, C.C.H., I.H.C.

## **FIRST REACTION:**

On opening the baggie containing the remedy at the 1st meeting, Prover #1 said:

**“I saw white flowers, like tulips, they had purple and yellow on the inside, but were mostly a very pure white, I am in nature. I felt myself moving into a tree that has been eaten out. In the tree, it’s like I am eating out the tree. Not sure how I got into the tree - have travelled in a straight line - might have flown”**

Then later in the meeting when he picked up the remedy again, the experience continued:

**“I see the white flowers again - now they also have an orange color on the inside - and I see a white moth in the same scene”.**



## SIGNATURE SYMPTOMS

**1. Flower dreams/ delusions-** White flowers, tulips, purple and yellow, orange flowers.

Trees that have been eaten out. In a hollow tree; it was an almost sawdusty type of interior, I was tasting the sawdusty particles. Flying into hollow tree.

Papaya trees, rich green vegetation.

**2. Parasitical-** Sees yellow caterpillar with singular brown eye.

Delusion: sees caterpillar, body was bubble-like.

\*tiny silvery worms in both my eyes, worms floating in the back of my eyelids, I'm seeing them from inside and they are all swimming.

**3. Insects-** Caterpillars, luna moths, mosquitoes, flies, lots of insects; one called it “jungle bugs”.

Transformational/metamorphosis talk- \*caterpillar turns into luna moth, etc.

\*I know when I sit in this chair I will change, I know this is the right thing to do., etc.

**4. Literal:** pineapple trees, starfish trees, for instance:

\*We were on a boat going towards this beautiful island with rich green vegetation, **amazing pineapple trees** and other weird looking amazing trees that were gigantic, never seen before beautiful. Gigantic starfish trees rooted in the ground- they were actually standing up, like 5-6 times taller than my height. We were in the actual sea, on one of these jet ski's I could feel the water on my leg being close looking to the amazing island. Felt something on my left buttock, and there was either an octopus or a starfish, I couldn't see, but could feel the sensation of a suction cup.

(\* means it is a dream)

## **Remedy Themes:**

### **1. FUZZY, FOGGY, vs. CLARITY- (4 proverbs)**

**“Since I took the rx I had a feeling of more clarity, being able to be more productive during the day, more aware in general, being able to look at a bigger picture.”**

“1st week I was very focussed and could accomplish a lot. I was trying to be super aware of course, 2nd week I felt the opposite- Foggy brain, extreme. Confused for a few days. Messy.”

“More clear with my talking. With expressing my thoughts. My emotions are more clear about what I want in the future”.

\*I started feeling feeling spacey, not focussed. Had a dream of chocolate- felt very spaced out and couldn't shake it off.”

### **2. TIME DISTORTION- (4 proverbs)**

“Confusion of day. Wrongly assumed it was Thursday and realized by 10:30 AM that it was Wednesday. General confusion about time. After realizing I had no appointments, decided to take a nap to get over the fatigued feeling. Went to take a power nap around 11:30 AM, and woke up a little after 2 PM!!! My day-time naps are usually for 15 - 20 minutes, max.”

“Change in diurnal rhythm: Feeling energetic in evenings and night, and exhausted and fatigued during the day. This is the exact opposite of my usual self. But was not sleepy at all even by 10 PM. Continued to read til 11:30 PM.”

“time slowing down or being in a state where time and space are being bent”.

“this is making me change a sense of time.”

### 3. ROTTING AND DECAY

\*Post apocalyptic city. Under construction, there were **zombies** chased us into this big warehouse, well lit, lots of tools, and rafters, we had to go up and up....

...Clear sky and the **Zombies looked like normal people- reddish skin, clothes torn up, pinkish skin dying and redder underneath, no serious decomposition.**

I had a very unusual dream \*I was having a bowel movement in a mud hut and a small boy comes and squirts a pink fluid, vivid pink, it felt like burning caustic and I have no voice and curl up, I'm curling myself up, and then people come in and vacuum, I woke up needing to have a bowel movement.

Felt myself moving into a tree that has been eaten out. In the tree, it's like I am eating out the tree. Can taste the saw dust.



## 4. TRANSFORMATION/METAMORPHORIS

**\*Me and my wife had a green caterpillar, it was striped and very big and turned into a luna moth 5-6 in bright green and she smashed it into my face and killed it.**

I felt betrayed, angry, confused,

Watching it **transform** I wasn't thinking about it, just caring for something.

**\*After a dream- I feel like I'm changing my skin as if cracking out of a shell and changing my whole way of being. Like lobsters growing and needing to shed their shell. I'm already cracking it. I feel more calm.**

**\*Woke up at 2am from seeing baby snakes breaking from their shells.**

**\*There is a chair in the middle, I sit on the chair, I know when I sit in the chair I am changing, I see myself but not see myself as myself, I am colorless, whitish, doesn't look like me, like a bag with water. While I sit in this chair I am changing.** It is only in my mind, see myself from outside, I know when I sit in this chair I will change, I know this is the right thing to do.



Hey Susan!

I was at the extraction meeting and was able to tell you about my dreams and symptoms, so I figured maybe I would also show you this painting that I finished while taking the remedy as well. Perhaps you can read into the symbols/colors here to get a little different perspective on its effects, at least its effects on me. It's not at all like what I usually paint but was very enjoyable process. (prover #2)

## 5. INSECTS AND CREATURES

\*We see more and more creatures, higher and higher, like a mine shaft, we went through and it was lots of rocks with little pools frogs and tadpoles, **jungle bugs**, **Very rocky with lots of moss**, no big trees, water is clear can see the **mossy rocks under water**, **green frogs spotted backs**, **tadpoles**, **bugs**, **moths**, **mosquitoes**, **flies**, **things frogs would eat**, **nothing huge**, **things frogs would eat**, **no scorpions** **no ants**, **no millipedes**.

" I went to the refrigerator after we spoke and had a strong visual while I was looking into the refrigerator of a **mustard yellow hairless caterpillar-like creature with ridges**. **It had a singular brown eye**. When I looked it up on google, it was difficult to find a match between what I saw. I eventually came upon an image which was close to what I saw. The body was **bubble-like** - look up **palo verde root borer** on google - it's a beetle grub! "

"This evening when I came home I was on Facebook. **Someone posted a picture of a giant caterpillar. Like the one I saw - the one eye in the middle and the ridges - but the wrong color**".

(one week later)

**"I went to a coffee shop that had an outdoor courtyard and there were 3-5 caterpillars crawling around the table**. They were hairy, not the hairless ones in my vision, but they were yellow like the one I saw in my mind while in the shower two weeks ago. A squeamish woman was trying to remove one from her laptop. I offered to help and did not hesitate to let it crawl on me. I usually don't do that but I had a strong desire to let them!"

\*my attention was captured by a flying object in the sky. It could have been an helicopter or something similar, which looked more like a **giant spider or a jellyfish**."

"This dream is so funny, it **seems like the remedy is an insect**, I think it is a **dragon fly**. I cannot tell you I just feel like that, but maybe I don't feel like that. In the first part of dream, \*running, chasing, just **moving in circles**, not exactly chasing, for sure moving in circles. I knew I had to be in the room, see myself sitting in the room.



## **OTHER THEMES:**

Lots of nature dreams

Trees and Flowers

Colors

Sadness vs cheerfulness

Lassitude vs energetic

Sleepy vs sleeplessness Audacity- “I am going conquer the world today”.

Fighting

## SOME PHYSICAL SYMPTOMS

**GENERALITIES; Constriction**, especially head, constricted feeling on waking,  
Generalities; better lying down, better eyes closed, heat

**HEAD**; pain, heaviness, heat, burning, congestion, band of tension

**FACE**; heat, burning

**EYES**; photosensitivity, pink discoloration on waking, eyes sunken on waking, eyes tingling

**NOSE**; itching, dripping, burning,

**MOUTH**; tongue biting, bitter metallic taste, dry, burning, heat- saliva is hot

**CHEST**; pain poking, burning

**ABDOMEN** bloating

**STOMACH**; Pain on waking, pain sharp, nausea, thirst, bloating, Appetite increased/decreased

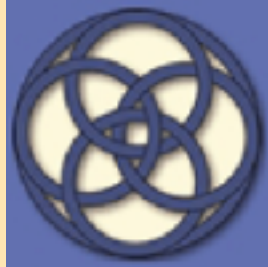
**RECTUM**; Constipation with hard stool

**URINE**; clear and colorless

**Skin**; eruptions, boils

**BACK**; pain

**EXTREMITIES**; feet felt numb after standing up, dryness; calves, feet, toes, Pain; sharp, joints



# NEW YORK SCHOOL OF HOMEOPATHY

educating classical homeopaths since 1990



<https://nyhomeopathy.com/>

139 Fulton St #818, New York, NY 10038

212-925-4623

Questions about the proving?

[susansonz@gmail.com](mailto:susansonz@gmail.com)

[birgit@kkleinfeld.com](mailto:birgit@kkleinfeld.com)

note: this information is incomplete and will be finally published with rubrics on  
<https://nyhomeopathy.com/provings/> and also found on <https://www.provings.info/en/index.html>