

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: premenstrual headache, menstruation too strong and too long)

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
- turning over in bed: worse
- travelling (bouncing) in a vehicle: better / worse

EATING, DRINKING, TALKING

- 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
- after drinking: better / worse
- cold water: better / worse
- beer, wine, other alcoholic drinks: better / worse
- thirst: thirsty / absence of thirst
- appetite: hunger / loss of appetite

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
- breathing deeply: better / worse
- sneezing: better / worse
- full feeling inside body
- cramps: inside bod

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

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

GENITALS

- menstruation: early / late
- menstruation: profuse / weak
- menstruation: short / long duration
- menstrual blood: dark / bright
- menstrual blood: biting / offensive smell clotted (lumpy)
- before / at start of / during after menstruation: worse
- menstruation does not occur
- menstruation, delayed, starts late at puberty
- uterine haemorrhage
- bloody discharge between menstruation
- sex drive strong / weak
- uterine spasms
- during / after sexual intercourse: worse
- sexual excess: worse
- vaginal discharge: biting / mild
- vaginal discharge: in general / bloody / burning thick / yellow / itchy / milky slimy, mucous / offensive / watery

PREGNANCY / BIRTH / BREASTFEEDING

- nausea: in general / in throat / in stomach
in abdomen
- vomiting: in general / bloody / bilious (bitter)
sour / mucous / offensive / watery
- vomiting: worse
- pregnancy: worse
- bloody discharge during pregnancy
- miscarriage
- labour-like pain
- labour: ceasing / spasmodic / painful / weak
- pain after birth
- period of time after childbirth: worse
- increased / diminished breast milk
- breastfeeding: worse

MENOPAUSE

- female complaints: worse
- getting hot / perspiring, want to uncover
- getting hot / perspiring, but want to stay covered up
- hot flushes or hot flashes
- dryness of internal parts that are usually moist
- sensation that inner parts are dropping out
- osteoporosis

URINARY TRACT / EXCRETION

- urination: profuse / scanty
- urination: frequent / infrequent
- urge to urinate: in general / ineffective
- before / at start of / during/ after urination: worse
- urination: drop by drop / involuntary / at night
interrupted

STATE OF MIND

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

FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE:
