

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: pain in lower abdomen, constipation with hardened stool, slimy stool)

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
- sitting up, straightening up: better / worse
- muscles: flabby / tense
- while / after getting up from seat: 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

- swallowing: better / worse
- during / after eating: better / worse
- empty stomach, before breakfast: better / worse
- after breakfast: better / worse
- cold food and drink: better / worse
- warm food and drink: better / worse
- bread / meat / fruit: better / worse
- after drinking: better / worse
- cold water: better / worse
- coffee: better / worse
- beer / wine / alcohol: better / worse
- thirst: thirsty / absence of thirst
- appetite: hunger / loss of appetite
- saliva: more / less
- talking: better / worse

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

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SENSATION

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- pressing sensation: inwards / outwards
- stabbing, pricking: inwards / outwards
- stabbing, pricking: upwards / downwards
- prickling: on body surface / inside body
- full feeling inside body
- cramps: inside body
- smell: lost / weak / diminished hypersensitive

SIDE

- inside mouth: left / right
- neck: left / right
- inside abdomen: left / right
- upper abdomen: left / right
- groin (thigh crease): left / right

MOUTH / THROAT

- bad breath
 - water running from mouth
 - taste: sensitive diminished lost
 - taste, altered - how? Please describe here:
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STOMACH

- hiccups / hiccups: worse
- burping
- disgust from food, smell, sight etc.
- retching
- upset stomach: worse
- vomiting: worse
- heartburn
- nausea: in general / in throat / in stomach in abdomen
- vomiting: in general / bloody / bitter / sour mucous / watery
- food and drink: flatulent
sour
sweet: worse

FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE:

GUT

- flatulence: in general / offensive smell
sour smell / stinking
- flatulence: painful, flatulent colic
- break wind or pass gas: better / worse
- urging to stool: in general / ineffective
- involuntary stool
- stool, insufficient
- diarrhoea: in general / painful / painless
- stool: bloody / green / sour smell
undigested
- stool too large / too small / like sheep droppings
- constipation: in general / from inactive bowels
from hardness of faeces
- stool, insufficient
- before / during stool: worse
- loss of body fluids (vomiting, diarrhoea, bleeding, perspiration): worse
- turning over in bed: worse
- children's teething: child feels worse
- haemorrhoids: worse

MODALITIES AFFECTING GASTROINTESTINAL TRACT

- breathing deeply: better / worse
- sneezing: better / worse
- burping: better / worse
- after stool: better / worse

LIVER

- jaundice

STATE OF MIND

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