

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 migraine, sharp pain in head on right, disturbed vision)

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
- moving affected parts: better / worse
- movement: better / worse
- movement of head / eyes: better / worse
- shaking head: better / worse
- stepping hard: better / worse
- walking: better / worse
- running (jogging): better / worse
- physical exercise: better / worse
- mental effort: better / worse
- resting: better / worse
- sneezing: 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
- 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

SENSATION

- touch: better / worse
 - external pressure: better / worse
 - rubbing: better / worse
 - smell: lost / weak / diminished hypersensitive
 - hearing: hypersensitive / difficult
 - sounds, noises: worse
 - pressing sensation: inwards / outwards
 - stabbing, pricking: inwards / outwards
 - stabbing, pricking: upwards / downwards
 - pricking: on body surface / inside body
 - taste: sensitive / diminished / lost
 - numbness, loss of sensation in skin
 - crawling, like ants, in skin
 - taste, altered - how? Please describe here:
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SIGHT

- light (bright): better / worse
 - darkness: better / worse
 - closing eyes: better / worse
 - opening eyes: better / worse
 - pupils: dilated / contracted
 - reading: better / worse
 - blindness: in general / for periods
 - temporary loss of vision
 - weakness of vision, blurred vision
 - double vision
 - looking at something close-up: better / worse
 - other sight problems - please describe here:
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SIDE

- inside of head: left / right
- outside of head: left / right
- face: left / right
- eye: left / right
- mouth: left / right
- arm: left / right
- leg: left / right

PARALYSIS

- stroke
- paralysis, of the limbs
- paralysis, one-sided
- paralysis, painless
- congestion of blood

MUSCULOSKELETAL SYSTEM

- muscles: flabby / tense
- tensing of muscles
- hard knots in muscles
- muscle cramps
- stumbling, falling easily
- clumsy, awkward
- staggering, swaying gait
- movement: involuntary
difficult
convulsive

CONSCIOUSNESS

- dazed
- deadened, stupefied
- fainting
- comatose, stupefying sleep
- sleepiness, in daytime
- sleepiness, caused by complaints

CRAMPS

- epilepsy
- epilepsy while conscious
- epilepsy with loss of consciousness
- epilepsy with convulsions (cramps)
- epilepsy with stiffness, rigidity
- convulsions with local rigidity
- tense cramps with local twitching and jerking
- cramps with bending backwards
- jerking

STATE OF MIND

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

FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE:
