

Date: _____ Patient name: _____

To enable us to find a suitable homeopathic remedy, we need you to *precisely record here all changes in how you feel* which have arisen during the *current illness*. To do this:

1) Below, write the main symptoms you have noticed with your illness:

MAIN SYMPTOMS (for example: palpitations, pulse intermittent, bluish skin)

2) Underline below whatever applies to you during your illness.

For example: if it gets worse when you perspire, mark: during / after perspiration better / worse

OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP

- open air: better / worse
- open air: desire for / aversion to
- cold weather: better / worse
- warm weather: better / worse
- wet weather: better / worse
- dry weather: better / worse
- cold in general, being exposed to: better / worse
- warmth in general: better / worse
- when getting cold: better / worse
- wrapping up warmly: better / worse
- uncovering: better / worse
- warm room: better / worse
- becoming warm in bed: better / worse
- during / after perspiration: better / worse
- wet compress on body: better / worse
- getting wet: worse
- draught / wind: worse
- getting hot / perspiring, want to uncover
- getting hot / perspiring, want to stay covered up

POSITION

- lying position: better / worse
- lying on back: better / worse
- lying on side: better / worse
- lying on painful side: better / worse
- change of position: better / worse
- sitting: better / worse
- sitting bent over: better / worse
- standing: better / worse
- bending over: better / worse
- muscles: flabby / tense

SLEEP

- after lying down: better / worse
- while falling asleep: better / worse
- during sleep: better / worse
- while waking up: better / worse
- while / after getting up: better / worse

MOVEMENT, EXERCISE, REST

- movement: desire for / aversion to
- movement: better / worse
- stepping hard: better / worse
- walking: better / worse
- running (jogging): better / worse
- physical exercise: better / worse
- mental effort: better / worse
- resting: better / worse
- travelling (bouncing) in a vehicle: better / worse

EATING, DRINKING, TALKING

- during / after eating: better / worse
- cold food and drink: better / worse
- warm food and drink: better / worse
- after drinking: better / worse
- cold water: better / worse
- thirst: thirsty / absence of thirst
- appetite: hunger / loss of appetite
- saliva: more / less
- talking: better / worse

SIDE

- side in general: left / right
- chest: left / right
- upper abdomen: left / right

SENSATION

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- sneezing: better / worse
- cramp-like pain in: internal / external parts
- stabbing, pricking: inwards / outwards
- stabbing, pricking: upwards / downwards
- pressing sensation: inwards / outwards
- disturbing pain, constricting
- constriction of inner parts

HEART

- heart palpitations: in general / with anxiety
- pulsating: throbbing in: internal / external parts
- pulse: irregular / intermittent
- pulse: hard / soft
- pulse: slow / quick
- pulse: strong (full) / weak (empty)
- breathing: faster / slower
- breathing out: better / worse
- breathing in: better / worse
- breathing deeply: better / worse
- expectoration: bloody / bloody & foamy
- swelling, oedema of: internal / external parts
- urination: profuse / scanty
- urination: frequent / infrequent
- bluish skin
- shortness of breath
- puffy
- weak, exhausted, prostrated, infirm
- fainting

CIRCULATION

- veins swollen, distended
- varicose veins
- varicose veins, inflamed
- venous ulcer
- throbbing in blood vessels
- red parts turn pale (due to poor blood supply)
- numbness, loss of sensation in affected parts
- external parts turn black, gangrene
- anaemia
- congestion of blood
- hot flushes or hot flashes
- internal haemorrhage
- stroke
- loss of vital fluids (vomiting, diarrhoea, bleeding, perspiration): worse

STATE OF MIND

- irritable / mild
- sad / happy
- being alone: better / worse

FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE:
