

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: recurrent bladder infection after exposure to the cold)

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

**SIDE**

- back: left / right
- inside abdomen: left / right
- groin (thigh crease): left / right
- genitals: left / right

**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
- resting: better / worse

**EATING, DRINKING, TALKING**

- cold food and drink: better / worse
- warm food and drink: 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

**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

**SENSATION**

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

**MALE GENITALIA**

- sex drive strong / weak
- during sexual intercourse: worse
- after sexual intercourse: worse
- sexual excess: worse
- erection too often (priapism)
- involuntary discharge of semen
- weakened sexual power
- impotence
- secretion of prostatic fluid

**URINARY TRACT / EXCRETION**

- urge to urinate
- urge to urinate, ineffective
- before / during / after urination: worse
- urination: profuse / scanty
- urination: frequent / infrequent
- urination: drop by drop / interrupted / retained
- involuntary urination during daytime / during night
- urine quality: pale / bloody / dark / hot / biting slimy / cloudy / with sugar (diabetes)
- urine sediment: in general / bloody / reddish / sandy slimy / whitish
- feet getting cold, cold feet: worse
- while coughing: worse
- pressure of clothes: worse
- undoing clothes: better

**STATE OF MIND**

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

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

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