

RELIABLE HOMEOPATHY SYMPTOMS CHECKLIST

Mark 8 to 16 of the following characteristics about your main symptom only. If unsure it is best to leave it blank.

AIR, WEATHER, TEMPERATURE, WRAPPING

- Desire for open air *(only if changed during illness)* increased diminished
- Open air *(only if changed during illness)* improves aggravates
- Room *(only if changed during illness)* improves aggravates
- Weather / air, wet, damp *(High humidity, rain, also warm)* improves aggravates
- Weather / air, dry *(Low humidity, cold or warm)* improves aggravates
- Weather / air, cold improves aggravates
- Weather / air, wet-cold *(Rain, fog, cold weather)* improves aggravates
- Weather / air, warm improves aggravates
- Cold in general *(Ambient temperature)* improves aggravates
- Cold, when getting cold *(Cooling of the body)* improves aggravates
- Warmth, in general *(Ambient temperature)* improves aggravates
- Warmth, wrapping up *(Putting on clothes, covering up)* improves aggravates
- Uncovering *(Removing clothes or covers)* improves aggravates
- Wet compress on body improves aggravates

POSITION

- Lying Position *(Lying also in daytime)* improves aggravates
- Lying, on back improves aggravates
- Lying, on side improves aggravates
- Lying, on right side improves aggravates
- Lying, on left side improves aggravates
- Lying, on painful side improves aggravates
- Lying, on pain-free side improves aggravates
- Sitting improves aggravates
- Sitting, bent over *(hunched over)* improves aggravates
- Standing *(Upright posture without walking)* improves aggravates
- Lying down, after *(right after lying down)* improves aggravates
- Rising from bed, after getting up improves aggravates
- Rising from seat, after improves aggravates
- Hanging down, letting limb improves aggravates

MOVEMENT, EXERCISE, REST

- Resting *(not moving)* improves aggravates
- Movement *(Targeted movement, Sport, Not restlessness)* desire for aversion to
- Movement, during *(Movement of the whole body)* improves aggravates
- Movement, of affected parts improves aggravates
- Walking improves aggravates
- Running *(jogging)* improves aggravates
- Stepping hard *(Jar)* improves aggravates
- Physical effort improves aggravates
- Raising affected limb *(Arms, legs, fingers)* improves aggravates
- Stretching out affected limb improves aggravates
- Bending over, while *(Doubling over)* improves aggravates
- Sitting down, while improves aggravates
- Rising from bed, while improves aggravates
- Writing improves aggravates
- Travelling in a vehicle *(bouncing)* improves aggravates
- Rising from seat, while improves aggravates
- Turning affected part improves aggravates
- Walking up stairs, hill improves aggravates
- Walking down stairs, hill improves aggravates
- Muscles *(Observed)* flabby tense
- Discomfort, one-sided left right

HEAD

- Wrapping up warmly improves aggravates
- Shaking head improves aggravates
- Movement, of head improves aggravates
- Movement, of eyes improves aggravates
- Eyes, closing improves aggravates
- Eyes, opening improves aggravates
- Pupils dilated contracted
- Sneezing present aggravated
- Teething, during, in children left right
- Grinding teeth *(Audible)* sensitive diminished
- Talking, speaking sensitive diminished
- Inner head sensitive diminished
- Smell sensitive diminished
- Taste sensitive diminished

HEART & CIRCULATION

- Pulse too fast too slow
- Pulse hard

BREATHING

- Breathing quickened
- Breathing in *(inspiration)* aggravates
- Breathing out *(expiration)* aggravates
- Breathing deeply improves aggravates

EATING & DRINKING

- Swallowing *(Improves a symptom or is painful)* improves aggravates
- Chewing improves aggravates
- Eating, before improves aggravates
- Eating, during improves aggravates
- Eating, after improves aggravates
- Change of appetite *(Since illness)* hunger no appetite
- Desire to drink *(Since illness)* thirst no thirst
- Before breakfast, fasting improves aggravates
- After breakfast improves aggravates
- Food and drink, cold things improves aggravates
- Food and drink, warm things improves aggravates
- Drinking cold water improves aggravates
- Drinking, while improves aggravates
- Drinking, after improves aggravates
- Alcohol improves aggravates
- Coffee improves aggravates
- Milk *(All dairy items)* improves aggravates

DIGESTIVE TRACT

- Saliva more less
- Eructations *(burping)* improves aggravates
- Stool, before improves aggravates
- Stool, during improves aggravates
- Stool, after improves aggravates
- Flatus, after *(gas)* improves aggravates

FEMALE

- Menstruation *(Shorter or longer than 28 days)* too often too seldom
- Menstruation *(Bleeding shorter than 4 / more than 7 days)* too short too long
- Menstruation profuse too weak
- Menstruation, blood, clotted *(Lumpy)* before at start
- Menstruation, worse *(PMS, dysmenorrhea)* during after
- Menstruation, worse *(Dysmenorrhea, menstrual pain)* strong weak
- Sexual instinct *(Sexual instinct)* present
- Menstruation, blood, acrid

URINARY

- Urination scanty profuse
- Urination frequent infrequent

MIND & INTELLECT

- Irritability *(anger, aggression)* unusual
- Sadness *(dejection, inclined to weep)* unusual
- Solitude, being alone improves
- Company of people *(Wants to be alone, not even mother)* aggravates
- Consolation *(Cannot be comforted when sad)* aggravates
- Understanding *(Comprehends complex things only slowly)* difficult
- Mental effort *(Concentrated thought)* aggravates
- Talking, speaking *(Speaking painful, speech defect)* aggravates
- Noise aggravates

SENSES

- Light *(Hypersensitivity to bright light)* improves aggravates
- Looking, eyes strained *(Screens)* improves aggravates
- Reading improves aggravates
- Touch *(Aversion to touch)* improves aggravates
- Pressure, external improves aggravates
- Rubbing improves aggravates
- Stabbing, pricking inwards outwards
- Stabbing, pricking upwards downwards
- Prickling body surface inside body
- Side left right

SLEEP

- While falling asleep aggravates
- Sleep, during aggravates
- While / after waking up aggravates