

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: choking cough, shortness of breath on exercise, green mucus)

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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
- leaning against something: better / worse
- muscles: flabby / tense
- while / after getting up from seat: better / worse

**MOVEMENT, EXERCISE, REST**

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

**EATING, DRINKING, TALKING**

- swallowing: better / worse
- during / after eating: better / worse
- before breakfast: better / worse
- after breakfast: 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

**SENSATION**

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- sneezing: better / worse
- pressing sensation: inwards / outwards
- stabbing, pricking: inwards / outwards
- stabbing, pricking: upwards / downwards
- smell: lost / weak / diminished hypersensitive

**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

**SIDE**

- nose: left / right
- chest: left / right

**STATE OF MIND**

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

**NOSE**

- head cold: runny / blocked
  - head cold: worse
  - head cold suppressed: worse
  - nose bleed: bright red  
dark red  
clotted
  - head cold, discharge: bloody  
burning  
thick  
pus  
yellow  
green  
biting  
slimy  
offensive  
watery  
sticky
  - ineffective sneezing
  - sense of smell, altered – how? Please describe:
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**LUNGS**

- breathing: faster / slower
- breathing in: better / worse
- breathing out: better / worse
- breathing deeply: better / worse
- sneezing: better / worse
- talking: better / worse
- cough, with mucus in morning, but not in evening
- cough, with mucus in evening, but not in morning
- cough, with mucus in daytime, but not at night
- cough, with mucus at night, but not in daytime
- shortness of breath
- bluish skin
- breathing: deep breathing impossible
- breathing: suffocation, asphyxia
- breathing: anxious  
panting  
sighing  
loud (no rattling of mucus)  
rattling of mucus  
irregular  
deep
- cough: dry / with mucus
- mucus is: bloody  
pus  
yellow  
green  
biting  
slimy  
watery  
sticky
- mucus tastes: bitter  
flat  
offensive  
metallic  
salty  
sour  
sweet  
repulsive

**FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE:**

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