

## Polarity Analysis: Checklist of reliable Symptoms

Last Name, First Name:

Date:

Diagnosis, Primary and Secondary Symptoms (description):

Mark between 8 and 16 important symptoms that pertain to the current disease.  
Symptoms are changes during a disease that differ from the healthy state.  
The symptoms marked in Yellow are especially important and must always be asked.

Air/Weather/Temperature/Wrapping			Movement (contd.)		
Desire for open air	Increased	Diminished	Raising affected limb	Improves	Aggravates
Open air	Improves	Aggravates	Stretching out affected limb	Improves	Aggravates
Room	Improves	Aggravates	Bending over, while	Improves	Aggravates
Weather / air, wet, damp	Improves	Aggravates	Sitting down, while	Improves	Aggravates
Weather / air, dry	Improves	Aggravates	Rising from bed, while getting up	Improves	Aggravates
Weather / air, cold	Improves	Aggravates	Rising from seat, while	Improves	Aggravates
Weather / air, wet-cold		Aggravates	Writing		Aggravates
Weather / air, warm	Improves	Aggravates	Traveling (bouncing) in a car		Aggravates
Cold in general	Improves	Aggravates			
Cold, when getting cold	Improves	Aggravates	<b>Perception</b>		
Warmth, in general	Improves	Aggravates	Light (bright)		Aggravates
Warmly, from wrapping up	Improves	Aggravates	Looking, eyes strained		Aggravates
Uncovering	Improves	Aggravates	Reading		Aggravates
			Touch		Aggravates
<b>Position</b>			Pressure, external	Improves	Aggravates
Lying position	Improves	Aggravates	Rubbing	Improves	Aggravates
Lying, on back	Improves	Aggravates			
Lying, on side	Improves	Aggravates	<b>Head</b>		
Lying, on right side	Improves	Aggravates	Warmly, from wrapping up head	Improves	Aggravates
Lying, on left side	Improves	Aggravates	Shaking head		Aggravates
Lying, on painful side	Improves	Aggravates	Sneezing		Aggravates
Lying, on pain-free side	Improves	Aggravates	Teething, during, in children		Aggravates
Sitting	Improves	Aggravates	Talking, speaking		Aggravates
Sitting, bent over	Improves	Aggravates	Mental effort		Aggravates
Standing	Improves	Aggravates			
Lying down, after	Improves	Aggravates	<b>Eating and Drinking</b>		
Rising from bed, after getting up	Improves	Aggravates	Swallowing	Improves	Aggravates
Rising from seat, after	Improves	Aggravates	Chewing		Aggravates
Hang down, letting arm/leg	Improves	Aggravates	Eating, before		Aggravates
			Eating, during	Improves	Aggravates
<b>Movement</b>			Eating, after	Improves	Aggravates
Resting (not moving)	Improves	Aggravates	Change of appetite	Hunger	No appetite
Movement	Desire	Aversion	Desire to drink	Thirst	Thirst absent
Movement	Improves	Aggravates	Before breakfast, fasting	Improves	Aggravates
Movement, of affected parts	Improves	Aggravates	After breakfast	Improves	Aggravates
Walking	Improves	Aggravates	Food and drink, cold things	Improves	Aggravates
Running, jogging		Aggravates	Food and drink, warm things	Improves	Aggravates
Stepping hard		Aggravates	Drinking, while		Aggravates
Physical effort		Aggravates	Drinking, after		Aggravates



<b>Eating and Drinking (contd.)</b>		
Alcohol		Aggravates
Coffee		Aggravates
Milk		Aggravates
Saliva	Increased	Diminished
<b>Breathing</b>		
Breathing		Quickened
Breathing, in (inspiration)		Aggravates
Breathing, out (expiration)		Aggravates
<b>Heart-Circulation</b>		
Pulse	Too fast	Too slow
Pulse	Hard	
<b>Digestive Tract</b>		
Eruptions (burping)	Improves	Aggravates
Stool, before		Aggravates
Stool, during		Aggravates
Stool, after	Improves	Aggravates
Flatus, after discharge of	Improves	
<b>Gynecology/Urology</b>		
Menstruation	Too often	To rare
Menstruation	Too short	Too long
Menstruation	Profuse	Too weak
Menstruation, blood, clotted (lumpy)		Present
Menstruation worse	Before	At start
Menstruation worse	During	After
Sexual instinct	Strong	Weak
Menstruation, blood, acrid		Present
Urination	Scanty	Profuse
Urination	Frequent	Infrequent

<b>Sleep</b>		
While falling asleep		Aggravates
Sleep, during		Aggravates
While/after waking up		Aggravates
<b>Mind and Intellect</b>		
Irritability (anger, aggression)		Unusal
Sadness (dejection, inclined to weep)		Unusal
Solitude, being alone	Improves	
Company of people		Aggravates
Consolation		Aggravates
Grinding teeth		Present
Understanding		Difficult