Be Well Now Centre for Pain and Chronic Disease

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 ☐ — diminshed ☐
- 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)* — 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, from 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) — aggravates ☐
- Stepping hard *(Jar)* — aggravates ☐
- Physical effort — 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 — aggravates ☐
- Travelling (bouncing) in a vehicle: — 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 — flabby ☐ — tense ☐

HEAD

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

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 — aggravates ☐
- Eating, before — 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 — aggravates ☐
- Drinking, after — aggravates ☐
- Alcohol — aggravates ☐
- Coffee — aggravates ☐
- Milk *(All dairy items)* — aggravates ☐

DIGESTIVE TRACT

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

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)* ☐
- Menstruation, worse *(PMS, dysmenorrhea)* — before ☐ — at start ☐
- Menstruation, worse *(Dysmenorrhea, mestrual pain)* — during ☐ — after ☐
- Sexual instinct *(Sexual instinct)* — strong ☐ — weak ☐
- Menstruation, blood, acrid — present ☐

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 *(Can not be comforted when sad)* — aggravates ☐
- Understanding *(Comprehends complex things only slowly)* — difficult ☐
- Mental effort *(Concentrated thought)* — aggravates ☐
- Talking, speaking *(Speaking painful, speech defect)* — aggravates ☐

SENSES

- Light *(Hypersensitivity to bright light)* — improves ☐ — aggravates ☐
- Looking, eyes strained *(Screens)* — aggravates ☐
- Reading — aggravates ☐
- Touch *(Aversion to touch)* — 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 ☐